

About me:

Rune Ødegård

I worked as a state-authorized auditor for almost 30-years. It included a lot of work in front of a PC, 100-hours overtime a month was not that unusual in the period from the beginning of December to the end of June the following year, every year. At the workplace, there was no focus on Health and Safety measures, neither regarding the use of PCs, nor in any other way; humidity, lighting conditions, or vision care etc. In November 2016 my eyes said stop, and I was on permanent full-time sick leave. My eyes condition was so bad that I didn't dare to drive.

In the following January I got the diagnosis: Computer Vision Syndrome (CVS), Meibomian Glands Dysfunction (MGD 75% loss), and Corneal Nerve damage. As a result of these conditions, I was very sensitive to light. I started treatment by ophthalmologist, Dr **Sten Ræder**, General Manager of the Eye Health Clinic AS and Dry Eye Clinic AS, in Oslo, Norway. *Sten became my first dear helper, back to life.* His treatment made me gradually better, but it took a long time.

In the beginning of December 2018, I was prescribed scleral contact lenses from *my dear optometrist* Erik Robertstad, General Manager of Optiker Holt AS Interoptik, in Tønsberg, Norway. At week three, on the 28th of December I sat at the dining room table, with all available lens tools trying to put the lenses on, but nothing was helping. My eyes were red and sore, and I was so frustrated and despondent that I was about to give up wearing contact lenses. Then my wife started lighting the candles on the Christmas tree, and I got an idea. The idea has, thanks to *good helpers*, become the lens tools from Easy On Off. **And this lens tools are now helping more and more lens wearers.**