

Myopia Control Clinic

The QUT Myopia Control Clinic aims to identify patients with a high risk of progressively worsening short-sightedness, and implement treatment options to slow down or stop short-sightedness development. Short-sightedness is otherwise known as 'myopia', and is the condition in which patients cannot see distance objects clearly. Myopia often begins to develop in children and teenagers, and if left to progress to high levels, can lead to blinding eye diseases. Certain factors increase the risk of myopia development, such as family history, ethnicity, intense and sustained periods of work, and decreased levels of outdoor activity. While myopia cannot be cured, treatment options exist to slow or stop it from getting worse. Research shows that these treatments are most effective when instigated before adulthood.

There are multiple treatment options available within the Myopia Control Clinic, including specialty contact lenses and spectacles, orthokeratology, topical medications and recommendations for lifestyle interventions. All consultations are performed by Master of Optometry students under the supervision of a qualified optometrist.

Atropine Eye Drops

Atropine drops give one of the highest levels of myopia control of all treatments available, and are a popular option in East Asian countries. Recent studies show that much lower concentrations of these eye drops can be used safely to obtain a good level of control, without the side effects of higher doses. Drops are used once daily in conjunction with spectacles or contact lenses.

Orthokeratology

Orthok is a popular option as it allows patients to go without their spectacles or contact lenses during the day, and provides good levels of myopia control. Rigid contact lenses are worn at night during sleep which mould the shape of the eye to counteract any myopia. Lenses are removed in the morning, and patients experience clear vision throughout the day without the use of spectacles or contact lenses. This option is not just restricted to those who need myopia control, but can also be used as an alternative to daily contact lenses or spectacles.



Contact Lenses

Both daily and monthly disposable lenses are available that provide some myopia control compared with regular contact lenses. Evidence suggests that young children can wear contact lenses safely, while improving their quality of life through perceived appearance and increased participation in activities. Soft disposable contact lenses are a popular option for myopic children who require a moderate level of myopia control.

Spectacles

The Optometry Clinic provides spectacles, at a low cost to the community, from our range of designer frames available. There is some evidence that certain special spectacle lens designs can provide a small amount of myopia control. Spectacles are an option for children who have only mild or slowly progressing myopia, or who aren't suitable for other treatment options.

Lifestyle Advice

A detailed analysis of any lifestyle factors which may be contributing to myopia progression is undertaken, so that modifications can be made where possible, (i.e. increasing levels of outdoor activity, decreasing levels of hand held device or computer use).

Open to the Public

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