

ON A MISSION TO SLOW MYOPIA PROGRESSION

Selena Chan, OD, is a -5.00D myope. Her husband has a -12.00D prescription. "He had cataract surgery in his early 40s. And my brother, another high myope, suffered a retinal detachment in a soccer game. Even 20 years ago, we knew the risks associated with high levels of myopia," she says.

So when the couple's daughter started to show signs of progressive myopia, Dr. Chan was determined to learn all she could try to prevent future health risks. "I started taking her outside a lot. She was an avid reader, so that was challenging. But I couldn't stay in denial when she was a -4.25D at age 10," she says.

As an associate doctor in a downtown San Francisco optometry practice, she wasn't seeing too many pediatric patients, but her personal experiences and frustration at being unable to find clear clinical guidance prompted her to try to learn more. "After purchasing Pacific Rims Optometry, I acquired a corneal topographer so that I could start offering orthokeratology treatment," she says.

Her daughter was her test case—and she's happy to report that after 10 years, her daughter's prescription is still -4.25D. She has prescribed myopia management options for nearly a dozen nephews and nieces as well. She's confident in telling other parents that myopia progression can be stopped or slowed down. Showing patients axial length measurements is another objective way to identify success as they experience a slowdown in myopia progression.

She began working with the Paragon CRT® lens 10 years ago, and when it became available, she added MiSight® 1 day contact lenses, specifically designed for myopia control and the first and only FDA-approved* product proven to slow

the progression of myopia in children aged 8-12 at the initiation of treatment.[†] What she loves about MiSight 1 day is that compliance tends to be high. "For any myopia management option to be effective, the patient must be compliant. For many patients, specialty lenses are the option that results in consistent wear. We've been prescribing MiSight 1 day since 2020, and every year, most of my patients see no to little change. The data is powerful."



*"I tell [patients] what I'm doing for my family, and it spreads like wildfire."
— Dr. Chan*

While Dr. Chan's commitment to managing myopia started with her family, it hasn't stopped there. "Patients ask, 'What should we do about our kids?' So I tell them what I'm doing for my family, and it spreads like wildfire. One happy patient tells three others," she says.

Her practice joined with Treehouse Eyes, accelerating her myopia management referrals and experience. "It grew pretty fast." Her collaboration with CooperVision has

also been crucial. "My goal is to manage kids' myopia using whatever treatment modality best fits into the patient's life." She is grateful for having several ways to do so. She also works with patients who end up opting into myopia management eye-glasses from overseas or in Canada.

Best Practices recognition

Her commitment to myopia management and advocacy for children's vision is one reason that Dr. Chan was selected as a CooperVision Best Practices honoree in 2024. "After being in the room with other Best Practices honorees, I wondered why I was chosen. Those practices are so amazing," she says.

But she has come to understand that her practice is amazing, too. "We routinely see 20 myopia management patients a day. It's a lot of work, but it's so rewarding."

Dr. Chan emphasizes the importance of collaboration. "Optometry can be a lonely profession. My two offices have just one exam room each, and I work by myself. CooperVision's idea to bring eye care practitioners together through the Best Practices program to share ideas freely has been invaluable. Just like managing myopia, it was a lonely process. When I didn't know how to prescribe low-dose atropine, I found colleagues who did. Best Practices honorees bounce ideas around, too, not worrying about competition," she says.

The award has also encouraged her to leverage her expertise and ask others to do the same. When one of her associates told her of an interest in vision therapy, Dr. Chan reached out to a premier provider of that service. "Before Best Practices, I would have been afraid to ask," she says. But she found the doctor generous with both her time and expertise.

Dr. Chan wants to be that kind of provider for myopia management. "We have a lot of referrals from other doctors. When we started 20 years ago, there wasn't as much collaboration. Now, they're learning how to start some of the treatments, and they're sending high-risk patients to me." The understanding about myopia—among professionals and among patients—has grown substantially.

Being able to offer personal attention and innovative solutions means that she can help more children. Her daughter may have been her first myopia management patient, but in the years since, Dr. Chan has made it her mission to treat as many as she can. **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.

* 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.

1. Chamberlain P, et al. A 3-year randomized clinical trial of MiSight lenses for myopia control. *Optom Vis Sci.* 2019; 96(8):556-567.