

Myopia Management

Slow the progression of myopia (nearsightedness) with contact lenses, eye drops, or special myopia control glasses¹⁻³⁰

- Orthokeratology contact lenses
- Soft multifocal contact lenses
- Low concentration atropine eye drops
- Spectacles are available for myopia control, but not in the United States

What does myopia management mean?

Children typically have -1.00 D myopia when they first get glasses and normally progress -0.50 D per year from ages 8 to 16. At this rate, they would have -5.00 D myopia as an adult. If myopia management slowed that progression by 50%, their myopia would be -3.00 D as an adult and they would have a lower risk of sight-threatening complications later in life.³¹



Myopia Facts

- Myopia affects one out of three people in the United States
 - As much as 90% of people are affected in some East Asia countries
- Myopia typically onsets at 8 years of age and progresses until 16 years of age
 - The younger age someone becomes myopic typically means higher myopia in adulthood³²
- High myopia increases the risk of sight-threatening complications³³⁻³⁴
 - Retinal detachment
 - Glaucoma
 - Central vision loss
- Myopia progression can be slowed with contact lenses¹⁻²³
 - Children as young as seven years can routinely care for contact lenses³⁵
 - Contact lenses improve self-esteem in children who wear glasses³⁶
 - Contact lenses improve quality of life, especially for athletes and kids who don't like to wear glasses³⁷



References available at contactlenses.org and gpli.info



Learn more about
Myopia Management:
www.contactlenses.org
www.allaboutvision.com

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To reorder this brochure visit www.GPLI.info

Myopia Management Treatments

Orthokeratology Contact Lenses

- Worn only while sleeping to reshape or flatten the front surface of the eye
- Removed in the morning, resulting in clear vision all day without glasses or contact lenses
- Risk of significant microbial keratitis is the same as an overnight contact lens wear (about 20 cases per 10,000 years of wear)³⁸
- Slows myopia progression about 43%³⁹

Soft Multifocal Contact Lenses

- Contact lenses with specially-designed multifocal optics
- May replace monthly, every two weeks, or daily
- Risk of eye infection is about 20 cases per 10,000 years of wear⁴⁰
- Slows myopia progression about 38%^{39,41}
- The only modality that has an approved indication for myopia control by the United States Food and Drug Administration

Atropine

- Low concentrations (<0.1 %) slow myopia progression with few side effects²⁴⁻²⁷
 - May make near vision blurry (can wear reading glasses), although that is rare
 - May increase pupil size (can wear sunglasses to decrease light sensitivity)
 - These rarely require additional treatment²⁷
- Drops taken every night at bedtime
- Drops are comfortable
- Slows myopia progression about 58%³⁹

Combination

- Soft multifocal contact lenses and atropine did not prove to be more effective than soft multifocal contact lenses alone⁴²
- Combination of orthokeratology contact lenses and atropine works better than orthokeratology alone^{43,44}
- Myopia control spectacles and atropine slow myopia progression more than myopia control spectacles alone⁴⁵

Delaying Myopia Onset

- Using atropine before myopia onset delays the onset⁴⁶
- For every year younger at myopia onset, adults are expected to be -0.86 D more myopia and 2.86 X more likely to be a high myope³²

Which is better, orthokeratology or soft multifocal contact lenses?

- Both provide effective myopia management¹⁻²³
- Direct comparison indicates no difference in myopia management¹⁹
- Decision should be based on lifestyle of family

Resources for Doctors

www.myopiaprofile.com
aaomc.org/practitioners
bhvi.org
gpli.info

(for webinars as well as references for the information provided in this brochure)

Resources for Parents

www.mykidsvision.org
aaomc.org/patients

Possible Discussion Points for Parents and Doctors When Choosing Contact Lens Myopia Management

Situation	Orthokeratology	Soft Multifocal
Contact lenses only worn at home	✓	
Child swims frequently	✓	
Parents know how to care for soft contact lenses		✓
High myopia, more than -5.00 D		✓
Child has difficulty with dexterity	✓	
Child mostly wants to wear glasses		✓