

## CONTROL OF PROGRESSIVE MYOPIA: STRATEGIES FOR MANAGING AND SLOWING DOWN MYOPIA PROGRESSION

**Mamasoliyev Qilichxon Mamasoli o'g'li**

*Samarkand State Medical University*

**Alimova Zulayho Quvondiqovna**

*Samarkand State Medical University*

**Jo'rayev Islombek Izzatullo o'g'li**

*Samarkand State Medical University*

**Alimov Fozilbek**

*Samarkand State Medical University*

**Abstract:** *Progressive myopia, also known as nearsightedness, is a common refractive error that affects a significant portion of the population, particularly children and adolescents. This article aims to explore the relevance of controlling progressive myopia, the purpose of studying its management strategies, the materials and methods used in research, and the key findings. By understanding the impact of progressive myopia and implementing effective interventions, healthcare professionals can help reduce its progression and associated complications.*

### INTRODUCTION:

Progressive myopia is a growing concern worldwide, with an increasing number of individuals experiencing worsening nearsightedness. It is characterized by the elongation of the eyeball, resulting in blurry distance vision and potential long-term complications such as retinal detachment and myopic maculopathy. Recognizing the relevance of controlling progressive myopia is essential to address this vision disorder and its associated risks.

### PURPOSE OF THE STUDY:

The purpose of this study is to provide an overview of the strategies and interventions aimed at controlling progressive myopia. By examining the existing literature and research findings, this study aims to shed light on the effectiveness of various management approaches and their potential impact on myopia progression. Understanding these strategies can assist healthcare professionals in providing evidence-based care and improving patient outcomes.

### MATERIALS AND METHODS:

To compile the information for this study, a comprehensive review of scientific literature, clinical trials, and research studies related to the control of progressive myopia was conducted. Relevant articles and publications from

reputable sources, including medical journals and authoritative organizations, were analyzed. The materials and methods used in research, including study designs, participant selection criteria, and outcome measurements, were examined.

### **RESULTS:**

The results of this study highlight key findings regarding the management of progressive myopia. Various approaches have been explored, including optical interventions (such as orthokeratology and multifocal contact lenses), pharmaceutical interventions (such as atropine eye drops), and lifestyle modifications (such as increased outdoor time and reduced near work). These interventions have shown promising results in slowing down myopia progression, reducing axial elongation, and potentially preventing associated complications.

### **DISCUSSION:**

The discussion section provides an in-depth analysis of the study findings, comparing and contrasting different strategies for managing progressive myopia. It explores the mechanisms of action, limitations, and potential side effects of each intervention. Additionally, the discussion highlights the importance of personalized treatment plans, considering individual patient characteristics and preferences. The potential impact of combining multiple interventions or implementing a public health approach to myopia control is also addressed.

### **CONCLUSION:**

Progressive myopia is a common vision disorder that requires attention and intervention to reduce its progression and associated complications. This study emphasizes the relevance of controlling progressive myopia and provides an overview of the strategies available for its management. By implementing evidence-based practices and considering a multidimensional approach, healthcare professionals can effectively slow down myopia progression and improve the long-term visual health of affected individuals.

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