

Myopia Control Protocol

By 2050 half of the worlds' population will be myopic (short-sighted). To minimize this, we follow a protocol designed by collaborating the latest scientific research from across the globe. The aim of this protocol is to provide better visual and eye health outcomes for myopic children and adults. The increase of myopia not only affects an individuals' eyesight, but also substantially increases risk of numerous eye diseases that can have serious visual impacts.

We now have much more constant demands on the near visual system, given our much higher digital medium usage, which increases a persons likelihood of becoming short-sighted. This particularly affects younger individuals and necessitates the importance of identifying individuals at risk of becoming myopic, and in turn employing suitable strategies to minimize the progression of myopia. We do not have a 100% cure, but we can use strategies to delay or reduce myopia meaning we can also reduce the potentially sight-threatening consequences of the condition.

Our standard of care for our myopic patients is that we aim to minimize the progression, and to provide a better visual outcome now and into the future.

Myopia Control Protocol

Assessments

Identifying 'Pre-Myopes': These are the individuals whose characteristics indicate they may become myopic in the future; current statistics show 3-4 out of 10 children in Australia will become myopic.

Pre-Myopes will have one or more of the following:

- Prescriptions progressing to myopia
- Esophoria
- Exophoria
- Accommodative issues

Risk Factors include:

- Family history of myopia
- Early onset of myopia
- Ethnicity
- Extended periods of near work
- Minimal time spent outdoors

Assess Lifestyle Factors: Too much demand on the near visual system does have consequences. Lifestyle changes can greatly reduce the development and progression of myopia:

- Spend a minimum of 90 minutes a day outside
- Take frequent breaks between continuous near work
- Use good lighting and larger reading working distances

Test for Binocular Vision Problems: Assess the coordination of the eyes.

- Assessing the efficiency of the visual focusing system
- Modifying any inefficiencies with the use of glasses, contact lenses and/or vision training
- Identifying & minimizing any underlying causes of eye strain to reduce myopic changes

Treatments



Spectacle lenses: Spectacle lenses designed to support the near visual system for use when focussing at a short distance for a long period of time. The specific lens design varies depending on the individual's prescription. Options include a single vision near lens, and extended focus or near progressive lens or the more technical Myopilux lens.



Contact lenses: Ortho-Keratology (Ortho-K) contact lenses, or MiSight Contact lenses can help to control myopia progression. Ortho-K contact lenses are custom rigid contact lenses worn overnight which reshape the cornea to modify or eliminate refractive error resulting in clear vision during the day. MiSight Contact Lenses are specially designed disposable soft contact lenses worn throughout the day which give clear distance vision and have the ability to reduce eye strain with near vision.



Atropine Eye Drops: In conjunction with normal spectacle wear, a low dose of Atropine eye drops may be prescribed. Atropine is a therapeutic eye drop which can help to relax the demand on the near visual system and in turn control myopia progression.



**Somerville
&
Merrin
OPTOMETRISTS**

428 Hume Street

Cnr Stenner Street
Toowoomba

P (07) 4635 7340

www.smnoptometrists.com.au

The Range S/C

11 James Street
Toowoomba

P (07) 4659 9599