

Seeing Through Their Eyes: Young OD Empathizes With Presbyopes

Jonathan Lowery, OD, isn't presbyopic, but that doesn't stop him from understanding just how disruptive presbyopia can be. The 2024 graduate of the University of Houston College of Optometry who joined Nacogdoches Eye Associates in Nacogdoches, Texas, right out of school, is still years away from experiencing presbyopia himself, but he's already tuned in to the psychological and functional challenges it presents.



Dr. Lowery

"Presbyopia is fascinating,"

he says. "Everyone will go through it, and they're going to have to deal with it. It's one of the biggest reasons patients come to see us."

As a myope, he finds that he can create a parallel. "I certainly understand the dependency aspect of needing correction to see," he says. That's a factor in his strong recommendations for patients to address even low levels of vision correction so that they can appreciate the sharpest vision they can get.

Many of the staff members in the practice are young, too, and Dr. Lowery recently had a conversation about the frustrations patients feel when they begin to lose their near accommodation. "They were asking what the big deal is, and I

reminded them that they've all been dilated at one point. 'Now walk around with that, not just for an hour, but all day, every day. That's the reality for patients with presbyopia.' It's hard to understand until you go through it, and then suddenly, panic mode sets in."

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— Dr. Jonathan Lowery

Solving patients' problems

Dr. Lowery, who grew up in Nacogdoches, loves his patients with presbyopia because he knows that he can help them. "They come in looking for help to solve a problem, and it's our job to give them options."

Prescribing contact lenses is an easy way to do that. Emmetropes who are coming into their presbyopic years are often dismayed that they now have to wear readers or eyeglasses. For them, a one-day contact lens from CooperVision, like clariti® 1 day multifocal 3 Add¹, is his first-line solution. "A lot of patients with presbyopia don't want to wear glasses, and contact lenses are such a good option," he says.

Many patients at this age are also starting to develop symptoms of ocular dryness, so a one-day lens is an ideal recommendation, he says, "The disposable option is convenient, clean, comfortable and offers all the benefits of putting in fresh lenses each day."

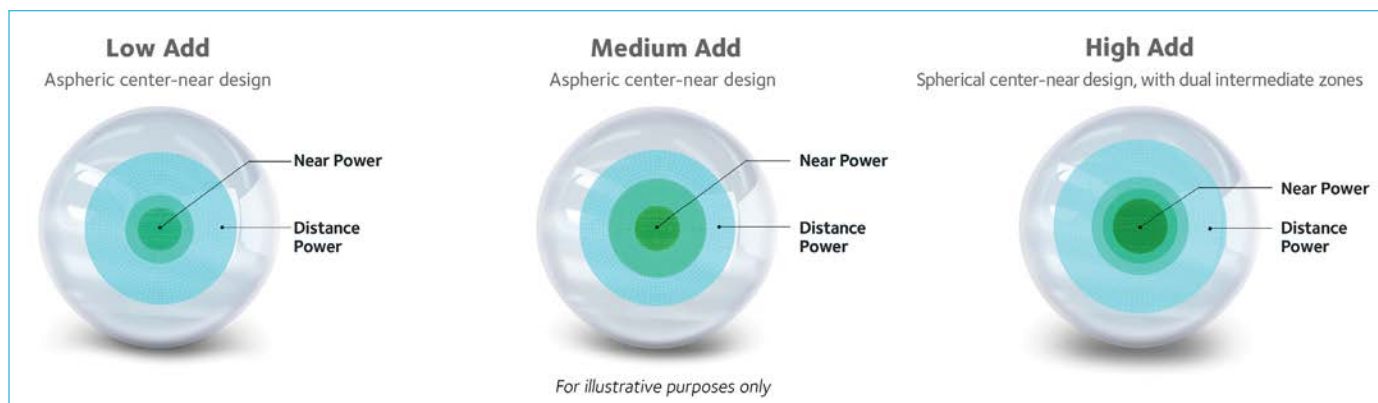
Dr. Lowery has been recommending clariti 1 day multifocal 3 Add¹, which features Optimized Comfort Edge™ for enhanced comfort and the Binocular Progressive System™ for clear vision at all distances.^{2,3} "With the range of parameters, I can offer even more fine-tuned options."

Dr. Lowery is excited about the continued evolution of multifocal lenses. "They're better now than they were just a few years ago in school," he says. In fact, the opportunities with presbyopic patients and contact lens wearers in general continue to grow. "We're seeing more presbyopes every year. The need is only growing for contact lenses across the spectrum of patients," he says. That's why he'll keep listening to patients' concerns and complaints.

"Prescribing contact lenses to us as eye care professionals is routine, but for the patient, it can be life-changing," he says. **PA**

References

1. CVI data on file 2021. Prospective, double-masked, bilateral, one-week dispensing study with clariti® 1 day multifocal 3 add; n=90 habitual MFCL wearers.
2. CVI data on file, 2024. CVI data on file, 2022. Prospective, crossover, bilateral, subject masked, daily wear, dispensing study (4 clinical sites in U.S.) (n=58 habitual soft MFCL wearers).
3. CVI data on file, 2024.



CooperVision Binocular Progressive System®: An innovative 3 Add multifocal system that uses different lens designs to optimize vision for all levels of presbyopia, even as prescriptions and vision needs change.³