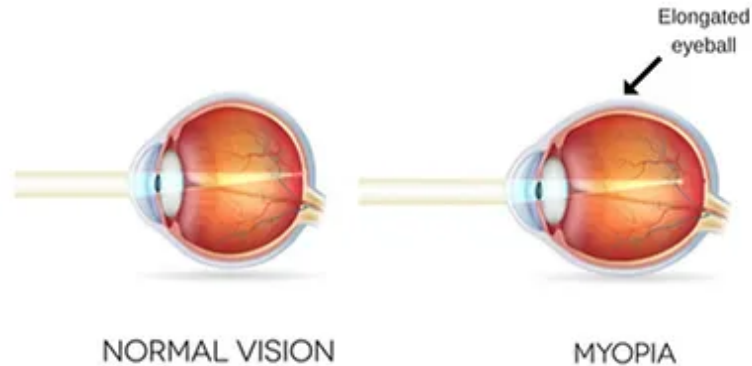


# Myopia Management

Gurpinderjeet Kaur, OD, FAAO

## What is Myopia (Nearsightedness)?

Myopia, also called nearsightedness, is an eye condition where objects at near are clear but objects far away are blurred. It is caused by the eye being slightly too long.



Myopia is becoming increasingly common, particularly among children, and can progress quickly. Myopia in kids tends to progress throughout childhood, and higher levels of myopia are associated with higher eye disease risks in adulthood. If your child already wears glasses, you can do something to stop their vision from worsening.

Myopia management prevents risks of several eye diseases:

- Cataracts – Higher the myopia, the faster cataracts can develop when kids get older
- Glaucoma – High pressure in the eye can cause irreversible damage to the optic nerve. Studies show that nearsighted people have a 2-3 x greater risk for developing glaucoma.
- Retinal detachment

While there is no cure for myopia, there are treatments available to help slow its progression.

Myopia management may include these or some combination of these:

- Atropine eye drops
- Orthokeratology (“ortho-k”)
- Peripheral defocus multifocal contact lenses

**If your child’s prescription continues to get worse every year, it is important to seek early intervention. Make an appointment today to determine if your child is a candidate for myopia management program.**

**253-739-1588**

# Myopia Management Options

## Gurpinderjeet Kaur, OD, FAAO

### ORTHOKERATOLOGY (overnight wear lens wear)

Rigid gas permeable contact lens (retainer) worn every night and removed in the morning to temporarily flatten the shape of the cornea.

No daytime glasses or contact lenses

More time commitment initially due to custom fit

FDA Approved

**Annual Ortho-K Treatment Plan: \$2000**

**Annual Fee Covers:** 1 pair of ortho-k lenses, insertion and removal training, custom design, corneal mapping, axial length measurements, 1-2-day, 1 week, 1 month, 3-month, 6-month follow-up.

Second Year & Beyond Maintenance: **\$1250** (Includes new lenses/2 follow-up visits/axial length measurements)

### MISIGHT (soft daily disposable multifocal contact lens)

Soft multifocal contact lens

Lens must be worn ~ 10 hours daily for 6 days at least

FDA Approved

**Annual Treatment Plan: \$2000**

Annual Fee Covers: 1-year supply of lenses, training, 1 week, 1 month, 3-month, 6-month follow-up.

Second Year & Beyond Maintenance: **\$1750** (Includes annual supply/2 follow-up visits/axial length measurements)

### ATROPINE DROPS

Eye drops used every night

Annual Treatment Plan: **\$1000**

Annual Fee Covers: Baseline corneal mapping, axial length measurements, 1-month, 3-month, 6-month, 9-month follow-up appointments

Second Year & Beyond Maintenance: **\$500** (2 follow-up visits/axial length measurements)

Eye drops are purchased directly from a compounding pharmacy for ~ \$40/month

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# Myopia Management

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Benefits	Ortho-K Lenses	Atropine Drops	Special Daytime Dual Focused Soft Contact Lenses
Efficacy of Myopia Control	★ ★ ★	★ ★ ★	★ ★ ★
Improves Confidence	★ ★ ★	★ ★ ★	★ ★ ★
Simplifies Sports/Outdoor Activity	★ ★ ★	★ ★ ★	★ ★ ★
Easy to Use	★ ★ ★	★ ★ ★	★ ★ ★
Needs Parent Involvement	Optional	Yes	No
Number of In-Office Visits	Year 1: 6-8 Year 2+: 2	Year 1: 4-6 Year 2+: 2	Year 1: 4-6 Year 2+: 2

## Behavioral Coaching Recommendations

- Closely monitor and limit screen time.
- Encourage outdoor play.
- Do not lean into screens and follow the 20/20/20 rule.
- Improve lighting in study area.
- Allow natural light into occupied rooms.
- Play catch with a ball outside.

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