INTERNATIONAL MYOPIA INSTITUTE

EUROPEAN SCHOOL FOR ADVANCED STUDIES IN OPHTHALMOLOGY LUGANO

SPECIAL COURSE

Myopia

23-24 May 2026

Basel (Switzerland)

Scientific coordinators: Mariantonia Ferrara, Vito Romano

Scientific director: Mario Romano

Scientific Rationale

Myopia has become one of the most significant global public health challenges, with rapidly increasing prevalence and earlier onset across many regions. Effective management now requires a solid understanding of its biological mechanisms, risk factors, and clinical trajectories, as well as familiarity with both established and emerging therapeutic options.

This course provides clinicians with an evidence-based overview of current myopia control strategies, including optical, behavioural and pharmacological approaches, with a particular focus on the latest data on low-dose atropine. By integrating IMI consensus recommendations, clinical case discussions and updates from recent studies, the programme equips ophthalmologists and trainees with practical tools to translate scientific evidence into everyday patient care.

Level of the course

The course is an intermediate to advanced level educational course designed for Physicians (ophthalmologists, Paediatric Ophthalmologists and Optometrists) who already manage myopic patients in clinical practice and wish to deepen their understanding of modern myopia control. Participants are expected to have a basic knowledge of myopia progression, diagnostic tools and standard treatment options, and will benefit from an intermediate-level, evidence-based update focused on practical decision-making and real-world application.

ESASO Foundation
Villa Saroli, Via Stefano Franscini 9
PO BOX 5269
6901 Lugano, Switzerland
Tel. +41 (0)91 921 11 54
Email info.esaso.org
Web www.esaso.org

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23 May 2026

Understanding Myopia: epidemiology, risk, and evidence-based interventions

13:45-14:00	Registration and welcoming	
14:00-14:30	**Global epidemiology and public health impact** Overview of worldwide prevalence trends and most recent global projections - Childhood myopia and high myopia prevalence - Geographic variations in prevalence - Socioeconomic burden	Serge Resnikoff
14:30-15:15	**Biological mechanisms of myopia development: from emmetropization to axial elongation** - Biochemical pathways driving refractive development - Molecular and structural mechanisms underlying myopia development - Lessons from IMI basic science white papers	Daniel Ian Flitcroft
15:15-15:30	Discussion + Q&A	All faculty
15:30-16:00	**Risk factors and predictive models for myopia progression** - Environmental, genetic, and behavioural determinants of myopia - How to identify at-risk patients - Prediction tools and axial growth curves	Nicola Logan
16:00-16:30	Coffee break	
16:30-17:00	**Modern imaging and biometry for myopia monitoring:** - Optical biometry and axial length monitoring - OCT biomarkers - Clinical tools for progression tracking	TBD (VIRTUAL)
17:00-18:00	**Pharmacological strategies for myopia control: atropine and beyond** - Latest dose-response data - Low-dose atropine formulations - Long-term efficacy and safety considerations - Emerging data on atropine therapy	Audrey Chia (VIRTUAL)
18:00-18:30	Discussion + Q&A	All faculty

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24 May 2026

Pathologic Changes, Technology, and Future Directions

08:45-09:30	**Optical strategies for myopia control** - Review of optical strategies, including multifocal contact lenses, orthokeratology, and novel spectacle designs, with evidence from IMI white papers - Patient selection and monitoring	Hakan Kaymak
09:30-10:00	**Environmental and behavioural interventions** - IMI recommendations - Evidence supporting behavioural interventions - Family counselling	Serge Resnikoff
10:00-10:30	**Panel Discussion: "Real-world myopia control: successes, failures, and lessons learned"**	All faculty
10:30-10:45	Discussion + Q&A	All faculty
10:45-11:15	Coffee break	
11:15-11:45	**Pathologic myopia** - Definition and classification - Imaging biomarkers - Principles of management	Kyoko Ohno-Matsui (VIRTUAL)
11:45-12:15	**Myopia and ocular surface:** - Impact of chronic optical correction and pharmacologic therapies on ocular surface health - How to minimizing discomfort and dropout in long-term management	Elizabeth Messer
12:15-12:45	**Myopia and glaucoma: diagnostic challenges and overlapping pathophysiology** - How myopic findings complicate glaucoma diagnosis - OCT interpretation pitfalls, structure-function mismatches and visual field artefacts - Emerging insights into pathophysiology	Jost Jonas

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12:45-13:15	**AI, big data and digital tools in myopia control** -Applications of artificial intelligence and digital monitoring in prediction and management of myopia progression.	Tien Wong (VIRTUAL)
13:15-13:30	Discussion + Q&A + Take home message	All
13:30-14:30	Lunch break	

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