

3rd International Conference and Expo on

Optometry & Vision Science

October 08-09, 2018 | Edinburgh, Scotland

Prevalence estimates for myopia in children and young people in 2013–2017

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Objective: To compare prevalence estimates for myopia in children and young people in 2013–2017.**Methods:** Retrospective study of the ophthalmology history of children (6–9 years old) and young people (10–15 years old) from 2013 to 2017 was conducted in Barcelona. All of them were with diagnosis of myopia and presenting visual acuity ≥ 0.5 and ≤ 0.4 , respectively.**Results:** The estimated prevalence of myopia in children aged 6–9 years old and young people 10–15 years old was higher in the last five years in both groups. In last five years, prevalence estimates were higher for children, 17% vs. 33% ($p < 0.001$) and for young people 30% vs. 47% ($p < 0.001$) and for all levels of myopia severity: $< 2D$ 12% to 18% ($p < 0.001$), $\geq 2D$ $< 6D$ 12% to 25% ($p < 0.001$) and $\geq 6D$ 1–6% ($p < 0.001$).**Conclusions:** Using similar methods, the prevalence of myopia in children and young people in Barcelona, appears to be higher in last 5 years. What are the reasons for the increase in prevalence of myopia? What are we doing to try to slow down the progress of myopia? Reducing the age of onset of myopia is of great concern. Ophthalmologists and optometrist have to go on looking for options to reduce the risk of myopia and to educate children and young people for reducing computer vision syndrome.

Biography

Silvia Gamboa Saavedra got her graduate degree from B.A. University, Medical School, Argentina in 1994 and she got her Master and Specialist in Ophthalmology at Argentine Council Board of Ophthalmology and Health Ministry. She completed an Ophthalmology residency at Juan A Fernández Hospital, B.A., Argentina and a fellowship in Pediatric Ophthalmology and Strabismus at R Gutierrez Hospital, B.A., Argentina. She was consultant in Pediatric Ophthalmology and Strabismus in Argentina for 10 years till 2005 when she flew to Barcelona, Spain, where she lives with her husband. She is an active assistant and she has lectured at national and international optometry and ophthalmological congresses for more than 20 years.

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