

Filter lenses to improve quality of life in retinal diseases

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Purpose: To determine the benefits provided by filter glasses (tinted optical lenses) on visual acuity, contrast sensitivity (CS), photophobia, and quality of life in patients with degenerative retinal diseases.

Method: Filter glasses impact was evaluated on 50 patients (aged 6 to 22 years) with severe photophobia and poor visual acuity. Each patient underwent a full eye examination with and without filter glasses, including visual acuity at distance and near, CS, eye movement recording for nystagmus, refraction and a fundus examination.

Results: Patients demonstrated improvement in binocular visual acuity as well as improvement in CS with the filter optical lenses. Subjectively, all patients described a major improvement in their photophobia both outdoors and indoors, as well as a marked improvement in quality of life.

Conclusion: Filter glasses may dramatically improve visual functions, outdoor performance, and quality of life of patients suffering from retinal diseases. These tinted optical lenses should be a part of the regular assessment in specialty clinics treating patients with low vision, glare, and photophobia.

Biography

Amani Al Amad is a comprehensive optometrist who specializes in primary vision care, contact lens fitting, problem-focused eye examination, pediatric eye care, and low vision evaluation. She received her Bachelor degree of science in biology from Mu'ta University in 2000. She earned her optometry degree from Intermediate University College in 2008 and shortly taught there for two years. She completed MBA on practice degree. She is skilled trainer and coach with a passion for helping people improve their soft skills. She is interested in voluntary work in the less fortunate area to ensure children best vision with glasses or any visual aids. She is grateful to be able to change people's lives each and every day with the gift of sight. She is interested to participate in conferences to keep up to date.