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## Educate, Prescribe, Treat: Perceptions About Myopia Management Revealed

Recent survey results indicate the need for intentional, continuous education in the examination room.<sup>1</sup> More ophthalmologists are actively engaged in myopia management and prescribing MiSight® 1 day\* contact lenses for their age-appropriate patients.<sup>2</sup>

By Rupa Wong, MD

**Myopia is a significant public health concern with cases rising across the globe.**<sup>1</sup> As clinicians, we've seen the statistics, which should give us pause. Currently, it's estimated that about 30% of the world's population has myopia, and by the year 2050, that number is expected to grow to 50%.<sup>3</sup>



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JULY 2021

**Statement of Endorsement: Guidance for the Clinician in Rendering Pediatric Care**  
*Reducing the Global Burden of Myopia by Delaying the Onset of Myopia and Reducing Myopic Progression in Children*

A few studies have indicated that early parental awareness of their child's vision is linked to a decreased risk in childhood myopia, however, there's little information available in the literature that sheds light on parents' awareness of and reception to myopia control strategies and treatments.<sup>4</sup>

\*Indications for Use: MiSight® (omafilcon A) daily wear single use Soft Contact Lenses are indicated for the correction of myopic ametropia and for slowing the progression of myopia in children with non-diseased eyes, who at the initiation of treatment are 8-12 years of age and have a refraction of -0.75 to -4.00 diopters (spherical equivalent) with ≤ 0.75 diopters of astigmatism. The lens is to be discarded after each removal.

1. Luo EL, Wong R. Parental Attitudes Toward Myopia Management. AAPOS 2023 Meeting Poster.

2. AAPOS Myopia Survey. Data on File.

3. Sankaridurg P, Tahhan N, Kandel H, et al. IMI Impact of Myopia. Invest Ophthalmol Vis Sci. 2021 Apr 28;62(5):2.

4. Zhou S, Yang L, Lu B, et al. Association between parents' attitudes and behaviors toward children's visual care and myopia risk in school-aged children. Medicine (Baltimore). 2017 Dec; 96(52): e9270.

To gain a greater understanding in this area, I recently surveyed parents with myopia who follow me on social media and have children under 18 about their perceptions of myopia and current treatment options. Based on the results, our study found that, **during the time of their child's visit, almost half of parents were unaware of myopia treatments currently available for their child.**<sup>1</sup>

As a comparison, a separate Harris poll of parents and eye care professionals (ECPs) conducted four years ago found only 33% of parents were familiar with the term "myopia" or how it could affect their child's future vision.<sup>5</sup> In other words, **myopia awareness appears to be growing at a modest pace, but there is still much work to be done.**

#### Here are some other findings of my survey<sup>1</sup>:

- Not surprisingly, parents with myopia that was greater than -6.00D were more inclined to be worried or extremely worried about their child's myopia.
- Although 56% of parents believed their child's myopia had worsened over the past year, 49% had never heard of myopia before.
- The top three factors that motivated parents to seek early treatment for their child included rapid progression; threat to their child's overall well-being; and FDA approved treatment with long-term data.
- Of interest, cost did not rise to the top as a treatment barrier for parents. Insurance coverage ranked fourth as a motivating factor to seek earlier treatment, and overall financial cost ranked last for parental justification for not saying yes to myopia intervention.

**What we can glean from these findings is that ongoing outreach is needed to help protect children's eye health.** From my perspective, this encompasses a two-pronged approach. One, ophthalmologists and optometrists should actively embrace myopia management sooner than later, and second, we need to be vigilant in educating parents about myopia management.<sup>1</sup>

## Where Do ECPs Currently Stand on Myopia Management?

A recent survey conducted by the American Association for Pediatric Ophthalmology and Strabismus (AAPOS) garnered responses from 238 pediatric ophthalmologists about their perceptions of myopia and myopia management. A majority of MDs said they partner with three or more optometrists at their practices.<sup>2</sup>

After hearing their recommendation for myopia management treatment, more than 75% of patients pursued it, according to a majority of pediatric ophthalmologists surveyed.<sup>2</sup> Further, a vast majority of our colleagues, over 80%, said they have been practicing myopia management for the past several years, while approximately 87% said they are familiar with soft contact lenses designed for myopia control, and about one-third prescribe MiSight® 1 day\* for age appropriate children. Finally, a majority of doctors surveyed agreed that they would consider fitting children as young as 8 in contact lenses for myopia control.



A separate survey of ODs found **90% of ECPs agreed that they confidently prescribed MiSight® 1 day in their practice,**<sup>6†</sup> and **87% believed myopia management should be a standard of care.**<sup>6∞</sup> Regarding treatment, **ECPs reported 70% of patients purchase MiSight® 1 day following their recommendation.**<sup>6</sup>

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† 64% strongly agree, 26% somewhat agree.

∞ 56% strongly agree, 31% somewhat agree.

1. Luo EL, Wong R. Parental Attitudes Toward Myopia Management. AAPOS 2023 Meeting Poster.

2. AAPOS Myopia Survey. Data on File.

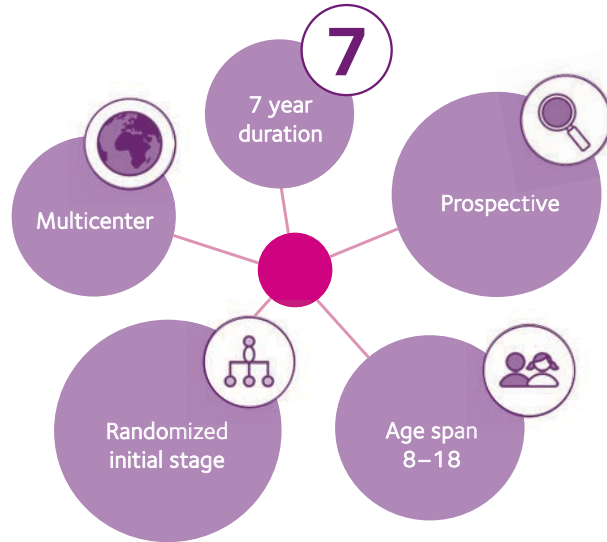
5. CooperVision data on file 2019. Myopia Awareness, The Harris Poll online survey 6/27/19 to 7/18/19 of n=1,005 parents (with child age 8-15) in U.S. Number increases to 48% or 52% if parent or child respectively had myopia.

6. CVI data on file 2022. U.S. CooperVision online survey: ECP MiSight® 1 day Perspectives; n=101 ECPs that prescribe MiSight® 1 day.

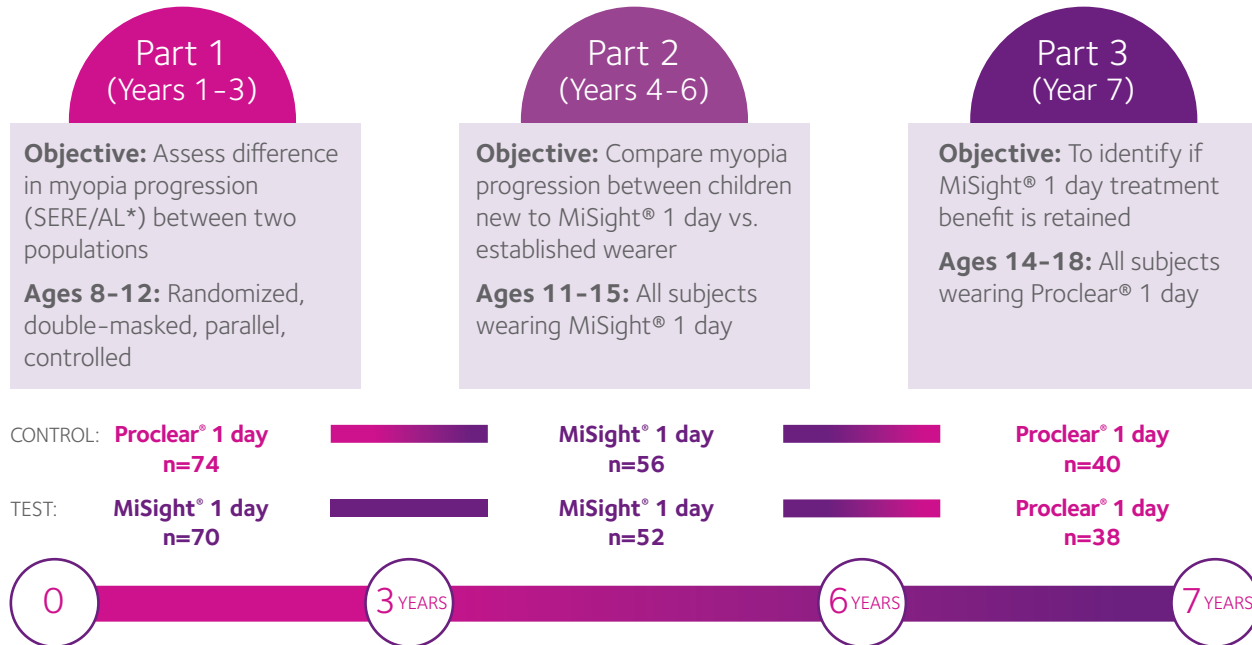
## Put the Facts and Figures into Focus

As a clinician who cares for children’s vision and eye health, it’s heartening to know that many of my colleagues also embrace myopia management, as the need is clearly there and growing.<sup>1</sup> What is also promising is that as recent as March 2020, we now have an FDA-approved treatment to help keep children’s myopia from getting worse so quickly.<sup>7,8</sup> At my practice, I prescribe MiSight® 1 day for my age-appropriate patients based on its strong science and results.<sup>7,8,9\*</sup>

Just consider:  
MiSight® 1 day is the longest continuous soft contact lens study for myopia control.<sup>7</sup>



### MiSight® 1 day clinical trial design



Over a 3-year period, MiSight® 1 day slowed the progression of myopia in children by 59% on average, and 41% of eyes had no progression.<sup>8†</sup>

Additionally, on average, age-appropriate children wearing MiSight® 1 day progressed less than -1.00D over 6 years.<sup>7‡</sup>

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† Compared to single vision lens. -0.25D or less of change. Fitted at 8-12 years of age at initiation of treatment.

‡ Fitted at 8-12 years of age at initiation of treatment.

1. Luo EL, Wong R. Parental Attitudes Toward Myopia Management. AAPOS 2023 Meeting Poster.

7. Chamberlain P, Arumugam B, Jones D et al. Myopia Progression in Children wearing Dual-Focus Contact Lenses: 6-year findings. Optom Vis Sci 2020;97(E-abstract): 200038.

8. Chamberlain P, Peixoto-de-Matos SC, Logan NS. A 3-year randomized clinical trial of MiSight lenses for myopia control. Optom Vis Sci. 2019 Aug;96(8):556-567.

9. Chamberlain P, Arumugam B, et al. Myopia progression on cessation of Dual-Focus contact lens wear: MiSight 1 day 7 year findings. Optom Vis Sci 2021;98:E-abstract 210049.

Finally, MiSight® 1 day are **the first and only**<sup>§</sup> **FDA-approved\*** lenses to slow the progression of **myopia** when prescribed for children 8-12 years old at the initiation of treatment.<sup>8</sup>

With childhood myopia on the rise,<sup>3</sup> it's paramount that ECPs continue to educate in the examination room, prescribe treatment that not only corrects refractive error but also helps slow myopia progression, and rely on valid, long-term science and clinically meaningful results to guide our treatment decisions.

As ophthalmologists, we owe our youngest patients at least that.



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This article was sponsored by CooperVision, Inc.



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§ Only FDA approved soft contact lens designed for myopia control in the U.S.

◊ Compared to a single vision 1 day lens over a 3 year period.

3. Sankaridurg P, Tahhan N, Kandel H, et al. IMI Impact of Myopia. Invest Ophthalmol Vis Sci. 2021 Apr 28;62(5):2.

8. Chamberlain P, Peixoto-de-Matos SC, Logan NS. A 3-year randomized clinical trial of MiSight lenses for myopia control. Optom Vis Sci. 2019 Aug;96(8):556-567.