

Myopia Control

The incidence of myopia is increasing across the world, it is now becoming an epidemic.

It is estimated that by 2050, 50% of the global population will be myopic. Currently 90% of Chinese children and teenagers are myopic. In the UK over the last 50 years, myopia has more than doubled.

Judith Roberts Opticians offers a myopia control clinic and we have been active in this rapidly developing field since 2007. Orthokeratology has been the main treatment used, however we became the first practice in Wales to offer MiSight daily disposable lenses and are now able to offer the Hoya Miyosmart spectacle lens.

We feel myopia management should be the first choice for parents of myopic children. This is due to the likelihood of the myopia progression resulting in higher prescriptions increasing the risk of serious eye conditions in adulthood. The prevalence of these eye conditions increase with higher prescriptions. The intention of this leaflet is to give you a more detailed understanding of myopia and the methods that have been scientifically validated to slow down the rate of progression through videos, websites and scientific papers from the experts in the field.

Videos and Websites

Probably our favourite website for general introduction and knowledge of myopia is <https://www.mykidsvision.org/>

<https://www.myopiainstitute.org/>

The International Myopia Institute was formed following the WHO-BHVI meeting on myopia and high myopia in 2015, due to the need to address the increasing levels of myopia and high myopia worldwide that can lead to potentially sight threatening complications for an individual, and the massive global burden associated with lost productivity:

Professor Brian Holden of Brien Holden Vision Institute:

<https://www.youtube.com/watch?v=EcbC50xURCo>

A TV News video but informative on orthokeratology:

<https://www.youtube.com/watch?v=ZnhLjSC1MXo>

A website offering some of the science behind myopia control:

<http://www.myopiaprevention.org/>

Another such website but this one offers a calculator to assess your child's risk of developing myopia

<https://www.myopiacare.org>

The website of the manufacturer of the orthokeratology lenses we use with some good videos:

<http://www.orthoklenses.com/>

The website of the MiSight lenses we use:

<https://coopervision.com.my/myopia-management>

More information on myopia and myopia management can be found on [myopiafocus.org](https://www.myopiafocus.org). Please also consider signing the change.org/myopiafocus campaign to get NHS to recognise myopia as an ocular disease and fund Myopia Management for Children

<https://www.myopiafocus.org>

Scientific Papers

The following links are for more scientific papers:

Miyosmart spectacle lens study

Advancing the Treatment of Myopia in Children

Clinical management of progressive myopia

Slow progression of myopia in children

Progress in Retinal and Eye Research

Are we myopic about myopia control?

Myopia in practice:evidence for intervention

Control Myopia Progression

Multifocal Contact Lens Myopia Control

MiSight Assessment Study

A word of caution

None of the interventions mentioned are likely to stop myopia progression, they will only slow it down. Secondly, in the above papers the 50% reduction in the rate of myopia progression is an average and cannot be guaranteed. Thirdly, this is still an area where the studies have not had sufficient time to "prove" the effectiveness of the techniques, however the preliminary results are positive.

If you would like to predict the progression of your child's myopia there is an excellent online calculator at:

<https://www.brienholdenvision.org/translational-research/myopia/myopia-calculator.html>