



香港盲人輔導會

The Hong Kong Society for the Blind



An Overview of Various Myopia Control Methods



Myopia rates among Hong Kong students are alarmingly high, with 18.3% in six years old and 61.5% in twelve years old*.

Thankfully, research has shown that it is possible to slow down the progression of myopia through various methods.

If these methods are used appropriately and combined with correct reading habits and sufficient outdoor activities, myopia progression could be slowed down.

*The effectiveness of different myopia control methods discussed is supported by research.

For more details, please refer to the relevant research papers.

1. Defocus Incorporated Multiple Segments (DIMS) Lens

- The lens utilizes “peripheral optical defocus theory” to help slow down the progression of myopia.
- Research by PolyU showed that DIMS lens could reduce axial elongation by up to 62%*.

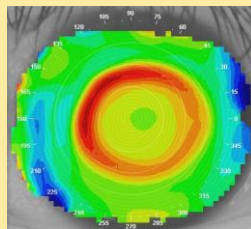


**DIMS lens could be fitted in our Vision Corner.
Please feel free to visit Vision Corner on G/F.**

視光廊
VISION CORNER

2. Orthokeratology

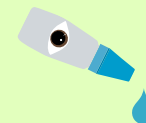
- Subtype of Rigid Gas Permeable Contact Lens.
- Worn overnight during sleep.
- By **reshaping the cornea**, peripheral light is defocused.



Before fitting ortho-k lenses, a comprehensive eye examination by an optometrist is required.



3. Low-dose Atropine Eye Drops



- This drug has been shown to **inhibit the growth of fibrous tissue in the eye**, resulting in a slower rate of axial eye growth.
- The eye drops need to be **administered daily**.

Our center currently does not provide atropine eye drops for myopia control. Please consult a private-practice ophthalmologist for further opinions.

