

Myopia Control

Higher levels of myopia significantly increase the risk of serious eye conditions later in life, such as retinal detachment, glaucoma, and myopic macular degeneration.

Myopia control aims to slow or halt this progression in children and teenagers. By managing eye growth, we reduce these future health risks, ensuring your child has the best possible vision for life.

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What is Myopia (Nearsightedness)?

Myopia makes distant objects blurry when the eye grows too long. While glasses correct vision, they don't stop this growth, which often worsens through childhood.

Why is Myopia Control Important?

High myopia significantly increases risks of serious eye conditions later in life, like retinal detachment and glaucoma. Myopia control aims to slow or halt this progression in children, reducing future health risks and preserving their vision.

What Are the Myopia Control Options?

At our Dalby practice, we offer tailored, evidence-based strategies:

- Orthokeratology (Ortho-K) Lenses: Overnight contact lenses that reshape the cornea for clear daytime vision and slow progression.
- MiSight 1 Day Contact Lenses: Daily disposable soft lenses designed to slow eye elongation.
- Low-Dose Atropine Eye Drops: Nightly drops effective in slowing myopia.
- Specialty Spectacle Lenses: New designs that help control eye growth.
- Lifestyle: Encouraging outdoor time and healthy screen habits.

What to Expect: Your Child's Journey

It starts with a comprehensive eye exam to choose the best strategy. Regular follow-ups monitor progress. Consistency is key.



Meet our Optometrists

Tom Roger

B App Sci (Optometry)
Grad Cert Ocular Therapeutics
FACBO MBA
CASA CO (Aviation Eye Examiner)

Tobin Eapen

Bachelor in Clinical Optometry
Master of Optometry