

Ortho-K Offers Significant Advantages Beyond Myopia Control, According to New Publication from CORE

WATERLOO, Ontario, March 3, 2025—While orthokeratology has earned considerable attention of late for myopia control, it remains a versatile, reversible, and evolving solution for correcting multiple refractive errors and providing freedom from traditional eyewear.

Acknowledging renewed interest worldwide, the [Centre for Ocular Research & Education \(CORE\)](#) has dedicated Issue 82 of [Contact Lens Update](#) to provide guidance on the topic through expert knowledge and best practices for optimal lens fitting. The bi-monthly publication is available at no charge by visiting [ContactLensUpdate.com](#).

“Although ortho-k lenses are widely recognized for their role in slowing myopia progression, they were initially developed for the correction of both myopia and astigmatism. These lenses can also correct hyperopia, astigmatism, and presbyopia by reshaping the cornea overnight—incredible, high-precision technology deserving more recognition,” said Daddi Fadel, clinical scientist at CORE. “This non-surgical approach allows patients to experience clear vision throughout the day without the need for glasses or soft contact lenses. We developed the latest issue of Contact Lens Update to help eye care professionals make even more use of the approach.”

Paul Gifford is an optometrist and research scientist specializing in orthokeratology and myopia control, an adjunct senior lecturer at UNSW Sydney, a visiting associate professor at the University of Waterloo, and co-founder of Myopia Profile Pty Ltd. His opening [editorial](#) provides an overview of orthokeratology’s advancements, its broad applications across the refractive spectrum, and its role in modern vision correction. He highlights its effectiveness, safety profile, and practical benefits, reinforcing the importance of integrating ortho-k into clinical practice for both children and adults.

Asif Iqbal, who is pursuing his PhD in Specialty Contact Lenses at the Contact Lens and Visual Optics Lab, Queensland University of Technology, and Stephen Vincent, director of the Centre for Vision and Eye Research at the Queensland University of Technology, authored the [feature article](#). Their contribution investigated the effects of overnight ortho-k on corneal tissue thickness in adult myopes by measuring topographical epithelial and stromal changes after three months and assessing the impact of lens decentration on corneal thickness.

Aaron Wolf, the owner of Austin Optometry Group and Texas Specialty Eye Center in Austin, Texas, is an expert in specialty contact lenses, keratoconus, orthokeratology, and various ocular topography and imaging technologies. His [clinical insight](#) presents a [case report on hyperopic orthokeratology with presbyopia](#), detailing lens design considerations, patient outcomes, and the potential of customized ortho-k lenses for presbyopic correction.

The [conference highlight](#) comes from Randy Kojima, who serves as the research director for the KATT Design Group in Vancouver, B.C., and who is on the faculty on the Pacific University College of Optometry in Forest Grove, Ore. The study examines current ortho-k prescribing patterns, showing that while the majority of new fits are children and teenagers for myopia management, 14.5% were adults up to age 54, emphasizing the broader benefits of ortho-k beyond myopia control.

In addition to a complete [archive of back issues](#), [ContactLensUpdate.com](#) offers a [resource library](#) that provides no-cost professional tools, patient resources, images and video. It also houses [complimentary technical training videos](#) produced by International Association of Contact Lens Educators, plus an industry glossary. Industry professionals can access the latest issue directly from [ContactLensUpdate.com](#) or quickly sign up for email receipt of future issues.

The publication receives support from the educational arms of [Alcon](#), [CooperVision](#), and [Johnson & Johnson Vision](#)

#

About the Centre for Ocular Research & Education (CORE)

The [Centre for Ocular Research & Education \(CORE\)](#) was established in 1988 at the University of Waterloo's [School of Optometry & Vision Science](#). Over the next three decades, the organization evolved from a three-person operation into a thriving hub of basic and applied research, collaborating with sponsors, agencies and academia on advanced biosciences, clinical research and education. Its uncompromising independence and results of the highest quality have been at the heart of many of the most prominent advances in eye health. Today, its [team](#) serves a range of ophthalmic sectors, including medical devices, ocular pharmaceuticals, digital technology and others, with a focus on the anterior segment. For more information, please visit [core.uwaterloo.ca](#).



Contact Lens Update Issue 82 Contributors. Top Row, L-to-R: Paul Gifford, Asif Iqbal, Stephen Vincent. Bottom Row, L-to-R: Aaron Wolf, Randy Kojima.

[Home](#)[Browse Past Issues](#)[Resource Library](#)[Back to Basics](#)[Useful Links](#)[About Us](#)[Contact Us](#)

ISSUE 82

ORTHO-K FOR REFRACTIVE ERROR CORRECTION

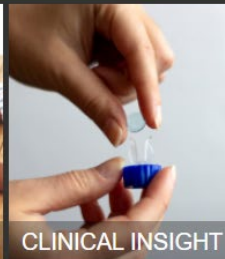
While often associated with myopia control, ortho-k lenses were originally designed to correct myopia ...

[MORE »](#)

EDITORIAL



FEATURE ARTICLE



CLINICAL INSIGHT



CONFERENCE HIGHLIGHTS

[Home](#)[Browse Past Issues](#)[Resource Library](#)[Back to Basics](#)[Useful Links](#)[About Us](#)[Contact Us](#)

Contact Lens Update Issue 82

MEDIA CONTACT

Lyndon Jones, Director, CORE

+1.519.888.4065 or lwjones@uwaterloo.ca