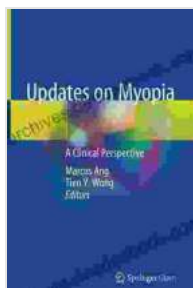


Updates on Myopia: Clinical Perspectives from Diagnosis to Management

Myopia, also known as nearsightedness or short-sightedness, is a refractive error of the eye that causes distant objects to appear blurry while near objects are seen clearly. It is one of the most common eye conditions worldwide, affecting approximately 25% of the global population. The prevalence of myopia has been increasing rapidly in recent decades, particularly among children and young adults.



Updates on Myopia: A Clinical Perspective by Adolph Barr

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled
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Diagnosis of Myopia

Myopia is typically diagnosed during a comprehensive eye exam. The eye doctor will use a variety of tests to determine the extent of the refractive error, including:

* **Visual acuity test:** This test measures the sharpness of vision at different distances. * **Retinoscopy:** This test uses a light to reflect off the retina to determine the refractive error. * **Autorefraction:** This test uses a machine

to measure the refractive error. * **Cycloplegic refraction:** This test uses eye drops to paralyze the eye's focusing muscles, allowing for a more accurate measurement of the refractive error.

Management of Myopia

The primary goal of myopia management is to slow the progression of the condition and prevent or reduce the risk of associated complications. There are several treatment options available, including:

* **Eyeglasses or contact lenses:** These are the most common methods of correcting myopia. Eyeglasses or contact lenses can be used to improve vision and reduce eye strain. * **Orthokeratology (Ortho-K):** Ortho-K is a non-surgical procedure that uses specially designed contact lenses to reshape the cornea and reduce myopia. Ortho-K lenses are typically worn at night and removed in the morning. * **Atropine eye drops:** Atropine eye drops are used to block the action of the eye's focusing muscles, which can slow the progression of myopia. * **Multifocal contact lenses:** Multifocal contact lenses are specially designed to correct both nearsightedness and farsightedness. * **Laser refractive surgery:** Laser refractive surgery, such as LASIK or PRK, can permanently correct myopia by reshaping the cornea.

Complications of Myopia

Myopia can lead to a variety of complications, including:

* **Retinal detachment:** Myopia increases the risk of retinal detachment, a serious condition in which the retina becomes separated from the back of the eye. * **Glaucoma:** Myopia is also associated with an increased risk of glaucoma, a condition that damages the optic nerve. * **Macular**

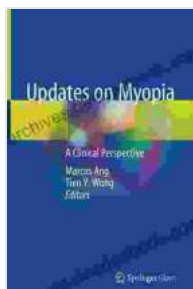
degeneration: Myopia can increase the risk of age-related macular degeneration (AMD), a leading cause of blindness in older adults.

Updates in the Management of Myopia

In recent years, there have been significant advancements in the management of myopia. These advancements include:

* **Development of new atropine eye drops:** New formulations of atropine eye drops have been developed that are more effective and have fewer side effects. * **Use of multifocal contact lenses:** Multifocal contact lenses have been shown to be effective in slowing the progression of myopia in children. * **Advancements in laser refractive surgery:** Laser refractive surgery techniques have become more precise and effective, allowing for the correction of higher levels of myopia.

Myopia is a common eye condition that can have a significant impact on vision and quality of life. Early diagnosis and appropriate management are essential to slow the progression of myopia and prevent complications. The latest advancements in the management of myopia offer new hope for individuals with this condition.



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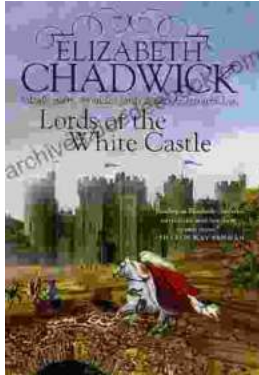
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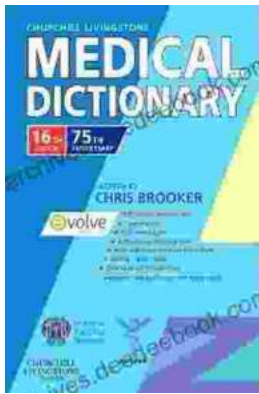
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