Contact Lenses in Ophthalmic Practice
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To Judith and Kurt,
Lídia and Emir,
our anchors
Seven years ago, in Cancun, Mexico, at the meeting of the Pan-American Association of Ophthalmology, one of the editors came across a little book in Portuguese on contact lenses. Edited and written by two of Brazil’s leaders in the specialty of contact lenses—Cleusa Coral-Ghanem, MD and Newton Kara-Jose, MD—this slim volume had already made a significant impact in Brazil. In a country where contact lens practice is already quite sophisticated, the book was designed as a learning tool for the new practitioner. Given its utility as a manual for the beginning contact lens practitioner, the notion that this book might be made available in English immediately came to mind. In the Foreword to the second edition in Portuguese, Rubens Belfort, a recognized leader in both Brazilian and international ophthalmology, wrote that “if this book were written in English, it would be recognized the world over” as a useful and practical tool for the contact lens practitioner. His comments were perhaps prescient. And so, the project to bring a new contact lens manual to English-speaking eye care practitioners was launched.

This book is a contact lens “primer.” Originally signifying a small book for teaching children to read, the term primer now signifies any small book that is basic and introductory to a subject. There is already, of course, a spate of basic contact lens manuals on the market. Nonetheless, the present text is unique in at least two ways. First, it combines the somewhat quaint notion of a primer with the contemporary approach of FAQs—frequently asked questions. Guiding the novice stepwise into an acquaintance with the terminology and practice of contact lenses, it approaches questions as they arise in the “hands on” setting. Second, this new volume is the joint product of an ophthalmologist and
an optometrist. Unfortunately, differences in clinical interests and political currents have swept the two disciplines apart, and often what is written by one is not read by the other. This project brings together a long collaboration between ophthalmology and optometry that capitalizes on the expertise of both disciplines. As such, it is designed to be of use to ophthalmology residents, optometry students, practitioners in both fields beginning or returning to contact lens practice, and to technicians and assistants working in contact lens practices.

We have attempted to adapt the excellent base established by our colleagues in Brazil for both ophthalmology and optometry and have expanded and updated the contents for the English-speaking professional readership. Primary credit for this book must go to Drs. Coral-Ghanem and Kara-José and to the contributors in Brazil and the United States who have updated and rendered the chapters clear and utilitarian. The original text was translated from Portuguese into English by Dr. Mannis and was further edited in English by Drs. Mannis and Zadnik. We hope that this text will answer the readers’ questions—those you wanted to but perhaps were afraid to ask because they seemed so basic.

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The second edition of this book, still in the original Portuguese, was distinguished by an introduction by Mark Mannis. In his foreword to that edition, Dr. Mannis wrote “It is an extraordinary honor for me to be associated with the editors and authors of this essential text for Portuguese-speaking ophthalmologists. My only regret is that the book is not yet available to English-speaking contact lens practitioners.”

Now with this newly translated and substantially edited English edition that is enriched by the experience of two accomplished practitioners, Mark Mannis and Karla Zadnik, core information in contact lens practice that has always been the primary goal of this book is brought to English-speaking eye care professionals. As authors of the original text, we are honored to be associated with this new and updated English language version and its accomplished editors and contributors from both Brazil and the United States. The English edition encompasses a much broader collaboration of colleagues who have generously volunteered their hard work to make this book a valuable clinical tool.

The format of the book was conceived several years ago, when we were discussing the contact lens training of our residents and of new ophthalmic practitioners in Brazil. We noticed that their questions about contact lenses had common and recurrent threads. We were repeatedly faced with the same basic queries. Nonetheless, we were also well aware of the significant costs involved in the production of a conventional textbook in ophthalmology with lengthy text, numerous illustrations, and expensive paper that would make it prohibitive to a significant percentage of our target audience. The format, therefore, logically presented itself: straightforward questions and answers about the subjects of great-
est concern to the new contact lens practitioner presented in a slim, compact, direct, and no-nonsense book. To our surprise, the book is now in its third edition in Portuguese. We are further delighted to witness its translation and updating in English—a language that will make it accessible to a much larger readership.

Communicate comes from the Latin communicare, which means “to make common, to share.” A nonfiction book communicates knowledge, makes it common, shares it. As physicians, we have two basic missions: to heal and to teach. We hope that this modest book effectively shares our own experience in contact lens practice with those who are new to the field. The original authors of *Lentes de Contato na Clínica Oftalmológica* are immensely thankful to Drs. Mannis and Zadnik for the opportunity of communicating and sharing with our English-speaking colleagues the world over.

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We would like to thank Gary Campanile at the University of California, Davis, who kept this project superbly organized, managing all the manuscripts between Columbus and Sacramento. In addition, we appreciate the foresight and determination of Laurel Craven who perceived the value in bringing this edition to the English-speaking profession. The meticulous editing of Merry Post kept the project on track, and we thank her for her steadfastness in this task. Of course, the book could never have been completed without the contributing authors in Brazil and the United States to whom we are deeply grateful. And finally, we thank our families for their patience with this project—one of many that chip away at our time with them.

M.M.
K.Z.
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