NCC 'GET CONNECTED 2026'
Organization Section: NCC/ BCLA
Poster Abstracts
Monday 9 March 2026, Netherlands, Veldhoven, NH De Koningshof, Baroniezaal

Myopia management in India: a private practice model demonstrating the role of axial length monitoring using the Oculus Myopia Master

Lakshmi Shinde, Ajay Kumar D Shinde, Stephy Moncy
Affiliation: Shinde Eye Care Centre

Purpose: Purpose: Myopia management is emerging as a critical public health priority, given the growing global prevalence and associated long-term ocular complications. India, now the most populous country in the world, is on the brink of a myopia epidemic. Despite this, there is a lack of structured government policies targeting myopia control. As a result, the onus of implementing evidence-based interventions has largely fallen on private eye care providers. This case study presents the role of a private clinic in addressing myopia through structured monitoring and management strategies.
Method: Methods: Data from 102 myopic children (192 eyes) aged 5.4–17 years were analysed. Participants were grouped by intervention: Ortho-K (n=30; mean age 12.5±2.4 years), myopia control spectacles (n=72; mean age 11.42±3.73 years), and others (ordinary spectacles/soft contact lenses). Baseline refractive error, AXL, and annual progression rates for AXL and RE were compared overall and across age subgroups (<10, 10–13, <13 years).
Results:
• Ortho-K: Mean baseline RE −4.13±1.46 D, AXL 25.33±1.09 mm; annual progression rates: AXL 0.08±0.26 mm, RE −0.07±0.47 D.
• Myopia control spectacles: Mean RE −3.04±1.65 D, AXL 24.40±1.19 mm; annual progression: AXL 0.08±0.25 mm, RE −0.10±0.91 D.
• Others: Annual progression: AXL 0.22±0.21 mm, RE −0.50±0.50 D.
Across age groups, Ortho-K consistently showed the lowest progression in both AXL and RE, with notable suppression of RE progression in the 10–13 year subgroup (−0.00±0.00 D). Myopia control spectacles also reduced AXL progression compared to conventional corrections, especially in <13-year-olds.
Conclusions: Both Ortho-K and myopia control spectacles demonstrated effective reduction in myopia progression compared to conventional corrections, with Ortho-K showing superior control in specific age groups. These findings support early intervention with optical myopia control strategies to mitigate long-term myopia progression in children.

This research received funding from: *None*