

# FUTURE OF OPTOMETRY

# MYOPIA

# MATTERS™

AOA Optometry's Meeting, St. Louis, MO  
Saturday, June 22nd, 2019



Dear Colleagues,

The prevalence of myopia and high myopia is increasing in the U.S. and globally at an alarming rate, with significant increases in the risks for vision impairment from pathologic conditions associated with high myopia, including retinal detachment, myopic macular degeneration, cataract, and glaucoma.

It is estimated that over one third of the world's population is myopic, and by 2050, almost 50% will be myopic ... a staggering 5 billion people. Worse yet, by 2050, it is predicted that over 1 billion people will have high myopia. The estimated overall myopia prevalence in the United States is over 42% in the 12 to 54-year-old age group, almost doubling in the past three decades.<sup>1</sup> In U.S. children and teenagers ages 12-17, the overall prevalence of myopia is estimated to be a shocking 34%.<sup>2</sup>

Fortunately, a significant amount of academic and commercial research is currently being conducted to develop novel device and pharmacologic interventions to reduce or stop the progression of myopia. Although no intervention has an FDA labeling indication for myopia control currently, this is expected to change shortly.

During May 2019, Jobson Optical Research polled over three hundred optometrists from

around the United States to learn more about their attitudes and behaviors regarding myopia management. The results are both encouraging and disappointing. While over six in ten (62.5%) optometrists surveyed said their practices provide myopia management services, almost four in ten (37.5%) said their practices do not offer myopia care for children.

Optometrists play a critical role in managing myopia. We believe the insights gained from this research will be valuable whether you are currently offering myopia care in your practice or contemplating jumping in.

With so many myopia treatment options available that have demonstrated efficacy, optometrists have a professional responsibility to discuss myopia management options with all parents of children at risk for progressive myopia. Working together, we can reverse the myopia epidemic.

Best professional regards,

*Dwight*

**Dwight H. Akerman, OD, MBA, FAAO, FBCLA**

Chief Medical Editor,  
Review of Myopia Management  
REVIEWOFMM.COM

<sup>1</sup> Holden, B. A., Fricke, T. R., Wilson, D. A., Jong, M., Naidoo, K. S., Sankaridurg, P., ... & Resnikoff, S. (2016). Global prevalence of myopia and high myopia and temporal trends from 2000 through 2050. *Ophthalmology*, 123(5), 1036-1042.

<sup>2</sup> Vitale, S., Sperduto, R. D., & Ferris, F. L. (2009). Increased prevalence of myopia in the United States between 1971-1972 and 1999-2004. *Archives of ophthalmology*, 127(12), 1632-1639.

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Survey completed in  
**May 2019** by **Jobson  
Optical Research.**

**339** Optometrists  
participated in  
the study.

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Does your practice provide myopia management eye care for children ages 12 and under?

Value	Percent	Count
Yes	62.5%	212
No	37.5%	127

**What myopia epidemic?** While over six in ten (62.4%) optometrists surveyed said their practices provide myopia management services, surprisingly, almost four in ten (37.6%) said their practices do not offer myopia care for children.

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If Not, Why Not?

Value	Percent	Count
Not enough patient demand	66.9%	85
Too time-consuming	22.0%	28
Prefer to focus on older patient age groups	11.0%	14
Not lucrative enough	7.9%	10
Technincally too difficult	3.1%	4
Other	22.8%	29

**Opportunity for more ECP education and parental awareness?** Of the optometrists surveyed who do not offer myopia care, 2 out of 3 said there is not enough patient demand, and nearly 1 in 4 said it was too time consuming.

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How proactive are you are with managing children with progressive myopia?

Value	Percent	Count
Very proactive	14.2%	30
Proactive	58.3%	123
Not Sure/ No Opinion	17.1%	36
Not very proactive	10.0%	21
Not at all proactive	0.5%	1

**Opportunity for more proactive care?** Over seven in ten of the optometrists surveyed who provide myopia care said they are very proactive or proactive in managing children with progressive myopia, but nearly 30% are not.

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What do you perceive to be the top enabler to proactively managing children ages 12 and under with progressive myopia?

Value	Percent	Count
Parental awareness campaign on the long-term eye health dangers of myopia	63.5%	134
Continuing education on myopia management	54.0%	114
FDA approval of myopia management devices and pharmaceuticals	46.4%	98
Reimbursement by major medical or vision care plans for myopia management professional services	44.5%	94
Endorsement of myopia management protocols by the American Optometric Association	34.6%	73
Other	2.4%	5

**A lot of work needs to be done!** Many opportunities exist to enable optometrists to proactively manage pediatric progressive myopia. Almost two in three said increasing parental awareness of the long-term eye health dangers of myopia was the most important enabler.

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When do you recommend treating progressive myopia in children ages 12 and under?

Value <i>Select all that apply.</i>	Percent	Count
As soon as a child is diagnosed with -0.50DS or more of myopia	13.2%	28
As soon as a child is diagnosed with -1.00DS or more of myopia	29.2%	62
As soon as a child is diagnosed as a normal progressor (-0.50DS or less progression per year)	9.9%	21
As soon as a child is diagnosed as a fast progressor (-0.75DS progression or higher per year)	66.0%	140

**Fast progression deemed more important than degree of myopia.** Two out of three optometrists surveyed who provide myopia care look for fast progression before initiating myopia treatment rather than degree of myopia.

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Which treatments do you currently prescribe for children with progressive myopia?

Value <i>Select all that apply.</i>	Percent	Count
Bifocal or Progressive Addition Eyeglasses	66.8%	141
Time Outdoors	60.7%	128
Multifocal Soft Contact Lenses	59.7%	126
Single Vision Eyeglasses	53.6%	113
Vision Hygiene Modifications	42.7%	90
Orthokeratology	32.2%	68
Low-Dose Atropine	32.2%	68
Other	5.2%	11

**Optometrists prescribe a wide variety of myopia interventions despite lack of FDA labeling indication.** All currently available myopia interventions are prescribed by optometrists.

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What is the greatest barrier to a parent saying "yes" when you prescribe care for children ages 12 and under with progressive myopia?

Value	Percent	Count
Treatments not covered by vision or medical insurance	40.8%	86
A parent never heard of treatments for progressive myopia	35.5%	75
Parent not convinced of long-term eye health issues associated with myopia	13.7%	29
Treatments not FDA approved	3.8%	8
Not recommended by a medical doctor, e.g., pediatrician, GP, ophthalmologist	3.8%	8
None of these	2.4%	5

**Powerful barriers exist.** Insurance and parental awareness top the list of barriers to parental consent to proceed with myopia treatment.

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## About Essilor, the Future of Optometry & Myopia Matters

As the market leader Essilor is committed to supporting ECPs with proprietary educational content, research, and data on the latest trends, opportunities, products, and procedures affecting the profession now and in the future. That's why, in partnership with Jobson Medical Information, Essilor has created The Future of Optometry series of live events and digital content offerings.

The Future of Optometry event at Optometry's Meeting 2019 focuses on Myopia Management. Through its Myopia Matters campaign, Essilor has taken the lead in actively creating awareness with ECPs and consumers/patients to help parents recognize the signs of myopia, understand the long-term, vision-threatening implications of high myopia, and drive them to get a comprehensive eye exam for both themselves and their children. Additionally, Essilor has formed the Myopia Taskforce to develop recommended solutions for comprehensive myopia care, and equip ECPs with the products they need to protect and enhance patients' visual health.

Visit [Essilorshare.com](http://Essilorshare.com) today to access and download materials about myopia to use in your practice. And thank you for joining Essilor and taking a proactive role in the fight against myopia. Because life should not be lived out of focus.