

CANBERRA CONFERENCE

Building Confidence in Myopia Management

Sunday 2nd March 2025 | National Gallery of Australia

- Do you want to grow your myopia management practice but you're not sure how?
- Are you uncertain about how to initiate myopia management or when to change tack?
- What's the best way to communicate the benefits of treatment to skeptical parents?
- Would you like to hear first-hand tips from experienced clinicians on how to best set up your practice for success?

The 2025 Canberra Conference will be packed with practical advice that you can take back to practice the very next day, giving you the confidence to expand your range of myopia control offerings. Learn from myopia experts about how to integrate myopia management seamlessly into your practice and give your patients the best chance of reducing their myopia progression.

Major sponsor

Johnson & Johnson

Session sponsors

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Program

Time	Presentation	Speakers
8.30am	Registration, Breakfast & Trade Display	
Session 1: Diagnosis and monitoring of myopia		2T with assessment
9.00am	Introduction: Why manage myopia?	Heidi Hunter
9.15am	Why do we care about progressive myopia?	Parth Shah
9.55am	A blueprint for diagnosis, prognosis and baselining myopia in children	Emmy Cui
10.30 am	Morning Tea & Trade Display	
Session 2: Treatment of myopia		2.5T with assessment
10.50am	Prescribing spectacle lenses for myopia management	Heidi Hunter
11.15am	Getting kids into contact lenses for myopia management	Philip Cheng
11.45am	Atropine and myopia: indications, side effects & prescribing	Pauline Kang
12.05pm	Let's get started: initiating myopia treatment and monitoring myopia progression	Philip Cheng
12.50pm	Message from our Major Sponsor - Johnson&Johnson	
12.55pm	Lunch & Trade Display	
Session 3: Putting myopia management into practice		1.5 Ni
INTERACTIVE SESSION		
1.35pm	Optimising patient communications and mitigating risk in myopia practice	Margaret Lam
2.00pm	PANEL: Practical elements of managing myopia	Heidi Hunter Philip Cheng
Session 4: Myopia management case studies		1Ti
INTERACTIVE SESSION		
3.00pm	Managing myopia progression in optometric practice	Emmy Cui Margaret Lam Philip Cheng
4.00pm	Finish	

Speakers



Philip Cheng

Philip is a University of Melbourne graduate and founded *Eyecare Concepts / The Myopia Clinic* in Melbourne in 2017, with a key clinical focus in myopia management, orthokeratology and specialty contact lenses. Renowned in the myopia management space, he has presented globally and written extensively for industry publications. Philip is a key opinion leader for major vision care companies and a board member of the Orthokeratology Society of Oceania. In 2020, he was awarded a Fellowship of the International Academy of Orthokeratology and Myopia Control (FIAOMC).



Emmy Cui

Emmy is a clinical optometrist working in independent practice in Melbourne Victoria. She graduated from University of Melbourne with ocular therapeutics in 2007 and further pursued her interest in paediatric vision care by completing an advanced certificate in Children's vision.

Her passion lies particularly in myopia management, paediatric services and ocular disease management. She is an advocate for raising the awareness of eye health in the community and has given webinars in association with Diabetes Victoria, Vision Initiative and was the media spokesperson for World Sight Day in 2020.



Heidi Hunter

Heidi is a principal optometrist at an independent full scope practice in Newcastle and the current President of Optometry NSW/ACT. She graduated in 2000 and completed ocular therapeutics training in 2011. Working with a corneal ophthalmologist and in a refractive surgery clinic sparked her interest in orthokeratology and specialty contact lens fitting for ocular disease. Heidi is a clinical supervisor at UNSW, a guest lecturer at Newcastle University, a writer for Mivision and OA Contact Lenses, an optometric speaker on ABC radio, and a mentor to optometry students on clinical placements.



Parth Shah

Dr Parth Shah is a Canberra ophthalmologist with a passion for cataract surgery, strabismus surgery and paediatric ophthalmology. Parth completed prestigious surgical fellowships in the U.K. and the U.S.A.. He is an Adjunct Associate Professor at the University of Canberra and Senior Clinical Lecturer at The University of Sydney. Parth is active in clinical research and teaching, and supervises registrars at several public hospitals including Canberra Hospital, Prince of Wales Hospital & Sydney Children's Hospital Randwick.

Speakers



Pauline Kang

Pauline is a Senior Lecturer and Deputy Head of School at the School of Optometry and Vision Science, UNSW. Pauline has strong research interests in myopia control and mechanisms underlying the development and progression of myopia in children. Pauline also coordinates the Myopia Clinic at the UNSW Optometry Clinic, to not only provide a clinic dedicated to myopia management, but to teach undergraduate Optometry and Vision Science students current evidence-based management of progressive myopia.



Margaret Lam

Margaret is the current President of Optometry Australia, National Vice President of the Cornea and Contact Lens Society of Australia, and Head of Optometry and Professional Services at 1001 Optical. She has extensive expertise in myopia management, specialty contact lens fitting, including orthokeratology and corneal ectasias. She has been a past recipient of the Neville Fulthorpe Award for Clinical Excellence and is Adjunct Senior Lecturer for the UNSW School of Optometry.



Topic Outlines

Session 1: Diagnosis and monitoring of myopia

2T with assessment

Sponsored by **Alcon**

9.00am Introduction: Why manage myopia?

Heidi Hunter

Myopia has traditionally been considered as a simple refractive error, with treatment centred around the prescription of corrective lenses to improve visual acuity. However, with more recent research and understanding of the associations between myopia and pathology, it is now your responsibility to not only correct myopia but rather to manage it.

9.15am Why do we care about progressive myopia?

Parth Shah

During this presentation, Dr Shah will discuss how progressive myopia in childhood may be secondary to other eye issues, such as infantile glaucoma or retinal dystrophy, which may require investigation and treatment. He will also detail several causes of vision loss from progressive / high myopia, including macular disease, retinal detachment and glaucoma.

9.55am A blueprint for diagnosis, prognosis and baselining myopia in children

Emmy Cui

A comprehensive approach to managing myopia in children is essential in addressing the growing myopia epidemic. This presentation will highlight the significance of early diagnosis, explore factors that can impact prognosis, and emphasise the importance of establishing a baseline to effectively monitor progression.

Session 2: Treatment of myopia

2.5T with assessment

Sponsored by



CooperVision*

10.50am Prescribing spectacle lenses for myopia management

Heidi Hunter

Heidi will share her clinical experiences in prescribing myopia control spectacle lenses. This will include a discussion of commercially available options and how they work, appropriate patient selection, expected efficacy, lens adaptation, and recommended wearing schedule.

11.15am Getting kids into contact lenses for myopia management

Philip Cheng

Contact lenses, including orthoK, are a great option for kids with myopia, giving them the freedom of clear vision without wearing glasses as well as effectively treating their myopia to slow its progression. Learn when to offer contact lenses for myopia management and the various options currently available, and how to select suitable patients for contact lenses and orthoK.

Topic Outlines

11.45am **Atropine and myopia: indications, side effects & prescribing**

Pauline Kang

Atropine therapy is increasingly prescribed in clinical practice for the management of progressive myopia. This presentation will highlight the latest research investigating atropine for myopia, discuss clinical considerations when prescribing atropine including discussion of treatment and advising patients on side effects, writing an atropine prescription, and when to consider atropine monotherapy or combining with other myopia therapies.

12.05pm **Let's get started: initiating myopia treatment and monitoring myopia progression**

Philip Cheng

With a range of myopia treatments available, how should you go about selecting and initiating myopia treatment for a child in your chair? Learn when to start myopia management, which treatment strategies to employ, how to monitor myopia progression, and how to evaluate treatment effectiveness to optimise patient outcomes.

Session 3: Putting myopia management into practice

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Sponsored by **HOYA**

1.35pm **Optimising patient communications and mitigating risk in myopia practice**

Margaret Lam

A successful myopia practice relies on effectively communicating the benefits of slowing myopia progression. Margaret will share practical tips on educating parents, using easy-to-understand language and tools such as handouts and infographics. She will also discuss the importance of informed consent, good record keeping and robust patient follow-up protocols in protecting yourself and your patients.

2.00pm **PANEL: Practical elements of managing myopia**

Philip Cheng & Heidi Hunter

Panellists will discuss their real-world experience in running a myopia practice. Hear tips on setting up your practice, billing models, must-have equipment and how to acquire it, managing patient flow, marketing, communications, as well as arming yourself against potential medicolegal risks. During the interactive sessions, you will discuss how their learnings might be applied to your own practice setting.

Session 4: Myopia management case studies

1Ti

3.00pm **Managing myopia progression in optometric practice**

Emmy Cui, Philip Cheng, Margaret Lam

Apply your conference learnings and consolidate your knowledge in this interactive discussion of real-world myopia progression cases.



Make a weekend of it

Canberra's Enlighten Festival illuminations light up the cityscape from 28 February to 10 March 2025, making the Optometry NSW/ACT Canberra Conference the perfect opportunity to take a few days off and spend a long weekend in Canberra. You can find out more about the Festival [HERE](#). Grab your friend, partner or family and book your accommodation now to ensure the best deals!

Join us for drinks on Saturday afternoon

Join us for a social event and catch up with your colleagues from 4.30-6.30pm, 1 March 2025 at the [Kingston Hotel](#), 73 Canberra Ave, Canberra.

Other activities in Canberra

National Gallery of Australia

National Portrait Gallery

Questacon

Royal Australian Mint

Australian Institute of Sport

National Museum of Australia

Parliament House

National Arboretum

Canberra Conference 2025: Building Confidence in Myopia Management



Location

National Gallery of Australia (Gandel Hall, enter via the garden with the grass pyramid)
Parkes Place, Parkes, Canberra

Parking

Underground paid parking (\$5 flat weekend rate at the time of publication) is available via Parkes Place off King Edward Terrace and there is also an above-ground car park off Bowen Drive.

Pricing

OA members

Early bird: until 15th December 2024

\$199

Standard rate: from 16th December 2024 to 15th February 2025

\$249

OA student members

Standard rate (limited numbers): until 15th February 2025

\$50

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