

# From Niche to Essential: Myopia Management Becomes More Mainstream

When Bellaire Family Eye Care in Houston began offering myopia management services, the consultations and fittings mostly landed on the shoulders of **Ashley Tucker, OD, FAAO, FSLs, Dipl. ABO.**

She was trained in orthokeratology, which was the primary option the practice offered. Since CooperVision launched MiSight® 1 day\* contact lenses, however, that all changed. The availability and ease of fitting that lens has transformed the practice into a comprehensive myopia management center.<sup>†1,2</sup>

"When MiSight 1 day came on board, it was such an approachable way to implement myopia management into the practice," Dr. Tucker says. "Because this lens is so straightforward to fit, all six of the doctors in the practice adopted it."<sup>†1,2</sup> MiSight is an FDA-approved\* soft contact lens specifically designed to slow myopia progression in children ages 8-12 at the initiation of treatment.<sup>†2</sup>



Dr. Tucker

can confidently tell parents that the statistics hold up, and I've had parents moved to tears when we see minimal or no progression in their child's myopia year after year."<sup>2</sup>

Educating parents about myopia management has been an evolving conversation. "For some, myopia wasn't a big deal when they were kids, so they don't understand why it's an issue for their children now. But when they realize their child's prescription is already equal to or worse than their own at a young age, the concern becomes real. For others, it's a no-brainer—they just want the best for their child."

Dr. Tucker's passion for myopia management is deeply personal. "I love working with children. Seeing the joy on their faces when they experience clear vision never gets old. But more than that, I love knowing that I can manage this, that I can help protect their vision for the future."<sup>§1,2,3</sup> Now that I have kids of my own, it's even

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And it has made a significant impact on the number of children in a myopia management program. "I would estimate we all fit it at least once a day, which may not seem like a lot, but is well on its way to being primary eye care," Dr. Tucker explains. While the practice has lots of families, children make up about half of the patient base. "We've built that from the ground up. We're a family practice, and we just happen to see a lot of kids."

For Dr. Tucker, the impact of MiSight is not just about ease of fitting; it's about results.<sup>†1,2</sup> "I love that it does what it says it's going to do," she says. "The vast majority of my patients have success with this lens. I

more personal. Their dad is a -4.00D; I'm a -1.00D, so chances are they'll develop myopia.<sup>4</sup> It's a challenge I take on both as a doctor and as a parent—to keep their myopia as low as possible."

She also notes that conversations around myopia have shifted dramatically in recent years. "Fifteen years ago, I rarely talked about myopia in children. It just wasn't a big deal. Now, it's a massive topic. When I see a child, I almost expect them to have myopia. And parents are coming in more informed than ever, asking about myopia management options. That makes the conversation easier."

Last year, Dr. Tucker joined the Myopia Collective, a collaboration between

CooperVision and the American Optometric Association aimed at raising awareness and expanding myopia management efforts. Her associate **Aamena Kazmi, OD**, is a Change Agent for the Myopia Collective, representing Texas. Dr. Tucker was also selected as a World Council of Optometry Myopia Management Ambassador, dedicated to education and advocacy for myopia management as a public health concern.

With the rising prevalence of myopia, Dr. Tucker believes there's no reason not to be proactive.<sup>5</sup> "From a public health perspective, this is a game-changer. If we can slow myopia progression in children today, we are setting them up for a lifetime of healthier vision.<sup>2</sup> That's something worth investing in." **PA**

\* Indications for use: MiSight® 1 day (omafilcon A) soft (hydrophilic) contact lenses for daily wear 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.

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

‡ Initial CL BVP selection and observation of fit follows same fitting protocol for single vision CLs; fit success rate same with MiSight® 1 day and Proclear® 1 day.

§ ActivControl® technology in MiSight® 1 day contact lenses slows axial length elongation and corrects refractive error for age-appropriate children.

◇ MiSight® 1 day shows sustained slowing of eye growth over time on average. While eyes are still growing; children fit ages 8-12 and followed for 6-years. n=40.

## References:

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