

# Myopia in youngsters



Af Per Nellesmann

*Kaisu Viikarini has for a long time been interested in eye strain of several causes.*

In this message she raises the question to a general discussion. What are going to do with the low myopics. And when is it time for correction. In the described case she opens the question, whether or not a low grade of myopia accompanied by headache and eye strain might be due to a slight hyperopia. She believes that this myopia should be treated with plus glasses.

My own practise is more expecting or you might say practical. As long as the child/teenager can see TV and read the class board I am satisfied and will not prescribe glasses for Kr DK 2.000,- to 4.000,- with the risk, that the glasses are placed in the drawer most of the time. The magnitude should generally be above minus 1,- diopter. ( This attitude worked also well in my two children).

*In children with myopia, who under 3-4 years or kindergarten age a possible rare mesenchymal disorder is investigated.*

Concerning Plus Glasses. In cases of eye strain and high AC/A ratio with very close reading distance I am liberal in prescribing +1,0 to + 2,0 reading glasses. Multifocal glasses seldom, but always in cases of esotropia with hypermetropia and convergent excess. It is matter controversy (see ref.).

In the case of using plus glasses in the treatment of myopia I am not so convinced as Kaisu. If a Sciascopi or Autorefractive measurements in cycloplegia shows a substantial hyperopia, I would would prescribe

the plus glasses, and also in minor depress (+1-2 ) if there is considerable strain. The latter, telling the parents, that it might be worth trying. In most patients and especially children, I would never prescribe plus glasses without a cycloplegia measurement.

Eye strain is a very common problem in ophthalmological practice. Whether it is due to computer work, reading, watching TV, driving or any number of other activities. Eye strain overlaps tension headache and supraorbital neuralgia.

If there is extra time, I would advice some tips. Take Breaks. If you sitting at a desk, rise and stretch your arms. Or shift focus to distance out of the window on a regular basis. If you are driving, check your speedometer often. The speedometer issue, I am convinced, also helps the account for fines, and thus tension headache.

What is your experience? ■

