



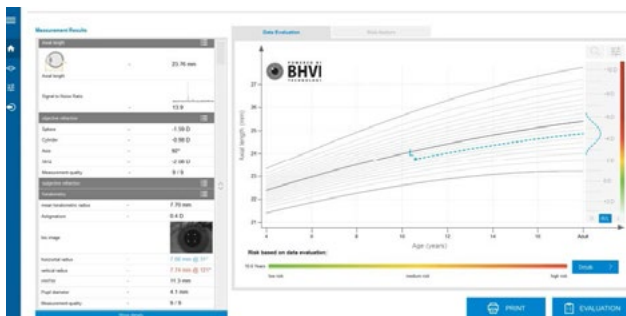
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## Operations with the Myopia Master

I was initially introduced to the OCULUS Myopia Master® in 2019 (in the UK) and I was very excited to try out this new device which would enable me to measure axial length, refraction and keratometry, all at the same time. Previously there was no all-in-one device available for performing refraction, axial length measurement and keratometry in combination.

I was drawn to the fact that this device was a unique technology to provide a full comprehensive approach to myopia. Being able to detect myopia at an early stage before it develops is extremely important. The values measured in Myopia Master are compared with age-related normative data derived from a database of about 25 000 eyes, taken from the Brien Holden Vision Institute.

The growth curve makes it possible to compare the individual measurement with normative data. The earlier an abnormality trend is recognized, the more efficiently it can counteract with appropriate treatments.



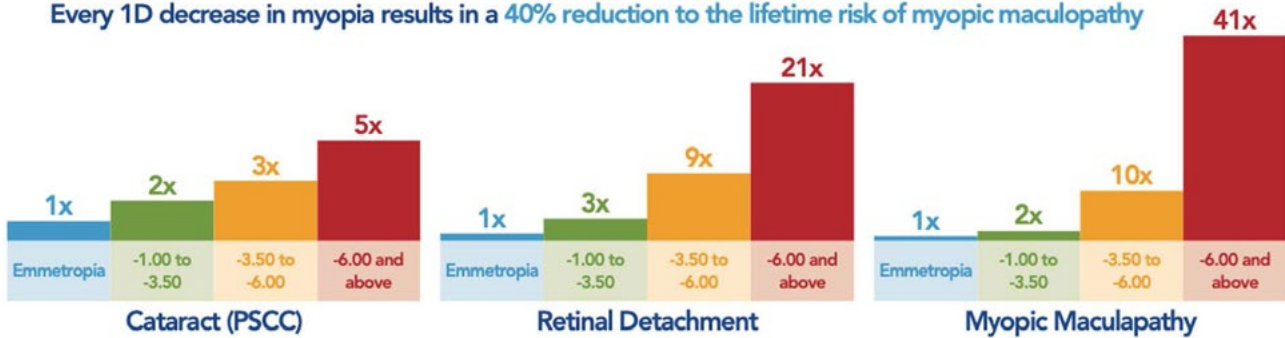
When I was first learning about myopia, I used to ask, So what's the big deal about myopia? Being a high myopia, so what?

Well, I'm -9.00 D and I have had retinal thinning and I'm a huge risk factor for retinal issues. I would have loved to have had this technology for myself was I was younger to stop my progression of myopia and reduce my risk factors for cataract, retinal detachment and myopic maculopathy.



## WHY IS MANAGING MYOPIA SO IMPORTANT?

Every 1D increase in myopia results in a 67% increase to the lifetime risk of myopic maculopathy  
 Every 1D decrease in myopia results in a 40% reduction to the lifetime risk of myopic maculopathy



So, to answer this,

- Myopia reduces quality of life
- Myopia has a substantial economic burden
- Myopia can limit career choices and learning

Myopia is now “The Biggest Eye Health Threat of the 21st Century”. The rate of myopia prevalence has doubled over the past 20 years and by 2050, half of the world’s population is projected to be myopic – and 1 billion are expected to have high myopia. What is alarming to note, is that 70 % of those with high myopia will develop retinal disease in their lifetime with an increased risk of blindness. The global economic burden of myopia in 2019 was estimated to be \$478 Billion and by 2050, this will rise to \$1.2 Trillion.

I love the quote from the BHVI:

“We don’t know everything about myopia, but we know too much to do nothing”

So I now see myopia as a healthcare crisis. Myopia has gone from being a benign refractive error to a public health issue. I look at it, as you fit the patient with a myopia control solution, or you refer the patient to someone who has the expertise and the axial length technology who can manage these myopia control patients.

Based on all the research and evidence, myopia control is going to be the “standard of care” and it is a “disservice if we don’t do myopia control”. It’s our responsibility to make the lives of our patients better and making the parents aware of myopia control solutions.

When it comes to myopia control, we know too much and can’t un-learn the facts

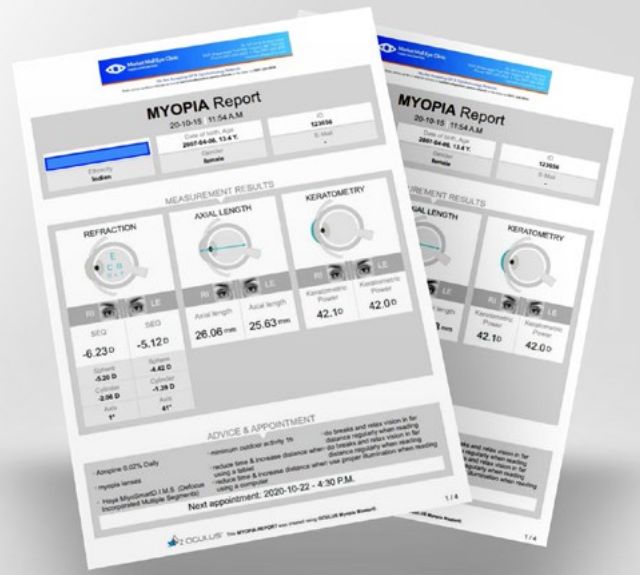
Controlling myopia progression by 1 D has the potential to

Some other benefits are that

- we reduce the cost of eye care for our patients
- we improve the quality of life of our patients
- reducing myopia by 1D we reduce the risk of future ocular complication by 40 %
- the risks of future ocular complications increase with degree of myopia
- reduce risk of myopic maculopathy by 40 %
- reduce risk of open-angle glaucoma by 20 %
- reduce risk of visual impairment by 20 %
- save between 0.5 and 1.0 years of visual impairment



What I really enjoy about having the Myopia Master in my practice, is that it has helped me to establish my own myopia consultation clinic. We have a myopia control dedicated appointment where we review the results and the reports from the Myopia Master. The Myopia Master has very **clear reports** and understandable myopia documentation to help with compliance on follow-up appointments. I think axial length, will be the gold standard measurement for myopia specialist clinics and having the right technology will enable eye doctors to give the patients the highest standard of eyecare and “**best-practice**” myopia control management.



## About Dr. Sal Jivraj

Clinical director of Market Mall Eye Clinic, Calgary. Dr. Sal is currently conducting dry eye research/myopia research as part of his PhD at Aston University.

Creator of the **My Myopia Management App**, a free iPhone and web app.



The **My Myopia Management App** provides education on myopia control and some treatment options, such as orthokeratology, soft contact lenses, atropine and myopia control glasses. The app assesses the risk factors for the progression of myopia based on **14 questions** and provides some **treatment options**, which can be discussed with your local optometrist. The app also provides the ability to track your child’s prescription over time and your axial length of your child’s eyes.

The app is designed to educate and raises awareness of myopia control and we believe together we can work together to slow the progression of myopia.

**We believe that every dioptre of power matters!**