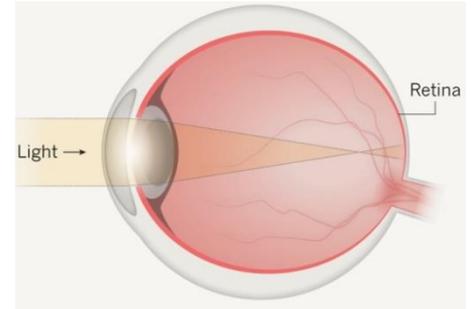


# Myopia Control

## Information for Referrers

### Introduction

Myopia Control, also known as 'Progressive Myopia Management' has emerged to address the increasing rates and severity of myopia (short sightedness) in children. Myopia control aims to reduce this progression and a person's ultimate adult prescription. Current methods of this treatment include low strength atropine sulphate eye drops, multifocal glasses or specific contact lens designs.



No current treatment methods reverse existing myopia, so early treatment is best.

### Why is Myopia a Problem?

Myopia is caused, in part, by excessive elongation of the eyeball, causing images to focus in front of the patient's retina. Although this defocused image can be readily corrected with glasses, contact lenses or even refractive surgery, it doesn't change the potentially harmful effects from severe myopia to the retina and other structures in the eye.

In severe myopia progressive elongation of the eye causes thinning of the tissues. These structural changes increase the risk of secondary changes including macular degeneration, retinal detachment, cataracts and glaucoma. All of these conditions carry the risk of severe vision loss.

For young patients with myopia that increases every time they get an optometrist assessment, myopia control should be a consideration.

### Where should I refer?

The Women's and Children's Hospital Ophthalmology Department recommends referring patients to a local [paediatric ophthalmologist](#) or [optometrist](#) with the relevant equipment.

### Key Elements of the Baseline Exam recommended by the [International Myopia Institute](#)

Case History

Refraction

Best-corrected Visual Acuity

Binocular Vision and Accommodative Tests

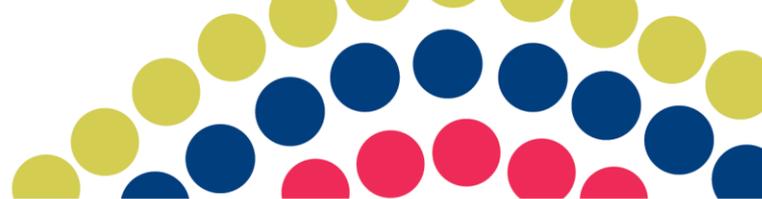
Anterior Eye Health Evaluation

Axial Length

Corneal Topography – if contact lenses are planned

### What advice should be given to parents?

There is evidence to show that reducing time doing close work, plus increasing time spent outside can help prevent development of myopia. Current recommendations are for children to spend 90 – 120 minutes outside per day, whilst minimising excessive reading and computer time.



### For more information

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