

# SCANDINAVIAN MYOPIA MANAGEMENT DAY

**NEW DATE!**

18 June 2020



How to manage myopia in children from a clinical point of view.

The purpose of the day is to provide you with the latest information on myopia management in Scandinavian children and how to optimize the management of myopia.

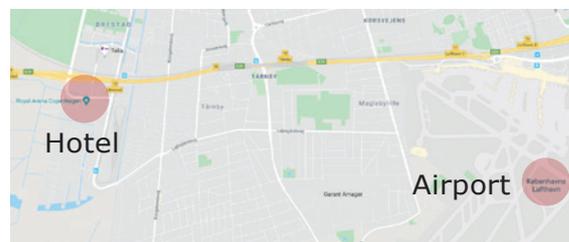
After participating at "Myopia Management day", you will gain access to a whole new myopia management module in MyProcornea. This will allow for optimization of myopia management by modifying the Ortho-K effect and topography fitting of soft multifocal contact lenses.

**Where:** CROWNE PLAZA COPENHAGEN TOWERS  
(5 mins. from CPH airport)

**When:** 18 June, 10:00–16:00

**Cost:** Attendance is free, but a fee of DKR 980,- will be charged in the event of a no-show

**5 CET POINTS APPROVED**



## AGENDA

- 10:00 Introduction to myopia management **Esben Nørregaard Sørensen, Optometrist, MSc in clinical optometry**
- 10:15 Myopia management with Ortho-K in Scandinavian children.  
**Trine Møldrup Jakobsen, MD, PhD fellow.** Ortho-K lenses for myopia management in Scandinavian children (Denmark). Method and results of the CONTROL study, a randomized controlled trial of the treatment effect and adverse reaction profile of ortho-k lenses.
- 11:15 Coffee Break
- 11:30 Myopia management in practice, when and with whom?  
**Trine Møldrup Jakobsen, MD, PhD fellow.** Presentation of evidence-based clinical guidelines for myopia management at the eye department of Vejle Hospital.
- 12:30 Lunch Break
- 13:15 Low-dose Atropine for the Prevention of Myopia Progression in Danish Children  
**Flemming Møller. MD, Ph.D., MSci, associated professor, Dept. Ophthalmology, Vejle Sygehus**
- 13:45 Myopia management using Ortho-K lenses  
**Gabi Steenbekkers, Myopia management Specialist Optometrist**  
How can we optimize myopia management in Ortho-K lenses?  
What options do we have to customize myopia management?
- 14:30 Coffee break
- 14:45 Myopia management using topography fitted soft multifocal contact lenses  
**Gabi Steenbekkers, Myopia management Specialist Optometrist**  
What to do when Ortho-K is not an option?  
How to follow-up children in myopia Management
- 15:45 Summary  
Panel discussion question and answers

# SCANDINAVIAN MYOPIA MANAGEMENT DAY

**NEW DATE!**  
18 June 2020



## BRIEF DESCRIPTION OF PRESENTATIONS:

### **Trine Møldrup Jakobsen**

MD, PhD fellow



1. Ortho-K lenses for myopia management in Scandinavian children (Denmark). This talk will present the method and the latest findings in the Danish study "Clinical study of Nearsightedness; Treatment with Orthokeratology Lenses" (CONTROL Study). The study is a longitudinal, controlled clinical trial evaluating progression of myopia in myopic Danish children randomized to either orthokeratology lenses or single-vision glasses. The presentation will include treatment efficacy, safety, and dropout rates.
2. Presentation of evidence-based clinical guidelines for myopia management at the Department of Ophthalmology at Vejle Hospital. More and more children are becoming myopic, but how do we spot children at risk of developing high myopia? This talk will present the evidence-based clinical guidelines used at the Department of Ophthalmology at Vejle Hospital on when and on whom to initiate myopia control and with what modality. In addition, guidelines will be presented on when to refer a child for a paediatric eye evaluation – keep differential diagnosis in mind.

### **Flemming Møller**

MD, Ph.D., MSci, associated professor, Dept. Ophthalmology, Vejle Sygehus



1. This talk will give an update on atropine for myopic control and present the Low-dose Atropine for the Prevention of Myopia Progression in Danish Children - a Randomized, Double-masked, Multicenter, 36-month Prospective 1:1:1 Study of Safety and Efficacy of 0.1% Atropine Loading Dose to Single 0.01% Atropine and Placebo

### **Gabi Steenbekkers**

Myopia Management Specialist Optometrist



1. Myopia management using Ortho-K lenses. This talk will present how to fit Ortho-K lenses for myopia management. We will discuss how to evaluate the fit using topography images and what we can change to achieve the optimal solution for myopic management. We will also discuss how the design of the lens can be modified to optimize the effect of myopic defocus.
2. Myopia management using multifocal soft contact lenses. This talk will present the options available to us if Ortho-K lenses are not an option. We will discuss topography fitting of soft multifocal myopic control lenses and what options we have. Finally, we will present the MyProcornea tool for following up on myopic management.