

# FOCUS OPTOMETRY

## Myopia Management Options

Myopia management refers to the decision to implement a strategy to slow down the progression of myopia aka nearsightedness. It is a decision that is based on substantial scientific evidence that myopia progression can be slowed utilizing one or more of the following options. Utilizing these options is the most appropriate clinical management for the patient as high amounts of nearsightedness has been associated with conditions such as retinal detachment, maculopathy, glaucoma, and cataracts. The overarching goal of myopia management is to slow myopia progression that leads to increased axial length, which should reduce the risk of long-term complications associated with myopia.

### Atropine 0.01-0.05% Drops (1 Bottle = ~1 Month)

- Ordered through specialty pharmacy (ImprimisRx)
- Low dose atropine is an effective medication that can help slow the progression of myopia. Atropine (0.05%) drops are estimated to have a 64.5% reduction of spherical equivalent progression over a two year period. (AOA March 2020)
- Drops placed once daily in both eyes at bed time. Have minimal side effects per recent studies.
- Cost
  - 1 Bottle = \$62
  - 2 Bottles = \$104
  - 3 Bottles = \$125
  - Year's Supply of Drops = \$600

### MiSight Contact Lenses

- Specialty daily disposable soft contact lenses which are designed to correct both nearsightedness and slow the progression of myopia. Have shown an approximate 59% reduction of myopic progression on average. (CooperVision) (OVS July 2019)
- Cost
  - Contact Lens Exam \$40 Established CLs Wearer or \$80 New CLs Wearer
  - Year's Supply of Contacts \$1200

### Natural Vue Multifocal Contacts

- Daily disposable soft multifocal lenses. Lenses correct nearsightedness and slow the progression of myopia by 55%. (Myopia Profile)
- Cost
  - Contact Lens Exam \$40 Established CLs Wearer or \$80 New CLs Wearer
  - Year Supply of Contacts \$880

### Ortho K Contact Lenses

- Rigid gas permeable contact lenses that are only worn overnight and reshape the front surface of your eye. Contacts are removed in the morning and the patient can see clearly as if they were wearing glasses or soft contact lenses. Additionally, Ortho K lenses have shown a greater 50% reduction in myopia progression. (RMM)
- Cost
  - Initial Consultation and Training \$200
  - Fitting and Modifications \$400+ (depends on complexity)
  - Ortho-K Lenses \$600+ (depends on complexity)
    - Second pair at 75% of the initial set
  - Set of Ortho-K Lenses that can last beyond a Year \$1200 or More (depending on complexity)

### Glasses

- Studies have shown that correcting myopia leads to less myopia progression than not correcting it, thus it is best to keep glasses prescriptions up to date.
- Many options available with glasses.
- Cost of the lenses will depend on what decisions are made on the lens options and what frame is used.