

# Red Light Therapy for myopia control at Bay Eye Care

## What is Red Light Therapy?

Red Light Therapy is a non-invasive, quick and easy to use home myopia control treatment for children. It follows a simple treatment plan involving just three minutes of treatment time twice per day, five days per week to slow the progression of their myopia (short-sightedness).

It is completely administered at home with the Eyerising Myproclear device and is suitable for children as young as 3 years of age with any amount of myopia. Children should be able to use the device independently however, in some cases a parent/guardian will be required to provide assistance and supervision, especially when a child is new to the treatment. It can be used as a stand-alone treatment for myopia progression, or in conjunction with other myopia control treatments like orthokeratology overnight corneal reshaping, soft multifocal contact lens wear, or myopia control spectacle lenses.

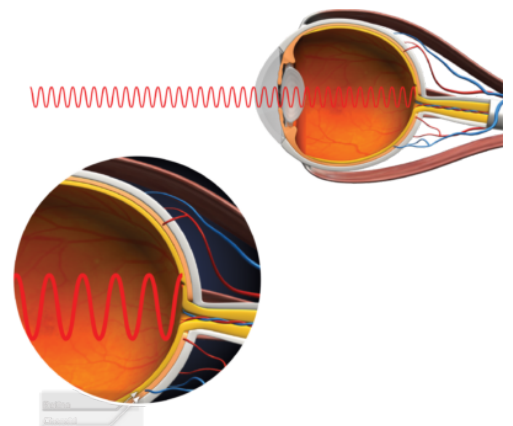


## How does Red Light Therapy work?

### Red Light Technology

The Eyerising Myproclear unit uses patented technology to deliver Repeated Low-Level Red Light (RLRL) therapy. The low-level single wavelength red light of 650 +/- 10 nm gently stimulates blood flow in the back of the eye to help slow the axial growth of the eye and control myopia progression.

It is designed to be easy to use at home with a user-friendly touch screen interface. The device also monitors and shares patient compliance data with your optometrist for use during follow-up examinations.



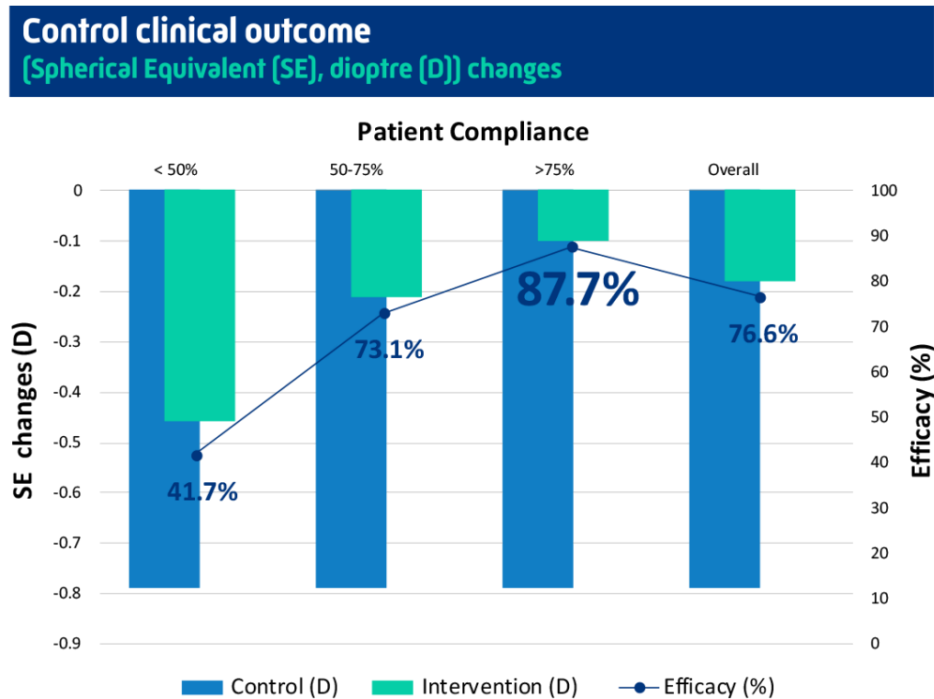
### Who Can Benefit From Myproclear Red Light Therapy?

Myproclear Red Light Therapy holds particular appeal for certain groups of young patients:

- children who cannot tolerate contact lens wear or eye drops.
- children already wearing Orthokeratology contact lenses or myopia control spectacles but require further myopia control measures.
- Those wanting to explore adjunct (combination) therapy if they have aggressive myopia control progression when first assessed.

## Myopia Control with Myproclear Red Light Therapy

Studies suggest that Myproclear Red Light Therapy results in approximately 75% reduction in axial elongation compared to children wearing standard single vision spectacles over a two year period. There was an even better 87% reduction in axial length in children who had high compliance with the treatment schedule.<sup>1</sup>



## Treatment Sessions and Schedule

A Myproclear Red Light Therapy treatment session involves just three minutes of treatment time twice per day with a minimum of 4 hours between sessions, five days a week. It is recommended that patients form an easy to follow schedule of treatments to ensure compliance (i.e once before school and once after school) and to have a minimum time of 4 hours between treatments.

It is important that the device is in a flat, and comfortable position for the child to complete the treatment. All glasses and contact lenses have to be removed before starting. Eyes must be kept open throughout the 3 minute session, however normal blinking is allowed.

In order to achieve good treatment results, the parent should help the child to adjust the device's position and other settings such as the interpupillary distance (distance between the eyes). It is also helpful at the beginning to have a parent/guardian to encourage the child and ensure compliance is maintained.

The Eyerising Myproclear system will monitor the compliance of a child completing the required treatment over time and will send out automated reminders to patients/guardians and your optometrist if required to ensure that compliance and treatment efficacy are maximised

<sup>1</sup> 1. Jiang, Yu, et al. "Effect of repeated low-level red-light therapy for myopia control in children: a multicenter randomized controlled trial." Ophthalmology 129.5 (2022): 509-519.

## Comfort and Safety

Red Light Therapy is non-invasive and is free of any known significant side effects. However, it is not uncommon to observe a brief red afterimage effect which will disappear within 3 minutes of completing the treatment. It can be managed by closing the eye for 1 to 3 minutes to reduce visual disturbances. Research has found that the duration of the afterimages will decrease over a number of weeks, and may eventually disappear. However, if the afterimage presents for longer than 5 minutes the patient should stop using the device and contact their optometrist.

The Eyerising Myproclear device is a Class 1 laser product and is compliant to relevant standards and is considered safe for direct ocular exposure. It is a registered device with MedSafe in New Zealand. Repeated Low-Level Red-Light (RLRL) therapy has been involved in clinical use for almost a decade overseas to control myopia progression. It has had no known adverse effects. In addition, studies analysing long-term use over the period of a multiple years did not report any side effects or severe adverse events.



# Frequently Asked Questions

## Is Red Light Therapy safe for my child?

The Eyerising Myproclear Device is a Class 1 laser product and is compliant to relevant standards and is considered safe for direct ocular exposure. It is a registered device with MedSafe in New Zealand.

It is an ANSI Group 1 Instrument under the ANSI Z80.36-2021 standard by the American National Standards Institute (ANSI). It has been thoroughly tested by the Laser Product Safety (FDA ASCA-accredited testing lab) and has successfully achieved a Group 1 instrument classification, indicating no potential light hazard exists.

Repeated Low-Level Red-Light (RLRL) therapy has also been involved in clinical use for almost a decade to control myopia progression. It has had no known adverse effects. In a three-year real-world study, RLRL therapy was well tolerated. Children who continuously used the Eyerising Myopia Management Device for 3 years did not report any side effects or severe adverse events. In addition, no functional vision loss indicated by best corrected visual acuity or structural damage seen on retinal OCT scan was documented.

## What patients cannot use Myproclear Red Light Therapy?

- Patients with strabismus (an eye turn)
- Binocular vision abnormalities in either eye.
- Ocular abnormalities in either eye or systemic abnormalities.
- Children with any paediatric retinal diseases, such as retinopathy of prematurity, retinal detachment, juvenile macular degeneration, retinoblastoma, paediatric uveitis.
- Patients with dilated pupils (mydriasis) or patients that have received drugs that can cause dilated pupils such as atropine, cyclopentolate and tropicamide should not use the device.

## Can Myproclear Red Light Therapy be combined with other myopia control treatments?

Yes, Myproclear Red Light Therapy can be combined with orthokeratology lenses, soft contact lenses (e.g. MiSight), and specially designed glasses (e.g. Hoya MiYOSMART / Essilor Stellest). It cannot be used with atropine. So please make sure your child stops using any previous atropine treatment for 2 weeks before starting Myproclear Red Light Therapy

## What happens if we are going away for a holiday or travelling?

The Myproclear unit is very light and portable. It comes with special packaging and great protection. It is also small luggage sized, so it is easy to transport and travel with.

However, if this is not an option it is okay to have a short break (one week) from using Red Light Therapy, and return back to a normal routine after coming back home. In cases longer than one week, it is recommended that the device is brought with you to continue your treatment schedule.

## How many years does my child need to use the device?

In myopia management the goal is to control or stabilise the progression of myopia (axial length elongation) and prevent it from developing into higher levels of myopia, which carry a higher risk of other ocular disease later in life.

The time that the eye growth and myopia progression naturally slows and stops depends on the age of your child but it typically towards the end of the teenage years. Younger children may therefore need myopia control treatments like Red Light Therapy for a longer time. In teenagers, it may be shorter.

Therefore it is recommended to use Red Light Therapy for 2 continuous years and then together with your optometrist decide if your child needs further treatment afterwards. The life service period of the device is 5 years.

### What happens after child stops using the therapy?

Once your child stops using the device, we recommend getting your child's eyes and myopia level reviewed routinely (every 6 months typically). From clinical trial results, your child's myopia may still progress naturally. It depends on your child's age, lifestyle, and other factors. Your child may require a repeat period of Red Light Therapy or another treatment like Orthokeratology lenses or low-dose atropine to keep their myopia level as stable as possible.

### What are the side effects of Red Light Treatment?

Red Light Therapy is non-invasive and is free of any known significant side effects. However, it is not uncommon to observe a brief red afterimage effect which will disappear within 3 minutes of completing the treatment. It can be managed by closing the eye for 1 to 3 minutes to reduce visual disturbances. Research has found that the duration of the afterimages will decrease after a number of weeks, and may eventually disappear. However, if the afterimage presents for longer than 5 minutes the patient should stop using the device and contact their optometrist at Bay Eye Care.

### Does my child still have to wear glasses or contact lenses to see?

Yes, your child will still need to wear glasses or contact lenses treatments to get clear corrected vision. Studies have shown that children are more likely to have a higher myopia progression rate when the vision is left uncorrected. Patients should take off their glasses to use their Red Light Treatment during sessions, however can leave their contact lenses in place.

### What are the costs of treatment and how is payment organised?

There is no upfront cost required to start treatment. To begin, a subscription fee is required to be paid monthly in exchange for ongoing access to the red-light therapy device and device software for the two year treatment period.

This fee is typically recurring, meaning it is charged on a periodic basis (monthly). It is \$138 per month including GST, for the 24 month contract. It can also be paid in a lump sum for the 24 month (2 year) treatment period: \$2760.00 incl GST (this equates to \$115 per month, saving \$23 per month) Subscription fees are paid through the device itself with a credit/debit card and are required for the device to initiate treatment sessions.

In addition to this are Bay Eye Care's consultation costs for a 1 month short-follow up appointment after beginning treatment with the device, a 3 month visit if required, and subsequent 6 monthly reviews (typically \$179) to check compliance, ocular health and the myopia control effect (checking the vision, myopia prescription and eye length).

### What happens if my child stops Red Light Therapy before the 24 month treatment program is completed?

There is a 3 month money-back guarantee in place that means that Red Light Treatment can be stopped for any reason initially, with a full refund. This is only present if compliance rates are above the recommended 75% level.

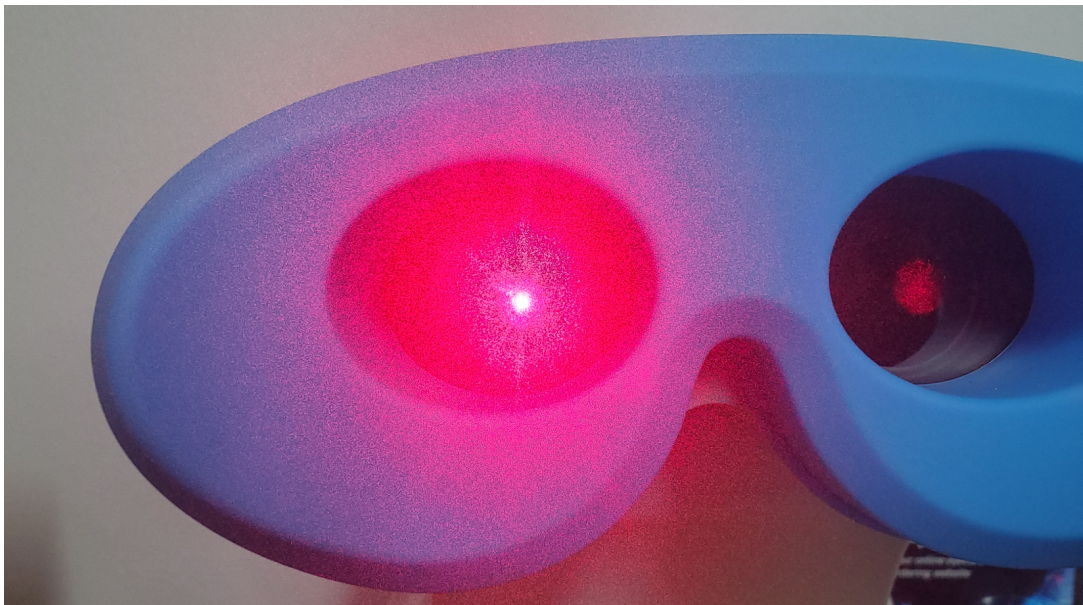
Unfortunately, if the patient compliance rate falls below 75%, a refund will not be available. All criteria for Money Back Guarantee are outlined in Money Back Guarantee terms and conditions, which patients need to agree before they make any payments. This can be provided on request before committing to the treatment, please just ask!

After the 3 month period if there is a reasonable clinical reason to stop treatment then this will be considered on a case-by-case basis. If your child discontinues the treatment prior to two years they will have to return the unit.

Where can I find more information about Red Light Therapy and the Eyerising Myproclear device?

The manufacturer of the Myproclear device that we use for patients at Bay Eye Care has a great website to learn more about this topic, including helpful videos and explanations. You can find them here:

[www.eyerisinginternational.com](http://www.eyerisinginternational.com)



# Bay Eye Care Myproclear Red Light Therapy Program

## Myproclear Red Light Treatment Program:

An initial appointment for a Myopia Control Assessment is required to gain baseline results of refraction and axial lengths, discuss myopia control treatment options and assess the suitability of Myproclear Red Light Therapy for each patient.

During this appointment, or at a short follow up appointment, we will explain how to use the device. Following this, a device will be taken home and the patient will begin the treatment program.

A follow up appointment will be required 1 month after beginning the treatment programme to assess treatment success, compliance and address any concerns you may have. A 3 month appointment may be recommended on a case-by-case basis. Following the initial 1 month appointment, 6 monthly reviews are required to check compliance, ocular health and the therapy's myopia control effect with measurement of vision and of the eyes' axial length.

## Cost

There is no upfront cost required to start treatment. To begin, a subscription fee is required to be paid monthly in exchange for ongoing access to the red-light therapy device and device software for the two year treatment period.

This fee is typically recurring, meaning it is charged on a periodic basis (monthly). It is \$138 per month including GST, for the 24 month contract. It can also be paid in a lump sum for the 24 month (2 year) treatment period: \$2760.00 incl GST (this equates to \$115 per month, saving \$23 per month) Subscription fees are paid through the device itself with a credit/debit card and are required for the device to initiate treatment sessions.

In addition to this are Bay Eye Care's consultation costs as detailed above (typically \$179 for a routine myopic control review).



# Bay Eye Care Myproclear Red Light Therapy Program

The following consent information should be read in conjunction with the following resources contained within this document:

- Myproclear Red Light Therapy at Bay Eye Care Information

*Please tick the boxes next to each statement to show that you agree. If you are signing on behalf of your child, read through this with them carefully.*

- I have read the Myproclear Red Light Therapy resources fully and I understand and agree to the outline, terms and expectations of Bay Eye Care’s Myproclear Red Light Therapy Program.
- I have been informed of my responsibilities as a patient using Myproclear Red Light Therapy and I understand the importance of following the instructions and advice from my optometrist.
- I understand that following initiation of my Myproclear Red Light Therapy treatment I need to see my optometrist every 6 months for reviews to ensure my eyes are still healthy and the treatment is working correctly to slow eye growth.
- I understand that during the early stages of the treatment I may sustain afterimage effects and visual disturbances after treatment sessions. These are normally noticed less over time.
- I understand that I am committing to a 24 month treatment program. I understand that I may opt to stop the treatment plan at any stage, however there may be costs associated with this outside the initial 3 month money-back-guarantee period.
- I understand that I have to continue to complete my twice a day, 3- minute Myproclear Red Light Therapy sessions 5 days in every week for the myopia control to be most effective. I understand that my parents/guardians and/or my optometrist will receive notifications from the device if compliance decreases below this level consistently.
- I understand that with any treatment to the eyes their risk of adverse eye health events and visual disturbances. I understand that if I follow the instructions of my optometrist and instructions within the device manual in regards to risk factors and treatment instructions these risks will be minimised, but may still exist.
- I understand the current policy on the Myproclear Red Light Therapy fees and I recognise that these costs may change in the future.
- I understand that the process of Myproclear Red Light Therapy has its limitations. It does not correct my vision and may provide varied results in myopia control as a result of my own compliance and other factors. I understand there is no full refund possible if my Myproclear Red Light Therapy programme is unsatisfactory.

Please make sure you have ticked all the boxes before signing below. If you need to ask more questions or you require more information before signing feel free to ask us in person, or via phone or email.

Name: \_\_\_\_\_ Parent/Guardian (if applicable) \_\_\_\_\_  
Signed: \_\_\_\_\_ Optometrist: \_\_\_\_\_  
Date: \_\_\_\_\_ Optometrist Signature: \_\_\_\_\_