

Useful References and Further Reading



Healthy Eyes & Healthy Practices

THE VISION CARE INSTITUTE® RECOMMENDS

Lifestyle and Eye Health, THE VISION CARE INSTITUTE® 2010.

<http://www.thevisioncareinstitute.co.uk/sites/default/files/private/uk/pdf/TVCI%20Eye%20Health%20papers%20Jan2010.pdf>

A review of landmark studies on lifestyle and eye health, current research findings and resources for further information

Veys J. Encourage compliance not complacency. *Optometry Today* 2009;48:21 38-42.

<http://www.thevisioncareinstitute.co.uk/sites/default/files/private/uk/pdf/2060%20TVCI%20UK%20Compliance%20not%20complacency.pdf>

Simple steps to ensure that all contact lens wearers, including daily disposable users, maximise comfortable and healthy lens wear.

Eye care and eye health patient resources, THE VISION CARE INSTITUTE® 2010.

<http://www.thevisioncareinstitute.co.uk/sites/default/files/private/uk/pdf/100705%20TVCI%20Eye%20care%20and%20eye%20health%20patient%20resources%20Final.pdf>

A selection of useful organisations, charities and support groups on eye health to supplement your own advice.

Ocular health and contact lens wear

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Ocular health – UV

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<http://www.thevisioncareinstitute.co.uk/sites/default/files/content/TVCI%20reprint%20OT%20April%202011%20UV%20Chandler%20%26%20nichols.pdf>

Walsh K. How exposed are you? UV and your practice. *Optician* 2010;239:6246 24-27.
http://www.thevisioncareinstitute.co.uk/sites/default/files/private/uk/pdf/2204_TVCI_UV%20Article.pdf

Compliance and contact lens wear

Zhu H, Bandara MB, Vijay AK *et al.* Importance of rub and rinse in use of multipurpose contact lens solution. *Optom Vis Sci* 2011. Published online 23 June. DOI: 10.1097/OPX.0b013e31821bf976.
http://journals.lww.com/optvissci/Abstract/publishahead/Importance_of_Rub_and_Rinse_in_Use_of_Multipurpose.99537.aspx

Jansen ME, Chalmers R, Mitchell GL *et al.* Characterization of patients who report compliant and non-compliant overnight wear of soft contact lenses. *Cont Lens Anterior Eye* 2011. Published online 21 February. DOI:10.1016/j.clae.2011.01.001.
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Compliance – general

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Contact lens case hygiene

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