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## Peripheral refraction-yes or no!

It is predicted that by the year 2050, half of the world's population ( ve billion people will be myopic and that nearly one billion will be at a high risk of threatening ocular pathology. e rst link between peripheral refraction and myopia, in humans, was found in 1971 by Hoogerheide and his colleagues, although this issue was studied even Early by Earl Smith three using monkeys. Eye c practitioners today must not only think in terms of the short-term e ect of treatment but also more importantly, the long term e ect of the treatment. Prescribing spectacles may give an immediate positive result by enabling the child to see well but this will not sto the short sightedness to progress. erefore we must treat children who are myopic by trying to retard the progression of the myopia. ere are a number of treatments, two of which use contact lenses, either so contact lenses or rigid gas permeable contact lenses e treatment when using contact lenses is based on defocus at the periphery of the retina. We call this treatment pattern myopia control. is presentation will explain in detail what peripheral defocus is all about, the di erent types of peripheral defocus, how it applies to the di erent types of contact lenses and how important this issue is as far as treating myopic children. It will explain why and how myopic defocus can retard the increase in axial length of the eye, which is the major reason for the increase in myopia. I conclusion, children who have been detected as having the increased potential of being myopic should be given the option of bein treated by means of myopia control in order to try to retard the progression and thus trying to avoid the child of being included in the risk group of potentially developing any ocular pathology caused by "high myopia".

## Recent Publications

3. Zhouyue L, Cui D, Hu Y, Ao S, Zeng J and Yang X (2017) Choroidal thickness and axial length changes in myopic children treated with orthokeratology. Contact Lens and Anterior Eye 40 (6): 417-423.

4. Wol sohn J S, Calossi A, Cho P, Gi org K, Jones L, et al. (2016) Global trends in myopia management attitudes and strategies in clinical practice. Contact Lens and Anterior Eye 39 (2):106-116.

5. Smith M and Walline J J (2015) Controlling myopia progression in children. Adolescent Health, Medicine and erapeutics 6: 133-140.

**Biography**

**Notes:**