

Finally, daily contact lenses that are comfy even for kids

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I have worn glasses since I was nine years old and by the time I turned 13, I shifted to hard contact lenses. Like many people, I have myopia or nearsightedness, where distant objects appear blurry while objects near me look clear.



While maybe only one out of 10 had this condition when I was in grade school, about one out of three of the global population right now is myopic. Many blame the rise of myopia on excessive use of computers and electronic gadgets.

Experts say that the number will further increase. Based on current trends it is estimated that almost 50 percent of the world population will be myopic by 2050 or a staggering 5 billion people.

Dr. Jeanette Romualdez warns that, “high levels of myopia increase the risk of eye diseases such as cataracts, glaucoma, retinal detachment and myopic macular degeneration — all of which can cause irreversible vision loss.” She quickly adds, though, that most cases of nearsightedness can be corrected with glasses and contact lenses.

“In a survey about contact lenses, 78 percent of teens expressed high interest in wearing contact lenses and that they can easily adapt to contact lenses and want to wear them more than any other age group. Among the reasons why teens want contact lenses are that they think of contact lenses as a rite of passage and that they can benefit from contact lenses for special occasions and activities. For 11- to 16-year-olds, they are more interested in contact lenses for activities and sports, while 17- to 22-year-olds are more interested in contact lenses for appearance-related reasons (socializing, beauty, sunglasses),” she adds.

Parents have to balance their kid’s need for corrective glasses with how wearing them can impact their self-confidence and self-expression. This is especially true when a child is into sports.

As a mother, actress Dimples Romana faced that challenge when her 14-year-old daughter Callie was diagnosed with highdegree myopia. While Callie had the option of wearing prescription glasses, doing so would hamper her movement as a varsity tennis player. And socially, wearing glasses made her self-conscious.

Dimples was not aware that teenagers could safely wear contact lenses until she heard about Dailies Aqua Comfort Plus. She made Callie try them. Callie liked how it was easy to use and

how comfortable the lenses are to wear. What she appreciated most was the freedom it allowed her to maximize her potential as an athlete.

Alcon, an American eye care medicine and technology manufacturer, developed Dailies Aqua Comfort Plus, a one-day-use contact lens with blink-activated moisture technology. It claims to be the first and only contact lens with the moisture technology to provide comfort and a cushioning effect. Patients as young as eight years old can use the product, which may be worn up to 20 hours.

Clinical studies reveal that 85 percent of first-time wearers agree that these contact lenses are comfortable to wear. For current contact lens users, 83 percent of wearers agree that these lenses feel so comfortable they almost forget they are wearing lenses. In fact, 63 percent claim the lenses make their eyes feel refreshed.

I'm back to wearing glasses since I had my ovaries removed. Dryness in my eyes made wearing contact lenses uncomfortable. Dr. Romualdez insisted that I try and I halfheartedly obliged. To my surprise, it did feel comfortable and easy to use. In fact, I wore them for several hours. All my children are myopic and I am excited for them to try these dailies, as they have shifted from prescriptions to contact lenses in search of the best options out there.

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