



BOOK REVIEWS

The Complete Contact Lens Fitting Guide and Directory

The Complete Contact Lens Fitting Guide and Directory by J. W. Soper, F.C.L.S.A., P. R. Kastl, M.D., Ph.D.; 1986, Slack Incorporated, 6900 Grove Road, Thorofare, NJ, 08086, USA. 107 pp.

The writer of a contact lens fitting guide faces a difficult task in at least two ways. One is to deal effectively with the ever increasing variety and design of contact lenses and care products. The other is to describe skilfully the delicate balance between the science and the art of fitting contact lenses.

This pocket reference contains six chapters and can be divided into three main sections. The first is a basic "cookbook" approach to the fitting of various designs of hard and soft lenses, including keratoconic, piggyback, toric and bifocal designs. At least one case example is given for each. Unfortunately, as with many "recipes", a lot of unanswered questions remain regarding the achievement of a perfect fit. For example, how can I make my patient see comfortably and be happy with his or her new contact lenses?

The second section contains five typical charts and tables on Vertex Distance, Minimum Thickness, Diopter Conversion, Diameter Chart and Sagittal Depth.

The third section is a directory of manufacturers, lens care products and available lenses. Unfortunately, the text was written in the United States and is clearly intended for American use. As a result, it is of limited value to Canadian optometrists. Although the information will be outdated soon, future editions are promised.

With the shallow description of fitting, scarcity of charts and generally thin relevance of the directory to Canada, I doubt if I'll see this guide in the pockets of many colleagues and students.

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Ottawa, ON

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