



Introduction

Contamac provides the ophthalmic industry with specialist polymers and biocompatible materials for implantable and medical applications. Today, we manufacture more than 100 high performance materials for the contact lens and intraocular lens markets. We invest in the most leading edge technology, which with the dedication of the R&D, Technical and Quality Assurance teams, results in success in the R&D capability of Contamac. The North American and Canadian contact lens market is served by Contamac US Inc. and in 2004, we acquired Opteq BV, a high precision machinery manufacturer. Alongside all of this, we have a strong customer focus and consistently to deliver superior quality products, which maintain high customer satisfaction levels. With all of these developments and ongoing projects happening in the company, we trust that you realise that we do not have much spare time!

If you are looking for information, hopefully you will find all that you need within our website but if not, we regret to inform you that we cannot accept any additional information requests due to the busy work schedule of Contamac. This includes inquiries about individual interviews, samples of our products and questionnaires or surveys. Furthermore, we cannot provide information that could be considered confidential such as marketing strategies, sales information or any details about company campaigns or procedures.



Useful Information within www.contamac.com

Contamac's website has been designed to give you a wealth of information about [our Company](#), including Contamac US Inc. and Contamac BV. There is information on many of the [products](#) we have researched and developed, such as our [hydrophilic](#), [gas permeable](#) and [intraocular lens](#) materials. We also include our range of optical [accessories](#), and information on Contamac BV's [precision machinery](#) for the ophthalmic industry.

There are downloadable [technical data sheets](#), [publications](#) and [press releases](#) available, as well as the opportunity to sign up for our quarterly [newsletter](#), which will keep you updated on the business and material developments that are happening within Contamac. One section is dedicated to our [Research and Development](#) Department and explores the opportunities available to customers. It includes published articles by team members, which are also downloadable.

There is also available in our [resource section](#), information on how the eye works, conditions of the eye, including the causes, symptoms and treatments and a section specifically for cataracts. In terms of resources for contact lenses, there is detailed information on lens care and the treatments and solutions used.

If you have a question, please check our FAQ section, which contains questions related to the eye and to contact lenses.



The History of Contact Lenses!

You might think the contact lens is a new invention, but the first drawing of one was about 500 years ago. Below shows the history of contact lenses.

- 1508 Leonardo da Vinci had an idea for contact lenses and drew sketches.
- 1632 Rene Descartes had an idea for a contact lens to cover only the cornea (a small part on the front of the eye), instead of covering the whole eye.
- 1801 Rene Descartes' idea was developed by Thomas Young who used a water-filled glass tube which was about half a centimetre long to improve his own vision.
- 1820's Sir John Herschel, a British astronomer, suggested 'grinding' a contact lens to make it very thin, so that it could be placed directly onto the surface of the eye.
- 1886 Xavier Galezowski designed the first contact lens, to reduce the chances of infection after cataract surgery.
- 1887 Adolf Fick, Eugene Kalt and August Müller created glass 'scleral' contact lenses (ones that covers the whole of the eye) to correct poor vision.
- 1929 Joseph Dallos, a Hungarian physician, discovered how important tear flow is, underneath the contact lens and found a way of making molds of living eyes.
- Late 1930's The first contact lenses are developed from a plastic called Polymethylmethacrylate (PMMA).
- 1948 Kevin Touhy uses PMMA to develop a plastic corneal contact lens, instead of a scleral one.



- 1960 Otto Wichterle and Drahoslav Lim experiment with Hydroxyethylmethacrylate (HEMA), a material that was used to make the first soft contact lens.
- 1978 The first toric contact lens, which corrects astigmatism (where the cornea is not the right shape), was developed.
- 1979 Rigid (hard) gas permeable contact lenses (made from PMMA and silicone).
- 1980 Tinted daily-wear soft contact lenses.
- 1981 Lenses for over-night wear.
- 1982 Bifocal soft contact lenses, which correct poor vision in older people.
- 1983 Tinted rigid gas permeable contact lenses.
- 1986 The first overnight rigid gas permeable contact lens.
- 1987 Disposable and coloured soft contacts lenses.
- 1992 Disposable tinted soft contact lenses.
- 1995 Daily disposable soft contact lenses.
- 1996 The first disposable lenses containing an ultra-violet light absorber, which protects against sunlight.
- 1998 Disposable multifocal soft lenses.
- 2000 Disposable toric soft lenses.
- 2001 Silicone Hydrogels, which allow continuous wear for up to 30 days.



Speciality Lenses

Bifocal/Multifocal Contact Lenses to Correct Presbyopia

Presbyopia is an age related process resulting with the eye's inability to focus on near objects. This condition occurs gradually with age due to the decreasing elasticity of the lens.

If you have presbyopia and wear bifocal glasses, another option is available. Bifocal and multifocal contact lenses are available in soft and rigid gas permeable lenses and more recently, in silicone hydrogels. Disposable bifocal/multifocal contact lenses have also been developed recently.

The difference between bifocal and multifocal lenses is that bifocals have two segments in the same lens - one for near vision and one for far vision, whereas multifocals have a range of prescriptive powers across the lens.

Bifocal Contact Lenses

Bifocal lenses come in two forms. "Translating vision lenses" which are similar to bifocal eyeglasses - a prescription for distance in the top half and a prescription for near vision in the bottom half. There are also lenses with a concentric ring design. Concentric bifocal contact lenses have either a near or distance prescription in the centre, with a ring of another prescription surrounding it.

Most contact lenses move and rotate when they are in your eye, due to the blinking movement. However, translating vision lenses are prevented from doing this by being weighted or flattened at the bottom.

Multifocal Contact Lenses

Multifocal lenses are also available in the concentric ring form, where there is more than one ring of differing prescriptive powers surrounding a central prescription. Another form of multifocal lenses are aspheric lenses - also known as progressive contact lenses - which have a range of different prescriptions merged across the lens. These types of lenses are called "simultaneous vision contact lenses", as the eye looks through both distance and near powers at the





same time and must learn to adjust to select the right prescription when focusing on near or far objects.

Presbyopia can be corrected by many variations of bifocal or multifocal contact lenses. For example, in concentric ring designs, the middle circle can either be for near vision or for distance vision depending on which is most suited to your lifestyle.

Toric Contact Lenses to Correct Astigmatism

Toric contact lenses are used to correct astigmatism - a condition of the eye where the cornea is irregularly shaped. Astigmatism causes the light rays to focus on two points on the retina, instead of one. This causes blurred vision and distortion as only parts of the image are correctly focused.

Mild astigmatism can sometimes be corrected through spherical rigid gas permeable contact lenses, as the shape of the cornea conforms to the shape of the contact lens and can therefore conceal the slight astigmatism. Soft contact lenses, with a higher refractive power than required, can also correct very mild forms of astigmatism, although RGP lenses tend to give more precise vision. Toric contact lenses correct corneas with high astigmatism. A toric lens has a surface with curvatures at different angles, which create two refractive powers. Most toric lenses have a toric front curve and a spherical base curve i.e. the surface of the lens touching the cornea is shaped like a normal contact lens but the outer surface has toric curves.

People who suffer from very high astigmatism may have to wear toric contact lenses, which have a toric front curve and a toric base curve. These types of lenses are called bi-toric contact lenses.

Toric contact lenses are weighted so that the contact lens does not rotate and vision always remains stable.

If you have astigmatism, there are a wide range of toric lenses to choose from including soft toric lenses, RGP toric lenses, silicone hydrogel toric lenses, bi-toric lenses, coloured toric lenses, disposable toric lenses and even multifocal toric lenses which correct astigmatism and presbyopia.



RGP Contact Lenses to Correct Myopia - Orthokeratology

Orthokeratology, also known as ortho-K, is a non-surgical procedure that corrects myopia whilst sleeping, through the use of contact lenses.

Myopia, or shortsightedness, is a condition where light rays focus in front of the retina instead of directly on it and it is caused by either the cornea being too steep or the eyeball being too long.

Rigid gas permeable contact lenses are used as they are hard enough to allow the cornea to conform to their shape and they also supply sufficient oxygen to the cornea.

Orthokeratology is non-invasive, pain free and an alternative to LASIK surgery, however, the effect is not permanent so the lenses must be worn every night.

RGP Contact Lenses to Correct Keratoconus

Keratoconus is a condition of the eye, which results in the thinning of the cornea. The pressure of the eye on the thinner cornea results in it becoming irregularly shaped - almost conical.

At first, when keratoconus is mild, glasses or soft contact lenses can be used to correct the focusing problems of the cornea. However, when the condition progresses, rigid gas permeable lenses are used as they provide a firmer surface on which to correct the misshapen cornea.

If RGP lenses become too uncomfortable then a "piggy-back" method can be adopted, this is where a gas permeable lens is fitted over the top of a highly oxygen permeable soft lens. Silicone hydrogel lenses are often used as they have a very high level of oxygen permeability. This method accommodates the comfort of soft lenses with the rigidity of RGP lenses. Another option is soft contact lenses that are thicker than normal; these effectively provide a comfortable soft lens, which is firmer than normal.

Sometimes, keratoconus is so advanced that the shape of the cornea is too steep to wear any sort of contact lenses. In this case, a corneal transplant is the only option left.



Contact Lenses to Correct Aphakia

Aphakia is a condition resulting from cataract surgery, in which an intraocular lens is not inserted and the lens of the eye is therefore absent. In most cases, aphakia occurs in paediatric patients, as the eye is not developed enough to insert an IOL. In this case, contact lenses are used to refract the light rays onto the retina until the eye is stable enough for an intraocular lens implantation. Contact lenses that correct aphakia can be in soft, rigid gas permeable or silicone hydrogel and this depends on the patient (and parents or guardians, in paediatric cases).

Prosthetic Contact Lenses

Prosthetic contact lenses are plastic, hand-painted lenses which mask disfigurements of the eye. These contact lenses can improve the appearance of eyes affected by trauma, birth defects or eye diseases such as aniridia, albinism and nystagmus.

Prosthetic lenses are individually made for each patient and are available in a broad range of colours and designs to complement the patient's natural eye colour.

As well as correcting disfigurements for cosmetic reasons, prosthetic contact lenses can also correct visual problems, for example, they can reduce the amount of light entering the eye for patients with photophobia.

Bandage Contact Lenses

Bandage contact lenses - or therapeutic contact lenses - are designed to protect against the constant rubbing of the eyelids on damaged corneas, whilst allowing the eye to heal. These contact lenses are used to protect non-refractive disorders of the eye such as dry eyes, keratitis and corneal erosion.

Therapeutic contact lenses are made from soft contact lens material, such as silicone hydrogel as the contact lens is comfortable and provides increased oxygen permeability to the eye.





Cosmetic Contact Lenses

Contact lenses that change the appearance of the eye have now been developed for people with and without vision problems.

Enhancement tints are used to 'bring out' the natural colour of the eye, for example, an enhancement-tinted contact lens can turn a pale blue eye into a bright blue eye.

Coloured contact lenses are used to totally alter the colour of the eye or to add a design to the eye, for example cat's eyes or star-shaped pupils. These are most widely used in the entertainment industry, although it is becoming more common for people to wear them on a day-to-day basis to change their appearance.

Light-filtering tints are also used, however, these lenses are not for cosmetic reasons, as they don't affect the appearance of the eye. Light-filtering tinted contact lenses enhance certain colours and are used for sport enthusiasts who want a certain colour (e.g. the colour of the ball) to be more noticeable to aid their performance.



Literature and Resources

All About Vision

www.allaboutvision.com/

Contains guides to contact lenses, problems and diseases, surgery and resources.

American Academy of Optometry

www.aaopt.org/students/

Contains resources specifically for students of optometry, however, you need to be a member to access this.

Association of Optometrists

www.assoc-optometrists.org/student/11660958493676.html

Contains information and support especially for pre-registration students.

Association of Schools and Colleges of Optometry

www.opted.org/

Contains information for students, career opportunities, links, publications and reports.

Association of Vision Science Librarians

webeye.ophth.uiowa.edu/dept/websites/eyeres.htm

Contains a very comprehensive list of eye resources on the Internet.

Atlas of Ophthalmology

www.atlasophthalmology.com/atlas/frontpage.jsf

A multimedia database containing many images, podcasts and a discussion forum.

College of Optometrists

www.college-optometrists.org/

The official website of the scientific, professional and examining body for Optometry in the UK. Contains information on publications, resources and other information important for students.

ContactLenses.co.uk

www.contactlenses.co.uk

Contains a contact lens forum, contact lens news and information about different products.

Contact Lens Manufacturers Association

www.contactlenses.org/

Contains a lot of information about gas permeable contact lenses.

e-Medicine Journal - Ophthalmology

www.emedicine.com/oph/index.shtml

Medical references for ophthalmology



Glossary of Eye Terminology

www.eyeglossary.net/

A detailed list of the common terms that eye doctors use.

Hong Kong Polytechnic University

www.lib.polyu.edu.hk/internet/health/opmetry.html#general

A website with a comprehensive list of many links concerning optometry.

How Stuff Works - "How Vision Works"

health.howstuffworks.com/eye.htm -

Article on how vision works, contains basic anatomy, refraction, perceiving light and blindness etc.

Intute: Health and Life Sciences

www.intute.ac.uk/healthandlifesciences/cgi-bin/browse.pl?id=30823&gateway=nmap

Links to other important websites and helpful resources for contact lenses

Mayo Clinic

www.mayoclinic.com/health/eyes/EY99999

Contains information about eye safety and prevention, diseases, glasses, contact lenses etc.

National Eye Institute

www.nei.nih.gov/resources/

Contains information about clinical studies, photos, videos, statistics and data.

NHS Good Hope Hospital - Eye department

www.goodhope.org.uk/Departments/eyedept/othereye.htm#student

A lengthy list of links to other sites for optometry students.

Nuffield Laboratory of Ophthalmology

www.eye.ox.ac.uk/links-to-ophthalmology-related-www-sites

Contains a concise list of websites and resources related to ophthalmology.

ODwire - optometric advice and education

www.odwire.org/forum/

An online community dedicated to the Optometric profession.

Visionary

www.liden.cc/Visionary/

Dictionary for terminology used in the study of human and animal vision.

Below are links to Optical Organisations, which contain information concerning membership, exhibitions and events.

www.abdo.org.uk

www.aclm.org.uk

www.aopt.org





www.ascrs.org

www.assoc-optometrists.org

www.bcla.org.uk

www.clma.net

www.efclin.com

www.escrs.org

www.eyequest.com

www.fodo.com

www.secointernational.com

www.visionexpoeast.com

www.visionexpowest.com

Below are links to Optical Publications which contain many useful resources, including information about the current developments in Optometry.

www.clsa.info

www.clspectrum.com

www.gclabsite.com

www.monoptica.com

www.optical-world.co.uk

www.opticianonline.net

www.optometry.co.uk

www.optometryonline.net

www.osnsupersite.com



OPTICAL ORGANISATIONS / EVENTS

American Academy of Optometry

www.aaopt.org

Contains news about the academy, previous and upcoming meetings, scholarships, awards and grants, information about membership, for students and for the public.

Association of British Dispensing Opticians

www.abdo.org.uk

Contains information about ABDO, membership, learning and events. Also has a bookshop, bulletin boards and advice and guidelines.

The Association of Contact Lens Manufacturers

www.aclm.org.uk

Contains contact lens guides including how contact lenses work, contact lens types, tinted lenses, basic lens care, lens and make up care and lens and sport care. Also has news about contact lens manufacturing, Frequently Asked Questions and information for practitioners.

American Society of Cataract and Refractive Surgery

www.ascrs.org

Contains news and information about the society, meeting's and e-learning. There is also an image library, documents-on-demands and a technician centre.

Association of Optometrists

www.assoc-optometrists.org

Has information about the association, GOS regulations, the vision standards required by many professions, hospital optometry, member services and a student section.

British Contact Lens Association

www.bcla.org.uk

Contains information about the BCLA, news, information about conferences and exhibitions, information about contact lenses, virtual lectures and downloads and links.



Contact Lens Manufacturers Association

www.clma.net

Contains information for BCLA members, including current activities, classified advertisements and archive documents, the website also contains information for contact lens wearers, including FAQ's, about contact lenses and about refractive surgery as well as an eyecare professional section and general information about the CLMA.

European Federation of the Contact Lens Industry

www.efclin.com

Contains information on the main activities of EFCLIN, awards, a member list and links.

European Society of Cataract and Refractive Surgeons

www.es CRS.org

Contains information about ESCRS, publications and meetings, a multimedia section and live surgery sessions.

Midwest Vision Congress & Expo

www.eyequest.com

Contains news, information about MVC, continuing education, information about exhibitions, networking events and links to International Vision Expo New York and International Vision Expo Las Vegas.

The Federation of Ophthalmic and Dispensing Opticians

www.fodo.com

Contains information about FODO, news, campaigns and a members section including message boards and events. It also contains a section on information & guidance including statistics, legislation and combatting crime.



Hong Kong Optical Fair

www.hkopticalfair.com

Contains an information centre which has fair details, an event schedule, a list of exhibitors and previous fair information. The website also has an exhibitor's centre, a visitor's centre and a media centre, containing general information, press releases, media activities and enquiries.

OptoWest

www.optowest.com

Contains information about the conferences - registration, exhibitors, sponsors, advertisers and a photo gallery.

SECO International, LLC

www.secointernational.com

Contains information about SECO International and the Southern Council of Optometrists Inc. Also contains information about SECO 2007, a newsletter, online education, press releases, a jobsite and a market place.

International Vision Expo

www.visionexpeast.com

www.visionexpowest.com

Contains information about conferences, continuing education, networking events, press and news, a photo and video gallery and a product gallery.

OPTICAL PUBLICATIONS / MEDIA

The Journal of Cataract and Refractive Surgery

www.ascrs.org/publications/jcrs/jcrsindex.html

Contains an archive of issues, information about members and meetings, publications, a shop and links.



Lippincott Williams & Wilkins VisionCare Group

www.boucher1.com

Contains links to publications, including Contact Lens Spectrum, Eyecare Business, Optometric Management, Ophthalmology Management and Retinal Physician. It also contains online services such as continuing education, continuing medical education, forums and classifieds. Also has information on trade shows, advertising and a newsroom.

Contact Lens Society of America

www.clsa.info

Contains a professional publication - the EyeWitness, information about training courses, meetings and conventions, advancement courses and a membership directory. Also has reference materials and links, including one to the CLSA University.

Contact Lens Spectrum

www.clspectrum.com

Contains features of the current months edition, an archive of previous articles, supplements and a news section. It also has a VisionCare Continuing Education section, as well as helpful resources.

ESCRS Eurotimes

<http://www.escrs.org/PUBLICATIONS/EUROTIMES/default.asp>

Contains articles and features from the current issue, information about previous issues, medical editors and an event calender.

Global CONTACT

www.gclabsite.com

Contains news, publications, a show room, forum, agenda, information about organisations and links.

Optical World

www.optical-world.co.uk

Contains technical articles, product information, previews and reports of ophthalmic exhibitions, a company profile and links to optical websites.





Optician

www.opticianonline.net

Contains news, current features, a bookstore, downloads, events and a forum. The website also contains information about Continuing Education, jobs and links.

Optometry Today

www.optometry.co.uk

Contains news, articles, recruitment and a classified section. Also contains an events diary, a media pack and references.

OSN SuperSite

www.osnsupersite.com

Contains the latest issues and archives of: Journal of Pediatric Ophthalmology & Strabismus, Journal of Refractive Surgery, Ocular Surgery News - China Edition, India Edition, Europe/Asia-Pacific Edition, Japan Edition, Latin America Edition and U.S Edition and Ophthalmic Surgery, Lasers & Imaging.

Review of Ophthalmology

www.revophth.com

Contain's this month's issue, CME programs, an archive of issues and newsletters, idea exchange, information about meetings and an events calender.

OPHTHALMOLOGY ORGANISATIONS / PUBLICATIONS

American Academy of Ophthalmology

www.aaao.org

Contains information about the annual meeting and mid-year forum and a clinical education section including guidelines, clinical statements, educational products and news and information. The website also has information about practice management, publications and member services.



ASCRS EyeWorld

www.eyeworld.org

Contains features and supplements of the current issue, an archive of past issues, a calendar and classified advertisements.

OPTICAL WEBSITES

All About Vision

www.allaboutvision.com

Has complete guides to: contact lenses, LASIK and vision surgery, eyeglasses, sunglasses, eye exams, problems and diseases, vision insurance, low vision, computer vision, sports vision, nutrition and eyes, information for parents and teens and resources.

Contact Lens

www.contactlens.co.uk

Has information on different lens types e.g. toric, multifocal and continuous wear and different lens suppliers e.g. Acuvue and Bausch & Lomb.

My Contact Lenses (previously the Contact Lens Council)

www.mycontactlenses.org

Contains information about contact lenses - how they work, the different types, the history, how they work and speciality lenses. Also has a section about caring for your contact lenses, what's new in contact lenses and an FAQ section.

GP Contact Lenses

www.contactlenses.org

Contains information about GP lenses, contact lenses for teens, bifocal designs, refractive surgery and myopia control.



CHARITIES

The Eyecare Trust

www.eyecare-trust.org.uk

Contains eyecare information, careers in optics, press archives, an optical directory and information about the trust. Also has news and useful links.

Fight for Sight

www.fightforsight.org.uk

Has information about the charity, achievements, current research, news, facts and figures and information about eye diseases. Also has information on how to get involved and how to donate.

Sight Savers International

www.sightsavers.org

Contains information about the organisation including history and recruitment, information on current projects around the world and how to support the charity. The website also has a media centre which contains press releases, media briefings, exhibitions and events and celebrities and ambassadors.

Vision Aid Overseas

www.vao.org.uk

Contains a donation page, information about the charity including patients and projects, information on how to get involved, a publications section and a shop.



OPTICAL ORGANISATIONS / EVENTS

American Academy of Optometry

www.aaopt.org

Contains news about the academy, previous and upcoming meetings, scholarships, awards and grants, information about membership, for students and for the public.

Association of British Dispensing Opticians

www.abdo.org.uk

Contains information about ABDO, membership, learning and events. Also has a bookshop, bulletin boards and advice and guidelines.

The Association of Contact Lens Manufacturers

www.aclm.org.uk

Contains contact lens guides including how contact lenses work, contact lens types, tinted lenses, basic lens care, lens and make up care and lens and sport care. Also has news about contact lens manufacturing, Frequently Asked Questions and information for practitioners.

American Society of Cataract and Refractive Surgery

www.ascrs.org

Contains news and information about the society, meeting's and e-learning. There is also an image library, documents-on-demands and a technician centre.

Association of Optometrists

www.assoc-optometrists.org

Has information about the association, GOS regulations, the vision standards required by many professions, hospital optometry, member services and a student section.

British Contact Lens Association

www.bcla.org.uk

Contains information about the BCLA, news, information about conferences and exhibitions, information about contact lenses, virtual lectures and downloads and links.



Contact Lens Manufacturers Association

www.clma.net

Contains information for BCLA members, including current activities, classified advertisements and archive documents, the website also contains information for contact lens wearers, including FAQ's, about contact lenses and about refractive surgery as well as an eyecare professional section and general information about the CLMA.

European Federation of the Contact Lens Industry

www.efclin.com

Contains information on the main activities of EFCLIN, awards, a member list and links.

European Society of Cataract and Refractive Surgeons

www.es CRS.org

Contains information about ESCRS, publications and meetings, a multimedia section and live surgery sessions.

Midwest Vision Congress & Expo

www.eyequest.com

Contains news, information about MVC, continuing education, information about exhibitions, networking events and links to International Vision Expo New York and International Vision Expo Las Vegas.

The Federation of Ophthalmic and Dispensing Opticians

www.fodo.com

Contains information about FODO, news, campaigns and a members section including message boards and events. It also contains a section on information & guidance including statistics, legislation and combatting crime.



Hong Kong Optical Fair

www.hkopticalfair.com

Contains an information centre which has fair details, an event schedule, a list of exhibitors and previous fair information. The website also has an exhibitor's centre, a visitor's centre and a media centre, containing general information, press releases, media activities and enquiries.

OptoWest

www.optowest.com

Contains information about the conferences - registration, exhibitors, sponsors, advertisers and a photo gallery.

SECO International, LLC

www.secointernational.com

Contains information about SECO International and the Southern Council of Optometrists Inc. Also contains information about SECO 2007, a newsletter, online education, press releases, a jobsite and a market place.

International Vision Expo

www.visionexpoeast.com

www.visionexpowest.com

Contains information about conferences, continuing education, networking events, press and news, a photo and video gallery and a product gallery.

OPTICAL PUBLICATIONS / MEDIA

The Journal of Cataract and Refractive Surgery

www.ascrs.org/publications/jcrs/jcrsindex.html

Contains an archive of issues, information about members and meetings, publications, a shop and links.



Lippincott Williams & Wilkins VisionCare Group

www.boucher1.com

Contains links to publications, including Contact Lens Spectrum, Eyecare Business, Optometric Management, Ophthalmology Management and Retinal Physician. It also contains online services such as continuing education, continuing medical education, forums and classifieds. Also has information on trade shows, advertising and a newsroom.

Contact Lens Society of America

www.clsa.info

Contains a professional publication - the EyeWitness, information about training courses, meetings and conventions, advancement courses and a membership directory. Also has reference materials and links, including one to the CLSA University.

Contact Lens Spectrum

www.clspectrum.com

Contains features of the current months edition, an archive of previous articles, supplements and a news section. It also has a VisionCare Continuing Education section, as well as helpful resources.

ESCRS Eurotimes

<http://www.escrs.org/PUBLICATIONS/EUROTIMES/default.asp>

Contains articles and features from the current issue, information about previous issues, medical editors and an event calender.

Global CONTACT

www.gclabsite.com

Contains news, publications, a show room, forum, agenda, information about organisations and links.

Optical World

www.optical-world.co.uk

Contains technical articles, product information, previews and reports of ophthalmic exhibitions, a company profile and links to optical websites.





Optician

www.opticianonline.net

Contains news, current features, a bookstore, downloads, events and a forum. The website also contains information about Continuing Education, jobs and links.

Optometry Today

www.optometry.co.uk

Contains news, articles, recruitment and a classified section. Also contains an events diary, a media pack and references.

OSN SuperSite

www.osnsupersite.com

Contains the latest issues and archives of: Journal of Pediatric Ophthalmology & Strabismus, Journal of Refractive Surgery, Ocular Surgery News - China Edition, India Edition, Europe/Asia-Pacific Edition, Japan Edition, Latin America Edition and U.S Edition and Ophthalmic Surgery, Lasers & Imaging.

Review of Ophthalmology

www.revophth.com

Contain's this month's issue, CME programs, an archive of issues and newsletters, idea exchange, information about meetings and an events calender.

OPHTHALMOLOGY ORGANISATIONS / PUBLICATIONS

American Academy of Ophthalmology

www.aao.org

Contains information about the annual meeting and mid-year forum and a clinical education section including guidelines, clinical statements, educational products and news and information. The website also has information about practice management, publications and member services.



ASCRS EyeWorld

www.eyeworld.org

Contains features and supplements of the current issue, an archive of past issues, a calendar and classified advertisements.

OPTICAL WEBSITES

All About Vision

www.allaboutvision.com

Has complete guides to: contact lenses, LASIK and vision surgery, eyeglasses, sunglasses, eye exams, problems and diseases, vision insurance, low vision, computer vision, sports vision, nutrition and eyes, information for parents and teens and resources.

Contact Lens

www.contactlens.co.uk

Has information on different lens types e.g. toric, multifocal and continuous wear and different lens suppliers e.g. Acuvue and Bausch & Lomb.

My Contact Lenses (previously the Contact Lens Council)

www.mycontactlenses.org

Contains information about contact lenses - how they work, the different types, the history, how they work and speciality lenses. Also has a section about caring for your contact lenses, what's new in contact lenses and an FAQ section.

GP Contact Lenses

www.contactlenses.org

Contains information about GP lenses, contact lenses for teens, bifocal designs, refractive surgery and myopia control.



CHARITIES

The Eyecare Trust

www.eyecare-trust.org.uk

Contains eyecare information, careers in optics, press archives, an optical directory and information about the trust. Also has news and useful links.

Fight for Sight

www.fightforsight.org.uk

Has information about the charity, achievements, current research, news, facts and figures and information about eye diseases. Also has information on how to get involved and how to donate.

Sight Savers International

www.sightsavers.org

Contains information about the organisation including history and recruitment, information on current projects around the world and how to support the charity. The website also has a media centre which contains press releases, media briefings, exhibitions and events and celebrities and ambassadors.

Vision Aid Overseas

www.vao.org.uk

Contains a donation page, information about the charity including patients and projects, information on how to get involved, a publications section and a shop.



UK Course Links

If you are interested in pursuing a career in Optometry or Ophthalmology, there are a number of courses at college or University that you can take. Here is a list of courses, throughout the UK:

Undergraduate Courses

Anglia Ruskin University - www.anglia.ac.uk

- Ophthalmic Dispensing [*3 years, BSc (hons)*]
 - www.anglia.ac.uk/ruskin/en/home/prospectus/undergrad2007/ophth_disp.html
- Optical Management [*3 years, BSc (hons)*]
 - www.anglia.ac.uk/ruskin/en/home/prospectus/undergrad2007/bsc_opt_mgt.html
- Optometry [*3 years, BOptom (hons)*]
 - www.anglia.ac.uk/ruskin/en/home/prospectus/undergrad2007/optometry.html

Aston University - www.aston.ac.uk

- Optometry [*3 years, BSc (hons)*]
 - www.aston.ac.uk/prospective-students/ug/pros/lhs/O2lhsopt.jsp

Bradford, the University of - www.bradford.ac.uk

- Optometry [*3 years, BSc (hons)*]
 - www.brad.ac.uk/university/ugpros/optometry.php

Bradford College: An Associate College of Leeds Metropolitan University - www.uni.bradfordcollege.ac.uk

- Ophthalmic Dispensing [*3 years, BSc (hons)*]
 - www.uni.bradfordcollege.ac.uk/ophthalmic.htm

Cardiff University - www.cf.ac.uk

- Optometry [*3 years, BSc (hons)*]
 - www.cardiff.ac.uk/optom/degreeprogrammes/undergraduate/bsc/optometry%20/index.html



City University - www.city.ac.uk

- Ophthalmic Dispensing [2 years, Foundation Degree]
 - www.city.ac.uk/study/courses/ophthalmicdis-foundat.html
- Optometry [3 years, BSc (hons)]
 - www.city.ac.uk/study/courses/optometry-bsc.html

Glasgow Caledonian University - www.gcal.ac.uk

- Ophthalmic Dispensing [3 years, BSc (hons)]
 - http://hp1.gcal.ac.uk/pls/portal30/my_gcal.Progcat.Pkg.ProgPage?gtype=UG&p_Course=BSOD
- Optometry [4 years, BSc (hons)]
 - http://hp1.gcal.ac.uk/pls/portal30/my_gcal.Progcat.Pkg.ProgPage?gtype=UG&p_Course=BSOO

Liverpool, the University of - www.liv.ac.uk

- Orthoptics [3 years, BSc (hons)]
 - <http://www.liv.ac.uk/study/undergraduate/courses/B520.htm>

Manchester, the University of - www.manchester.ac.uk

- Optometry [3 years, BSc (hons)]
 - www.manchester.ac.uk/undergraduate/courses/search/atoz/course/?code=03571&pg=all
- Optometry [4 years, MOptom (hons)]
 - www.manchester.ac.uk/undergraduate/courses/search/atoz/?index=O

Sheffield, the University of - www.shef.ac.uk

- Orthoptics [3 years, BmedSci]
 - <http://www.shef.ac.uk/prospectus/courseDetails.do?id=3371022008>

Ulster, the University of - www.ulster.ac.uk

- Optometry [3 years, BSc (hons)]
 - <http://prospectus.ulster.ac.uk/course/?id=3727>