

# Myopia control effect of Repeated Low-Level Red-Light Therapy in Chinese children

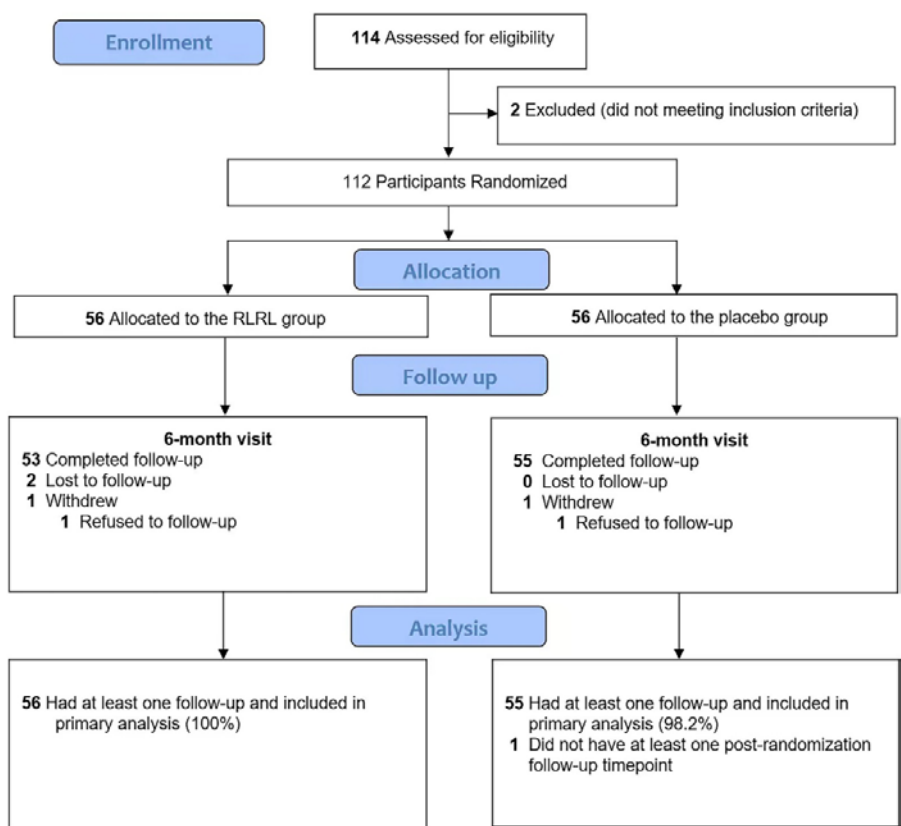
A Randomized, Double-Blind, Controlled Clinical Trial

Jing Dong, MD | Zhuoting Zhu, MD, PhD | Haifeng Xu, MD | Mingguang He, MD, PhD

## Purpose:

To assess the efficacy and safety of RLRL therapy in controlling myopia progression compared to a sham device with only 10% of the original power.

## Method:



## Results:

1. A total of 111 children were included in the analysis (n = 56 in the RLRL group and n = 55 in the sham device control group).
2. In myopic children, RLRL therapy in 100% power significantly reduced myopia progression over 6 months compared with those treated with a sham device of 10% original power.
3. We found potential efficacy in reducing myopic progression and axial elongation with the sham device which used 10% of the original device's power, compared with the historic SVS control group.

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## Clinical trial outcome:

**Table 2 Change in Cycloplegic Spherical Equivalent Refraction and Axial Length from Baseline to 6 Months**

Outcome	Intervention Group (n = 56)	Sham Device Control Group (n = 55)	Mean Difference (95% Confidence Interval)	P Value*
Primary				
Change of SER, D	0.06 ± 0.30	-0.11 ± 0.33	0.17 (0.05–0.29)	<b>0.003</b>
Secondary				
Change of AL, mm	0.02 ± 0.11	0.13 ± 0.10	-0.11 (-0.15 to -0.07)	<b>&lt; 0.001</b>

AL = axial length; D = diopter; SER = spherical equivalent refraction.

Data are presented as mean ± standard deviation, unless otherwise indicated. Bold indicates statistically significant.

\* One sided.