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Myopia control in children utilizing gas permeable orthokeratology molding overnight lenses

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Myopia is an epidemic affecting an increasing portion of the worldwide population. In Asian countries, studies now show 80-90% of young teenagers have myopia, and in the USA the number of affected children has risen from 25 to 40% in the last 15 years. Ophthalmologists are now getting more involved in trying to slow the progression in a child by intervening early with a number of treatments that have been found to be effective. These included the use of atropine drops, bifocal glasses and contacts, increasing outdoor activity, and the use of orthokeratology molding lenses. The author will discuss the current understanding of why these lenses work and review the current literature. Most studies using this technique show a 35-50% reduction in axial length over a 2-5 year period.

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