

Myopia Management Treatment Options

Atropine Therapy

Price	DUE AT FIRST APPOINTMENT
\$800	First year Myopia Management covers all follow up visits. Quantity of visits determined by doctor and treatment progress
\$450	Continued Yearly Myopia Management Visits
Treatment	
Atropine Rx Drops	**May be covered by medical insurance. It can be purchased through a compounding pharmacy** Photochromic lenses highly recommended <i>*may be covered by patient's vision insurance*</i>
Follow up	
	1 week after starting drops
	1 month
	6 months **or determined by doctor**

Multifocal Soft Contact Lenses

Price	DUE AT FIRST APPOINTMENT
\$800	First year Myopia Management covers all follow up visits and contact lens insertion and removal class. Quantity of visits determined by doctor and treatment progress
\$450	Continued Yearly Myopia Management Visits
Treatment	
Soft Contacts	**may use your vision insurance hardware benefit toward contacts**
\$1040	Annual Supply of Contacts <i>* may purchase a 6-month supply</i> <i>* Some insurance plans may cover contact lenses and fitting fee in full*</i>
Follow up	
	1 week following successful I &R
	6 months **or determined by doctor**



What is Myopia Management?

Myopia, also known as nearsightedness, is a common eye condition where objects are clear up close but blurry far away. The number of people with myopia is exploding, with 42% of 12-54-year-old in the USA currently being nearsighted. This is an increase of over 65% in the past 30 years! Studies show increased myopia is the result of many factors including genetics, more time inside and extended periods of close-up reading/digital viewing.

Low amounts of myopia cause blurry vision, but higher amounts of myopia increase your risk for serious eye diseases. These include retinal detachments, macular disease, cataracts, and glaucoma.

Because of the significant increase of myopia in the population, research aimed at slowing myopia progression has increased dramatically. Based on this research, eye doctors can now offer long-term treatment plans, collectively called "myopia management," that are designed to slow the progression of myopia.

What are the Myopia Management Treatment Options?

Multifocal Contact Lenses

Specialized Multifocal Soft Contact Lenses can slow myopia progression by about 50%. They are worn daily, like regular contact lenses. Any contact lens can have side effects, including eye infections or mild dryness. If proceeding with the option, we will teach your child how to properly insert, remove, and care for his or her contact lenses.

FDA-approved MF soft contact lenses (daily) for myopia management = MiSight®

Non-FDA approved MF soft contact lenses (daily) for myopia management = NaturalVue®

Atropine Therapy

Atropine eye drops can also slow myopia progression by about 50%. Atropine is a prescription eye drop medication that is taken once a day, which may cause some side effects, including mild light sensitivity or mild near blur. If proceeding with this treatment option, your child will benefit from photochromic lenses (lenses that turn dark in the sun).

Orthokeratology

This option involves wearing hard contact lenses overnight to reshape the front of the eye. It requires significantly more time and financial investment than the other treatment methods. We do not currently offer orthokeratology at Arbor Eyecare but can refer you to another provider if this is your preferred treatment option.

Which Treatment Option is the Best?

The answer to this question will vary based on the individual patient. During your initial consultation you will discuss the pros and cons of the treatment options as well as your child's individual needs to decide. Some mature children as young as 6 years old have successfully learned to insert and remove contact lenses, and some patients find that atropine therapy is the best option for them. Often, use of soft contact lenses, or instillation of atropine eye drops may be a joint effort between the patient and their guardians.

Can My Child Begin Myopia Management at Any Time?

Yes. Often, it is at an annual vision exam when it is determined that a child would benefit from consideration of myopia management. We recommend scheduling your first myopia management visit within three months of your annual vision exam. If you have questions about myopia management, the first step is to schedule a comprehensive vision exam for your child and any of our doctors can help determine if your child is a potential candidate for treatment.

Will my Insurance Cover Myopia Management?

Myopia management is a cutting-edge medical treatment for the progression of nearsightedness, medical and vision insurance plans are **not yet covering this treatment**. However, most insurance companies WILL reimburse or cover some or all of the cost of the contact lenses, atropine eye drops and/or the photochromic glasses lens upgrade.

What Should the Patient Expect?

Myopia Management is an umbrella term for the different treatment options. Your doctor will individualize the plan and follow up care based on the patient's needs and treatment plan. We offer Myopia Management at all of our locations, although some visits may be scheduled specifically in Snoqualmie Ridge or Sammamish to allow use of a precise instrument that measures the length of the eye. Most patients will be seen three times in their first year of treatment, and possibly more if needed. During your visits, your doctor will assess the status of your child's entire binocular vision system, as well as ongoing health of their eyes. By using innovative technology, the dimension of your child's eye will be mapped out and plotted over time. By comparing these measurements, your child's progress will be closely monitored. Should their myopia progress faster than expected during treatment, expect your child to have additional visits (included in your yearly fee).

What Happens After Year One?

Our Myopia Management Doctor will continue to monitor the health, binocular vision, and dimension of your child's eyes, as well as the effectiveness of your child's myopia treatment. Typically, patients may be seen less frequently (usually twice per year).