

November 2020

## Managing Myopia – IACLE’s global webinar series

Throughout November, IACLE hosted a series of global webinars to explore myopia management and brought members and international speakers together. IACLE’s Digital Marketing Consultant Amelia Morgan reports on some of the highlights and useful resources from the series



[The full series is available to watch through IACLETOP](#)

**Professor Nicola Logan** (pictured above) is a Professor of Optometry and Director of Research for the Optometry and Vision Science Research Group, School of Optometry at [Aston University](#), Birmingham, UK. Professor Logan has a keen interest in myopia development in terms of why it develops in children, how the eye changes as it develops and what the risk factors may be if a child develops myopia.

Professor Logan was the first of four speakers at IACLE’s ‘Myopia Management’ themed global webinar series and discussed behavioural changes that affect the progression and development of myopia, including the role of Vitamin D and outdoor activities. Professor Logan also discussed a study by Lanca & Saw on ‘The association between digital screen time and myopia: a systematic review’. [Access the abstract.](#)



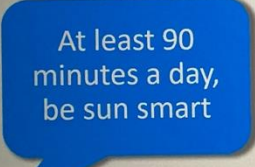


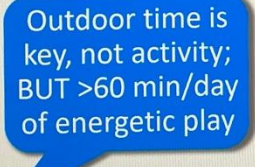


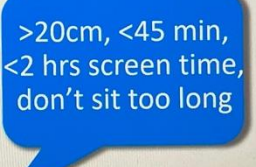


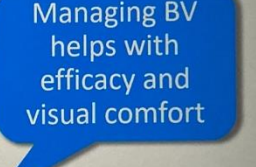


**Professor Padmaja Sankaridurg** (pictured above) is Head, Myopia Program and Head, Intellectual Property at the [Brien Holden Vision Institute](#) (BHVI) and Conjoint Professor at the [School of Optometry and Vision Science](#) in Sydney, Australia. Professor Sankaridurg's talk focused on the various optical strategies that are currently available to control the progression of myopia and explored the effects of spectacles, atropine and outdoor activities in slowing the onset, as well as the progression, of myopia. [Access the BHVI Guidelines for Myopia Management.](#)



**Professor Mark Bullimore** (pictured above) is Adjunct Professor at the [University of Houston](#), Texas, USA and an internationally renowned scientist, speaker and educator based in Boulder, Colorado. Professor Bullimore summarized research in areas of key clinical relevance regarding the types, efficacies and purported mechanisms of contact lens myopia management interventions and discussed their safety and potential long-term benefits. Professor Bullimore discussed a recent study by Chalmers *et al* on the topic of 'Adverse event rates in the retrospective cohort study of safety of paediatric soft contact lens wear: the ReCSS study'. [Read the full text.](#)

# What to tell parents

 <p><b>1</b></p> <p>Outdoor time</p>  	 <p><b>2</b></p> <p>Physical activity</p>  	 <p><b>3</b></p> <p>Near work &amp; Screen time</p>  	 <p><b>4</b></p> <p>Binocular vision</p>  
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**Dr Kate Gifford** is a clinician-scientist and peer educator in private practice in Queensland, Australia. Kate and her optometrist husband, **Dr Paul Gifford**, have developed educational resources [Myopia Profile](#) and [My Kids Vision](#) to assist practitioner management and raise public awareness of childhood myopia.

Kate was the final speaker at the myopia series, and her lecture took more of a practical approach, using a scientific basis to describe three clinical pillars of myopia management: the influence of visual environment, prescribing optical treatments and managing binocular vision. Her lecture included communication tips, exploration of case studies and advice on further reading for both the clinician and the educator. Read Myopia Profile's [Managing Myopia Guidelines](#), available in four languages.

- **Look out for our next series of global webinars, starting in January 2021.**