

# **A GREAT PLACE TO CORRECT YOUR VISION**



**Presented by**

**Dr. Robert Gerowitz  
Optometrist  
Orthokeratologist**

# **Welcome to The Gentle Shaping System: *A Non-Surgical Way to Correct Your Vision!***

The Gentle Shaping System for Orthokeratology uses computer designed *corneal molds* to gently and gradually reshape the front surface of the eye (the cornea) to correct nearsightedness and astigmatism. While similar to contact lenses, the GSS molds are worn only at nighttime during sleep. When they are removed upon awakening, patients experience clear vision all day without using glasses or contact lenses!

GSS molds are comfortable, easy to care for, and offer relief from problems associated with daytime contact lens wear like dryness and things getting on or under your lenses.



The *most* important aspect of the Gentle Shaping System is related to its ability to *slow down yearly prescription changes in children.*

## Gentle Shaping System Success



*“When I was in kindergarten I got glasses. Over the years, my vision got worse. I couldn’t read the board at school and had to hold my book close to my face. When I woke up the first morning of GSS it was like a miracle. I could see perfectly without glasses. I quickly got used to the feeling of GSS and it’s really easy to use. Convenience isn’t the only benefit with GSS. It can also stop my nearsightedness from progressing. I know that doing the Gentle Shaping System is one of the best things that ever happened to me. Start this program now, it will change your life!”* **Jamie Z.**

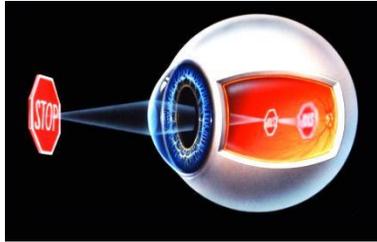
*“I was really excited to get GSS. I no longer needed glasses and playing sports is much easier. I fall asleep right away and forget I have them on. I am happy with how well I can see.”* **Chris B.**

*“I’m not wearing glasses. I’m not wearing contact lenses. I’ve never seen better in my life!”* **Rob G.**

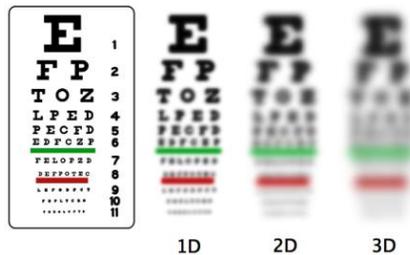
# Your Child & Progressive Myopia

## What is it?

**Myopia:** If your child can see objects nearby with no problem, but making out the writing on the board at school is more difficult, they have nearsightedness or myopia. This occurs because the eyeball is too long and light rays from distant objects are focused *in front* of the retina (the light sensitive tissue in the back of the eye), forming a blurred image.



**20/20:** describes normal vision at 20 feet. People with 20/20 vision, can see at 20 feet what should normally be seen at 20 feet.



Those with 20/100 vision, must be as close as 20 feet to see what a person with normal vision can see at 100 feet.

**Progressive Myopia:** a type of nearsightedness that typically affects children and teens. Their prescription increases in 6-12 months and often in amounts greater than 0.50 diopters of power.

**What causes it?** The most common causes are:

- Excessive close up tasks such as reading, desk work, computer work and hand held devices.
- Genetics; kids of nearsighted parents.
- Patients who are of Asian descent.



**Why is this so serious?** Right now, over 40% of the U.S. population and 90% of Asia's population is myopic. By the middle of this century, it is estimated nearsightedness will affect over 50% of the world's population!

**What can be done about it?** Good “visual habits” such as:

- Reading and other close tasks only in good light and at a distance equal to the length of one's forearm.
- Frequent rest breaks when reading or during computer or tablet use: every 20 minutes—look 20 feet away—for 20 seconds. And, outdoor play is vital!
- Watch TV from at least 10 feet away.
- **Our Gentle Shaping System!**

# When Should Your Child Start the Gentle Shaping System?

For the Orthokeratologist, there is probably nothing more challenging than meeting a child whose myopia is out of control and getting worse.

***Why does this happen?*** Sometimes the child's previous eye doctor doesn't know about the positive effects of OrthoK and doesn't believe in it. Sometimes it's because they fear doing a case that is above -4.00 and so the child's progressive myopia continues out of control. And, it can be because parents fear doing something relatively new and wait to start. Then by the time the case is in the extended range, they feel as if they have nothing to lose by finally trying OrthoK.

## ***When is a good time to start OrthoK?***

According to Dr. Pauline Cho's ROMIO study; 65% of children between ages 7 and 8, wear glasses which increase by -1.00 or more per year. This would indicate that the time to start a myopia control program would be when your child is at a younger age and myopic changes are just starting but haven't yet accelerated.

We have begun successful GSS programs on patients as young as six.

***What can you do if you feel your child's nearsightedness is getting out of control?***

At our no charge consultations we get to meet your child and discuss their vision problems and your concerns. We get to know them a little so they feel comfortable in our office and by doing a few simple tests, find out if they are a good candidate for GSS. We also spend time discussing the theory of how and why Orthokeratology works. By the end of the consultation, all your questions will be answered and everyone is able to decide if GSS is the correct approach to your child's vision problem.



## **GSS Success!**

*"I want to thank you for giving me the opportunity to see without glasses or contacts...I've almost forgotten that I ever wore glasses! I love the fact that GSS is effective, the molds are easy to use and care for, and I can do a lot of activities like swimming and skiing worry free."* **Hilary S.**

*"I've been on the Gentle Shaping System since 2001 and my vision has never been better! It was embarrassing for me to sit in the front of the class and I didn't want to wear glasses. I strongly recommend the GSS program; it will change your life because it changed mine."* **Brett C.**

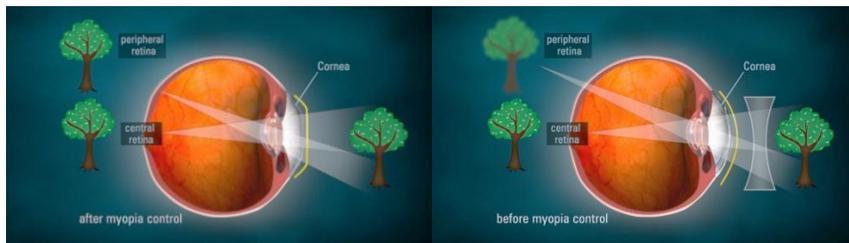


*"A co-worker told us about her success with GSS at a staff meeting. I asked her for her doctor's name and saw Dr. Rob. He explained the process, checked my eyes, and told me I was a good candidate. I am so excited because I just started the program and I can see perfectly after just one night. I'm amazed and a believer. I can't wait to tell my friends about this wonderful program."* **Kirsten C.**

# CANDY is Good for Your Child's Eyes!

**CANDY** stands for **C**ontrolling **A**stigmatism and **N**earsightedness in **D**eveloping **Y**outh. For more than 30 years, researchers worldwide have been studying myopia in children and testing modalities to slow its progression.

What makes GSS our treatment of choice for progressive myopia? Researchers feel that blur in the peripheral retina may be a significant stimulus for increased front to back eye length, which results in myopia progression (Smith et al, 2005).



Over the past few years, East coast Optometrists, Peter Wilcox and David Bartels have engaged in the CANDY study based on the OrthoK results in their practices.

They evaluated nearsighted patients, ages 9 to 15; whose glasses had increased an average of 0.46 diopters per year. During OrthoK, their patient's eyes remained at the same prescription they began the program with, and everyone had 20/20 vision.

To find out whether there had been any progression in their pre-treatment prescription, patients were asked to cease wearing their molds until their eye shape had returned to baseline. The results showed that their patients had returned to their pre-treatment prescription and the rate of progression of their myopia was only 0.03D per year or essentially no change at all.

In 2007, Dr. Gerowitz participated in the Stabilizing Myopia by Accelerated Reshaping Technique or SMART Study. During the next four years, the change in prescription for OrthoK patients was compared to kids wearing regular soft lenses. Those children not getting OrthoK became 5 times more nearsighted than those receiving treatment.

Even better, at all 10 investigation sites, the safety record of SMART correlated very well with the Ohio State University study which found OrthoK to be as safe as any other contact lens type.

Both CANDY and SMART have shown that **OrthoK is a safe and effective method to slow progressive myopia in children.** In other words, **CANDY IS GOOD FOR YOUR CHILD'S EYES!**

# Why You Need to Get Your Kids Outside to Play

***What do we know about outside play and close up work?*** Dr. Li Deng studied 147 children whose parents listing hours per week that their kids read and studied. During the school year time spent studying and reading for pleasure was about equal for normal sighted and nearsighted kids. Not surprisingly, the nearsighted kids spent more time watching TV and less time in outside play during summer vacation.

In the Sydney Myopia Study, Dr. Kathryn Rose studied over 4000 six and twelve year olds. Students with who had a lot of reading / computer / tablet time without going outside were more nearsighted than those who spent more time playing outdoors.

***What can we conclude from these two key studies?*** Simply put, those children who spend too much time on their smart phones, tablets, computers, reading and watching TV and don't go out and play are much more likely to be nearsighted in higher amounts and progress onto higher levels of myopia more quickly.

***How much time is too much?*** As a general guideline we tell parents that leisure activities (those not directly related to school work and homework) on electronic devices should not exceed 1 hour per day! Plus, that should be matched up with 1 hour of outside activity. This does not necessarily mean playing sports; it means play, taking a walk, doing yard work or shoveling snow, walking the dog; anything outside where the tablet or smart phone is left inside.



This can be challenging if the weather doesn't cooperate, but not every day is inclement and exceptions can be made. It all starts with parents carefully monitoring their kid's downtime and giving them guidelines to follow.

***Why is this so important?*** The primary goal of GSS is to slow progressive myopia in children. And limiting your children's time spent playing video games, surfing the net, watching videos, and engaging in social media can make that job easier and your child's OrthoK program more successful.

## What to Expect From GSS

Without a doubt, starting an Orthokeratology program is one of the most exciting things you can do. One day you're wearing glasses and the next you've forgotten how you used to see prior to your treatment.

If you've ever worn a ring on your hand and pulled it down to your first knuckle, you may have noticed that the skin under the ring has been



flattened. You didn't lose skin and the process of wearing the ring most likely didn't hurt at all. You reshaped your finger by using a more

rigid mold (the ring). The same thing happens to the clear (skin-like) tissue of your cornea under your GSS molds.

Using this same analogy, depending on how long you've worn this ring determines how long your finger retains this new shape. Typically, the longer a patient is on their program, the longer their retention of vision correction is. Recent research has shown the most effective way to maintain myopia control in children is to have them wear their molds every night.

Patient expectations are by far the largest factor as regards a successful outcome. Those who wish to have clear, functional vision; be free of glasses and daytime contact lenses; and slow down or arrest their children's progressive myopia will find GSS is a miraculous treatment.

Improvement in vision has been noted in some patients in as little as ten to fifteen minutes of wearing time. The average patient should expect to see markedly better after just one night on GSS. It is not unusual for vision to gradually 'fade' by the end of the first day; however, it will not be like flipping a switch, and retention increases the longer one is on GSS.

Patients will initially be aware of their molds prior to sleep; this feeling will dissipate over the first few days and, many GSS patients describe not feeling their molds at all. And yes, you will be able to see with them on.

There is no increased maintenance required to take care of your molds. Insertion and removal is easy to learn; and even parents of younger patients often report that their child takes over this task in a relatively short time.

Orthokeratology has been referred to as a "miracle" and based on its life changing and vision enhancing outcomes, this is not an exaggeration.

## We Have the Answer



**Is everyone a candidate for GSS & can all doctors do OrthoK?** Unfortunately, no. It will not work as well for levels of myopia above -8.00, and needs to be done in a very exact, step-by-step manner. Dr. Gerowitz has received special training and has the necessary diagnostic equipment to perform GSS. There are no age barriers for GSS. It is safe for children and adults and *may prevent nearsightedness from increasing!*

**What does the GSS involve?** We start with a comprehensive vision/eye health exam. Then, a computerized map of your corneal topography is obtained to design your molds.

When you pick up your GSS molds, you will be trained on how to use and care for them. The maintenance is very easy. After we check how they fit, you can wear them that night. The next morning, you'll come back to our office and we will recheck the results of your first night of treatment.

If any change in the design of your initial molds is needed, we will reorder new ones for you

(at no charge) to help you achieve your best vision possible. Even after you are seeing well, we will continue to monitor your eyes to ensure good eye health. Most patients are done with their initial fitting in three months, but due to factors like original prescription and corneal flexibility the speed of GSS varies from patient to patient. When treatment is complete, the molds are worn nightly to maintain daytime clarity.

**How often will I need to be seen?**

Patients should allow for 6 visits during the first three months of the program. Also, should you stop wearing your molds, your vision will slowly return to its original prescription.



**What's included in the GSS program?**

The first year program fee includes a comprehensive eye exam, an Optomap retinal exam, topography, GSS mold design and fitting, insertion, removal, and care instruction; and all of the professional visits and molds needed to safely achieve optimal vision.

**How do I find out more?**

That's easy. Just call our office at **847.705.7777** to schedule a complimentary GSS consultation.



## More GSS

### Success Stories

*"I started the Gentle Shaping System when I was 13 years old and I can't say enough good things about it. I'm a goalie for two hockey teams and GSS has helped me so much. I not only can control my vision but don't have to worry about a contact falling out during a game. I get*

*home, put them in, go to bed, and Voila! 20/20 all day!"* **Beth H.**

*"I can't even begin to say how well OrthoK works. My vision was really bad. It's just so amazing how well I see now. I would recommend this to anyone!"*

**Chloe D.**

*"I play a lot of sports and I was wearing glasses. It was just so distracting. GSS has been life changing; I'm even getting better grades in math now!"*

**Anthony A.**

*“As a parent, I appreciated the time you took to explain GSS to my daughter and address the concerns she had.”* **Bill P.**



*“OrthoK helps me see very clearly, without glasses. I don’t need to worry about my glasses falling off in gym and I can even see small letters on the white board. I’m happy GSS helps me see better.”* **Kostek P.**

*“I’ve need glasses since I was four. At seven my parents became worried because my nearsightedness had doubled in just six months. We went to see Dr. Gerowitz and found out about OrthoK. Now I can see what my teacher writes on the board and I do not need glasses. This made me very happy.”* **Anika C.**

*“Before GSS I would always ask my friends what it said on the board. Now I tell them! I also do better in sports because I can see the ball easier. I’m so happy I’m on the Gentle Shaping System!”* **Jim B.**

## Our Commitment to You

- ▶ We shall strive every day to be a practice you will want to send your family and friends to.
- ▶ You will always be treated as an individual, not a number.
- ▶ We will listen to all your questions and answer them, so that you will leave our office knowing as much about your eyes as we do.



- ▶ You will receive personal care so thorough you will be glad you came to see us.
- ▶ Dr. Gerowitz will absolutely not stop working until your treatment goals have safely been met.
- ▶ We will always look to alternative myopia control treatments when your child's prescription is beyond our extended range.
- ▶ And, as an Orthokeratology patient himself, Dr. Rob will be doing Gentle Shaping not just *to* your child; but *with* your child.

## Dr. Rob Gerowitz...

**... is Chicagoland's leading expert in controlling progressive nearsightedness in children.**

After graduating with honors in Pre-Optometry from Northeastern Illinois University, Dr. Rob attended the Illinois College of Optometry and received a second bachelor's degree in Visual Science. In 1981, he was awarded his doctorate in Optometry.

He was honored "Best and Brightest in Optometry" by 20/20 Magazine and "Optometrist of the Year" by Eyegrad. As a community supporter, Dr. Rob is a member of the Rotary Club of Palatine and was also honored as a "Rotarian of the Year".

Dr. Gerowitz is a charter member of the American Academy of Orthokeratology and Myopia Control and an internationally recognized speaker on the topic of OrthoK. In 2006, he received his Fellowship in the Academy and was named to its Board of Directors.

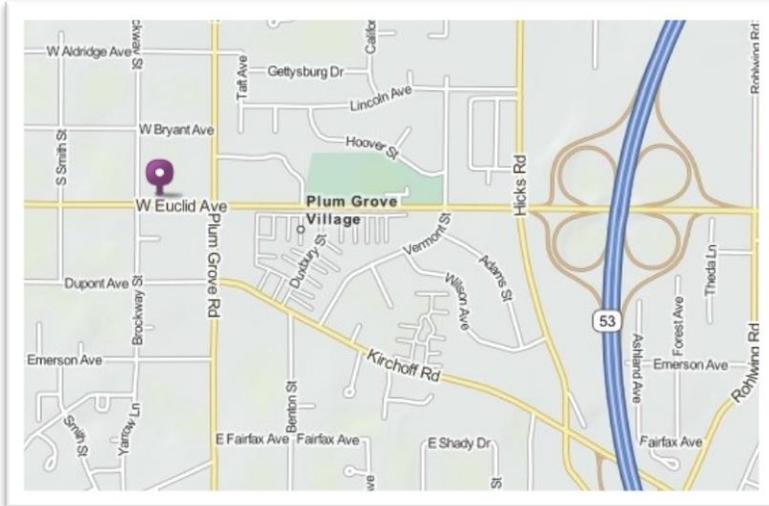
Dr. Rob and Korreen reside in Palatine with their son, Nathan and daughter, Miranda. Together they enjoy travelling as a family.



Contact our office for a free GSS consultation:

**847.705.7777**

**dr.gerowitz@comcast.net**



Dr. Robert Gerowitz, Optometrist-Orthokeratologist

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(½ mile West of Rt. 53)

Thank you for taking the time to learn more about  
the Gentle Shaping System.

Dr. Gerowitz has made myopia control his specialty.

For more information, go to:

[www.allaboutorthok.net](http://www.allaboutorthok.net)

You Tube: How Orthokeratology Works

If you found this book valuable, please share it with  
your family and friends; they'll thank you for it.

