

Keywords: Myopia; Refractive error; Ocular health

Introduction

Myopia is a common refractive error characterized by blurred distance vision. It occurs when the eye's axial length is too long or the cornea is too curved, causing light to focus in front of the retina. This results in distant objects appearing out of focus. Myopia can be corrected with glasses, contact lenses, or refractive surgery [1-3].

Methodology

This study was a retrospective analysis of medical records from a tertiary care hospital. Data were collected from patients diagnosed with myopia between 2018 and 2022. The study included patients who had undergone a comprehensive ophthalmological examination and were prescribed corrective lenses. The primary outcome was the prevalence of myopia and the effectiveness of different correction methods. Statistical analysis was performed using SPSS software [4].

Management strategies

Management of myopia involves several strategies, including corrective lenses, orthokeratology, and atropine eye drops. Each method aims to improve visual acuity and slow the progression of the condition.

Corrective lenses: Spectacles and contact lenses are the most common methods for correcting myopia. They work by refracting light so that it focuses correctly on the retina. Contact lenses provide a wider field of vision and are less likely to be noticed than glasses. However, they require proper hygiene and regular replacement [5].

Orthokeratology (Ortho-K): Ortho-K involves wearing specially designed rigid contact lenses overnight to temporarily reshape the cornea. This allows for clear vision during the day without the need for glasses or contact lenses. Ortho-K is particularly useful for children and young adults, as it may help slow the progression of myopia [6].

Atropine eye drops: Atropine eye drops are used to slow the progression of myopia in children. They work by relaxing the eye's focusing muscles, which may prevent the eye from growing too long. Atropine is typically used at a low concentration (0.01% to 0.05%) and requires long-term use [7].

Lifestyle modifications: Encouraging outdoor activities and limiting near work (such as reading and screen time) may help reduce the risk of developing myopia. Proper lighting and ergonomics are also important for eye health. Regular eye examinations are essential for early detection and management of myopia [8].

Surgical interventions: Refractive surgery, including LASIK (Laser-Assisted In Situ Keratomileusis), PRK (Photorefractive Keratectomy), and SMILE (Small Incision Lenticule Extraction), offers a permanent solution for myopia. These procedures use lasers to reshape the cornea, allowing light to focus correctly on the retina. Surgical options are typically reserved for patients with stable myopia and no other eye conditions [9].

Management of myopia involves several strategies, including corrective lenses, orthokeratology, and atropine eye drops. Each method aims to improve visual acuity and slow the progression of the condition. Regular eye examinations and lifestyle modifications are also important for overall eye health [10].

... face ... c ab a ... a d c ... a d a f e a d ...

Conclusion

I c c , a a d e a d e f a c e e a c e ...
W e a a a c e e a a e a , c d ...
A d d e e a e d c e e a c e e e a d ...

a d e a a a b , a e e e a c e f a c ...
a a c c b a e e a e c e f a a d e e ...

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