Introduction to myopia management
Long-term implications of myopia

Leaving myopia unaddressed may contribute to more severe sight-threatening complications later in life, including:

- **Retinal detachment** – The risk of retinal detachment is anywhere from 3–20x greater compared to people without myopia, depending on the level of myopia.¹

- **Myopic maculopathy** – Myopic maculopathy can result in vision loss earlier in life than glaucoma or retinopathies.²

- **Glaucoma** – Studies show those with myopia have a 2–3x greater risk of developing glaucoma than non-myopics.³ Glaucoma can lead to permanent loss of vision in the affected eye(s).³

- **Cataracts** – Though cataracts can affect anyone as they age, they often develop sooner in those who have myopia.³

**REFERENCES:**
Myopia assessment chart
## Myopia assessment
How do I know if my child needs a myopia management program?

### Risk Levels

**Low**
- $>+0.75$ DS at age 6 or younger
- **Recommendation:**
  - Monitor as required

**Medium**
- $\leq+0.75$ DS at age 6 or younger
- **Recommendation:**
  - Monitor frequently
  - Watch out for large myopic changes over a short span of time (e.g., $+1.25$ DS to $+0.50$ DS in 6 months)

**High**
- Myopia confirmed at ages 8 - 12
- **Recommendation:**
  - Provide supporting information
  - Prescribe glasses with full correction
  - Discuss all myopia management options
  - Follow up and book myopia management consultation

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**REFERENCES:**
Brilliant Futures™ Myopia Management Program is a comprehensive approach to myopia management built around MiSight® 1 day contact lenses, the first and only contact lens FDA-approved for slowing the progression* of myopia in children who begin wearing the lens between the ages of 8 and 12.**

- An annual supply of MiSight® 1 day daily disposable lenses
- Free shipping and free returns whether the prescription changes or not
- Program transparency; office visits outlined for the entire year
- Access to online support tools
- A helpful app with reminders and a way to track program compliance

Program details:

**Comparisons to a single vision 1 day lens over a 3 year period. Based on a clinical study in which participants were between the ages of 8 and 12 at initial fit.

*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. Based on a clinical study in which participants were between the ages of 8 and 12 at initial fit.


More than vision correction

MiSight® 1 day is the first and only FDA-approved contact lens to slow the progression of myopia in children age 8–12 at the initiation of treatment.”

Children who have used MiSight® 1 day have shown that they were able to achieve full-time wear, were able to handle the lenses confidently, and had a positive response to contact lens wear.1,2

With the right support, the Brilliant Futures™ Myopia Management Program becomes easy for children to adopt and comply with. Parents and children found MiSight® 1 day to be child-friendly.1-3

Program is priced as a comprehensive annual fee.
Now you can help slow the progression of myopia in your young patients.\(^1\)

Introducing the Brilliant Futures™ Myopia Management Program with MiSight® 1 day contact lenses. MiSight® 1 day is the first and only FDA-approved* soft contact lens to slow the progression of myopia in children aged 8–12 at the initiation of treatment.\(^{1\dagger}\)

**Ask your CooperVision sales representative about Brilliant Futures™ with MiSight® 1 day lenses**

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\(^{1\dagger}\)Compared to a single vision 1 day lens over a 3 year period. \(^*\)Chamberlain P, et al. A 3-year randomized clinical trial of MiSight® lenses for myopia control. Optom Vis Sci. 2019; 96(8):556-567. ©2020 CooperVision 9646 10/20
Myopia is a common eye condition. Its most frequent symptom is nearsightedness, which means that objects in the distance are blurry.

Myopia typically occurs during childhood when eyeballs are growing, meaning the distance between the front of the eye and the light-sensitive part at the back of the eye called the retina becomes longer.

Blurry vision due to myopia is the result of light rays focusing at a point in front of the retina rather than directly on the surface.¹

Myopia can worsen over time and/or worsen if appropriate interventions are delayed.²

Research on reducing the progression of myopia has been promising in recent years.³

What is myopia?

Myopia is a common eye condition. Its most frequent symptom is nearsightedness, which means that objects in the distance are blurry.

The myopic eye is longer than the non-myopic eye. Generally, the longer the eye, the worse the person's vision.
Causes of myopia

Myopia is becoming more common and can be attributed to genetic and/or lifestyle factors.¹

**Genetics**
- Family history affects a child’s risk of myopia.
  - If neither parent has myopia, the chance the child will develop myopia is about 1 out of 4.²
  - If one parent has myopia, it increases the child’s chance of developing myopia by 3x.²
  - If both parents have myopia, the risk doubles to 6x.²

**Lifestyle**
- Reduced time spent outdoors, vitamin D intake, and dopamine levels increase the likelihood of being myopic.²,³
- Increased amount of time spent on computer screens, phones, video games, and other electronic devices may also increase the risk of myopia.²,⁴
- Time spent in poor lighting can also increase the risk of developing myopia.²,⁴

Causes of myopia

Genetics
Myopia in children increases when parents have myopia. The likelihood of children developing myopia increases:

1 in 2 when both parents have myopia
1 in 3 when one parent has myopia
1 in 4 when neither parent has myopia

Lifestyle
Research shows that modern lifestyles may influence the development of myopia.

- Insufficient time spent outdoors
- Prolonged time spent reading and playing or working with digital devices, like smartphones or tablets
- Poor lighting levels

Myopia is becoming more widespread and more severe than ever\(^1,2\)

- In the early 1970s, only 25% of Americans were nearsighted.\(^3\)
- Today, more than 40% of Americans have myopia, and that number is increasing at an alarming rate, especially among school-age children.\(^1,3\)
- By 2050, 58% of the North American population is predicted to be myopic.\(^2\)
- The prevalence of high myopia is also on the rise, indicating that myopia is becoming more severe.\(^2\)
- One in four parents have a child with myopia, and about three-quarters of children with myopia were diagnosed between the ages of 3 and 12.\(^4\)
- As children grow, their myopia may progress, resulting in a stronger prescription to see distant objects clearly. Myopic progression generally stabilizes when the child reaches early adulthood.\(^5\)
- Among some populations, such as Asian and Indian children, the incidence is likely to be even higher, in line with the incidence in those countries.\(^2\)

**REFERENCES:**
Myopia is becoming more widespread and more severe than ever\textsuperscript{1,2}

In the early 1970s, only 25\% of Americans were nearsighted.\textsuperscript{3} Today, more than 40\% of Americans have myopia, and that number is \textit{increasing at an alarming rate}, especially among school-age children.\textsuperscript{3}

\begin{figure}
\centering
\includegraphics[width=\textwidth]{myopia_graph.png}
\caption{Comparison of myopia prevalence between the 1970s and 2000s.}
\end{figure}

Introduction to myopia management
Leaving myopia unmanaged may contribute to more severe eye health complications and sight-threatening conditions later in life, including\(^1\)\(^-\)\(^4\):

- Retinal detachment
- Myopic maculopathy
- Glaucoma
- Cataracts

Myopia is commonly diagnosed in childhood. Myopia can progress and worsen over time, leading to more severe sight conditions later in life.
**Myopia management today**

Additional benefits of choosing a myopia management approach

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In the short term, benefits of a myopia management approach look very similar to correcting vision with traditional soft contact lenses.

**Short-term benefits include:**

- **Corrected vision**
  - for effective daily activities, such as schoolwork
- **A more comfortable experience**
  - vs. wearing glasses
- **No glasses**
  - to lose or break
- **Accommodates a more active lifestyle**
  - vs. wearing glasses

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*Children aged 8–12 at the initiation of treatment.*

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Additional benefits of choosing a myopia management approach

In the short term, benefits of a myopia management approach look very similar to correcting vision with traditional soft contact lenses.

**Short-term benefits include:**

| Corrected vision¹ for effective daily activities, such as schoolwork | A more comfortable experience² vs. wearing glasses | No glasses to lose or break | Accommodates a more active lifestyle² vs. wearing glasses |

Myopia management today – for the future
Long-term benefits of choosing a myopia management approach

For children who begin a myopia management program between 8 and 12 years of age, their vision will not only be corrected today, but the progression of myopia over the child's growing years may be slowed, potentially minimizing the long-term impact of myopia.

Benefits include all of the short-term advantages, plus:

- Potential reduction in the complications that are more frequent in myopic patients, like retinal detachment, glaucoma, and cataracts.
- Slowing of worsening nearsightedness.
- Impact over eyeball development and elongation.

While the short-term benefits of a myopia management program are similar to correcting vision with a traditional contact lens, the long-term benefits are where the program really shines.

- It is important to begin a myopia management program early to see maximum long-term benefits.
- For those who begin during this window and follow the protocol, the program may help to influence the way the eye develops. The eye can respond to grow more slowly – and that can mean lower prescriptions than the patient would otherwise have later in life.
- This could even mean that the risk of some of the long-term implications such as retinal detachment, glaucoma, and cataracts are reduced, since these risks are higher when myopia is more severe.

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Long-term benefits of choosing a myopia management approach

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Benefits include all of the short-term advantages, plus:

**Impact**
over eyeball development and elongation¹

**Slowing**
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**Potential reduction**
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Risk Levels

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Recommendation:

- Limit hours spent on close work outside of school
- Encourage at least two hours of outdoor time per day<sup>2</sup>
- Watch for large changes in prescription over a short period of time
- Limit hours spent on close work outside of school
- Encourage at least two hours of outdoor time per day<sup>2</sup>
- Schedule a follow-up appointment
- Consider enrolling in a myopia management program
- Limit hours spent on close work outside of school
- Encourage at least two hours of outdoor time per day<sup>2</sup>
Brilliant Futures™ Myopia Management Program
Brilliant Futures™ Myopia Management Program

is a comprehensive approach to myopia management built around MiSight® 1 day contact lenses, the first and only contact lens FDA-approved for slowing the progression of myopia in children who begin wearing the lens between the ages of 8 and 12.**

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**Compared to a single vision 1 day lens over a 3 year period. Based on a clinical study in which participants were between the ages of 8 and 12 at initial fit.
How MiSight® 1 day works

The **ActivControl™ technology** in MiSight® 1 day uses vision correction zones and treatment zones within the lenses to slow the elongation of the eyeball.

By including both types of zones in the lens, it simultaneously corrects the child's vision today, while influencing the eye to resist getting longer, with the goal of preserving vision for the future.

- MiSight® 1 day is an award-winning dual-focus soft contact lens that uses ActivControl™ technology to slow the elongation of the eyeball.

- The ActivControl™ technology in MiSight® 1 day uses alternating vision correction zones and treatment zones, represented by the two different shades of purple in the diagram.

- The lighter purple vision correction zones contain the power of the contact lens to correct the vision and the darker purple treatment zones are the defocus areas to slow the progression of myopia.

- This design allows the child to see clearly, with potential long-term benefits.

**REFERENCES:**


How MiSight® 1 day works

The **ActivControl™ technology** in MiSight® 1 day uses vision correction zones and treatment zones within the lenses to slow the elongation of the eyeball.\(^1\)\(^-\)\(^3\)

By including both types of zones in the lens, it simultaneously corrects the child’s vision today, while influencing the eye to resist getting longer, with the goal of preserving vision for the future.
A three-year clinical study was conducted in children 8–12 years of age at the initiation of treatment. Half of the children wore MiSight® 1 day therapeutic soft contact lenses and the other half of the children wore the same type of soft contact lenses with regular correction rather than the therapeutic rings.

**Effectiveness of MiSight® 1 day**

In clinical trials, there were two ways MiSight® 1 day contact lenses were shown to slow the progression of myopia in children 8–12 at the initiation of treatment:1

- **Prescription Change Data**
  - LOWER PRESCRIPTIONS

- **Axial Length Change Data**
  - REDUCED EYE LENGTH

For children aged 8–12 at the initiation of treatment, MiSight® 1 day contact lenses reduced eyeball elongation by 52% on average over 3 years.1*

For children aged 8–12 at the initiation of treatment, MiSight® 1 day contact lenses reduced the rate of prescription progression by 59% on average over 3 years.1*

*Compared to a single vision 1 day lens.

Effectiveness of MiSight® 1 day

In clinical trials, there were two ways MiSight® 1 day contact lenses were shown to slow the progression of myopia in children 8-12 at the initiation of treatment:

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In clinical trials, there were two ways MiSight® 1 day contact lenses were shown to slow the progression of myopia in children 8-12 at the initiation of treatment.1

- **Prescription Change**:
  - 59% reduction in prescription change with MiSight® 1 day lenses

- **Axial Length Change**: 52% reduction in eye lengthening with MiSight® 1 day lenses

*Compared to children in the control group wearing a single-vision 1-day lens.
†Compared to a single vision 1 day lens over a 3-year period.

Effectiveness of MiSight® 1 day

In clinical trials, there were two ways® MiSight® 1 day contact lenses were shown to slow the progression of myopia in children 8–12 at the initiation of treatment:¹

**Prescription Change**

Average of **59%**

reduction in 
**prescription change** with 
MiSight® 1 day lenses

**Axial Length Change**

Average of **52%**

reduction in 
**eye lengthening** with 
MiSight® 1 day lenses

*Compared to children in the control group wearing a single-vision 1-day lens.

**vs. standard soft contact lenses at 3 years.

Children who tried MiSight® 1 day loved their lenses
Children who began treatment between the ages of 8 and 12 participated.

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*95% - 100% of children expressed a preference for contact lenses over glasses at each visit over 36 months.
**Children new to contact lens wear aged 8-12; 97% found lens removal easy at 1 week improving to 100% by 1 month.
† Overall experience as defined as children’s comfort, vision, lens handling, and freedom from spectacles. Children aged 8-15 years. 3-year study report.
‡ From 1 week through 3 year visits.

**REFERENCES:**
1. Sulley A et al, Wearer experience and subjective responses with dual focus compared to spherical, single vision soft contact lenses in children during a 3-year clinical trial. AAO 2019 Poster Presentation.
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90% of parents reported that their children were happy wearing MiSight® 1 day lenses. They noted comfort, vision, ease of use, and freedom from glasses as benefits.2†

**Made to Help Them Focus on What Matters**

9 out of 10 wearing MiSight® 1 day lenses report seeing well while doing schoolwork.1†

9 out of 10 wearing MiSight® 1 day lenses report seeing really well while playing outdoors.1†

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† Overall experience as defined as children’s comfort, vision, lens handling, and freedom from spectacles. Children aged 8-15 years. 3-year study report.

‡ From 1 week through 3 year visits

§ From 1 month through 3 year visits

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2. CooperVision data on file 2018. 3-year study report.
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