

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

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



### Which is better, orthokeratology or soft multifocal contact lenses?

- Both provide effective myopia management<sup>1-23</sup>
- Direct comparison indicate no difference in myopia management<sup>19</sup>
- Decision should be based on lifestyle of family

References available at [contactlenses.org](http://contactlenses.org) and [gpli.info](http://gpli.info)

### Resources for Parents

[www.mykidsvision.org](http://www.mykidsvision.org)  
[www.allaboutvision.com/conditions/myopia.htm](http://www.allaboutvision.com/conditions/myopia.htm)  
[www.orthokacademy.com/information-for-patients](http://www.orthokacademy.com/information-for-patients)

### Resources for Doctors

[www.myopiaprofile.com](http://www.myopiaprofile.com)  
[www.orthokacademy.com](http://www.orthokacademy.com)  
[www.brienholdenvision.org](http://www.brienholdenvision.org)  
[www.gpli.info](http://www.gpli.info)

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



Learn more about Myopia Management

[www.contactlenses.org](http://www.contactlenses.org)  
[www.allaboutvision.com](http://www.allaboutvision.com)

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# Myopia Management

Slow the progression of myopia (nearsightedness) with contact lenses or eyedrops<sup>1-27</sup>

- Orthokeratology contact lenses
- Soft multifocal contact lenses
- Low concentration atropine eye drops



## What does myopia management mean?

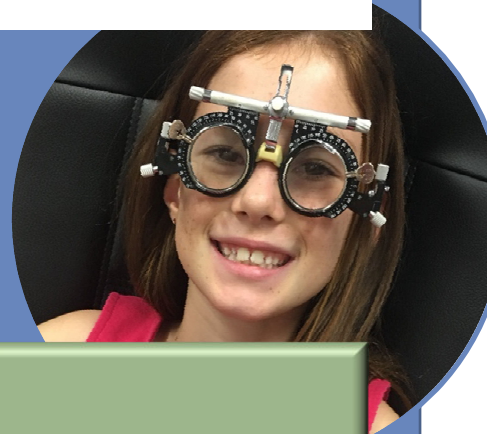
- Kids typically have -1.00 D myopia when they first get glasses
- Normally progress -0.50 D per year from age 8 to age 16 years
- Would therefore have -5.00 D myopia as an adult
- If myopia management slows progression by 50%, would only have -3.00 D myopia as adult and have much less risk of sight threatening complications later in life<sup>28</sup>



# 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)<sup>29</sup>
- Slows myopia progression about 43%<sup>30</sup>



## Soft Multifocal Contact Lenses

- Contact lenses with specialty-designed multifocal optics
- May replace monthly, every two weeks, or daily
- Risk of eye infection is about 20 cases per 10,000 years of wear<sup>31</sup>
- Slows myopia progression about 38%<sup>30, 32</sup>

## Atropine

- Low concentrations (<0.01%) slow myopia progression with few side effects<sup>24-27</sup>
  - May make near vision blurry (can wear reading glasses)
  - May increase pupil size (can wear sunglasses to decrease light sensitivity)
  - These rarely require additional treatment<sup>27</sup>
- Drops taken every night at bedtime
- Drops don't sting
- Slows myopia progression about 58%<sup>30</sup>

## Combination

- May combine orthokeratology contact lenses and atropine
- May combine soft multifocal contact lenses and atropine
- Combination of orthokeratology contact lenses and atropine works better than atropine alone<sup>33, 34</sup>
- No studies of soft multifocal contact lenses and atropine available yet

## Myopia Facts

Myopia affects one-out-of-three people in the United States  
– As much as 90% of people in some East Asia countries

Typically onsets at 8 years of age and progresses until 16 years of age  
– Younger age one becomes myopic typically means higher myopia in adulthood

High myopia increases the risk of sight-threatening complications

- Retinal detachment
- Glaucoma
- Central vision loss

We can slow the progression with contact lenses<sup>1-23</sup>

- Children as young as seven years can routinely care for contact lenses
- Contact lenses improve self-esteem in children who wear glasses
- Contact lenses improve quality of life, especially for athletes and kids who don't like to wear glasses