MAYOPIA CONTROL

1. Introduction

Myopia is the most common refractive error and is now endemic Worldwide, and especially in Asia, myopia is a major vision-threatening disorder. From AD 1600 on(1)

Recent increases in global myopia prevalence rates have raised significant concerns as myopia increases the lifelong risk of various sight-threatening ocular conditions. This growing public health burden has generated significant research interests into understanding both its aetiology and developing effective methods to slow down or stop its development, methods collectively termed 'myopia control'. The growing body of research has demonstrated benefits of various optical and pharmacological treatments resulting in myopia control management increasingly becoming a part of main stream clinical practice. This review will discuss the peer-reviewed literature on the efficacy of various myopia control interventions including multifocal spectacles and contact lenses, as well as potential future research directions (2) .

these investigations have been directed toward slowing the progression of myopia in children. Although some contact lens clinical trials have demonstrated promising results in slowing the progression of myopia, many of these studies have significant limitations, including only short follow-up times, limited randomization, and incomplete masking. Such limitations have underscored the need to develop a more robust clinical study design, so that future studies can demonstrate whether contact lenses, as well as other medical devices, can be used in a safe and effective manner to control myopia progression (3).

No clinically serious events were observed in either group. Our results show that correct use of MiSight CLs is a safe option for myopia correction. The success of this treatment requires a combination of proper lens fitting, good adherence to routine follow-ups, and timely treatment of complications(4).

. contact lenses which are designed to reduce the peripheral hyperopic blur and distance-center soft multifocal contact lenses. Less effective treatments include multifocal spectacle lenses, bifocal spectacle lenses, bifocal soft contact lenses and outdoor activity in daylight. Visual therapy, biofeedback, full-spectacle correction, under-correction, spectacles designed to reduce the peripheral hyperopic blur, single-vision rigid gas-permeable contact lenses, single-vision soft contact lenses(5).

Studies reported that myopia ranged from 4.9% (95% confidence interval: 1.6-8.1) in Southeast Asia to 18.2% (95% confidence interval: 10.9-25.5) in the Western Pacific region. The percentage of short-sightedness ranged from 16.2% (95% CI: 15.6-16.8) in the Americas to 32.9% (95% confidence interval: 25.1-40.7) in South-East Asia. 2016 (34.2%) P = 0.097) The highest prevalence of myopia and astigmatism was observed in Southeast Asia adults (6).

2. References

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