

## Wrap-up of 2024 with eyes focused on 2025!

The year of 2024 is about to end and we at *SJOVS* are looking forward to publishing more of your scientific reports in 2025. It is hard to describe how much we appreciate your contributions (authors, readers, reviewers, editors and friends) to our journal and in 2024 we had many supporting our journal — a big thanks for that!

For this editorial we decided to mention a few highlights. The starting highlight goes to a report by The National Academies on Myopia. This comprehensive report of 337 pages makes many recommendations about the current and emerging problems related to myopia. For the full report, please follow the link in the reference list ([National Academies of Sciences Engineering and Medicine, 2024](#)). We decided to summarize the messages of the myopia report that was written for an American context. Readers, particularly those practicing in Scandinavia, should retain the messages that apply in their clinical and societal context. For some relevant studies in Scandinavia, see [Bjørset et al. \(2022\)](#), [Demir et al. \(2024\)](#), [Demir et al. \(2021\)](#), [Demir et al. \(2022\)](#), [Hagen et al. \(2023\)](#), [Hagen et al. \(2018\)](#), and [Nielsen et al. \(2023\)](#).

Here we provide you with key messages that are relevant for optometric practice:

- *comprehensive eye exams* should include cycloplegic drops for accurate refraction, especially in children. In addition, they should include axial length measurements and optical coherence tomography with regular follow-up.
- *vision screening* should continue and, whenever possible, be improved by utilising validated and reliable methods (e.g., photoscreeners) appropriate for the child's age, with clear referral criteria to increase adherence to recommendations. Professionals and authorities alike should work towards ensuring accessible testing for all children, especially those from disadvantaged backgrounds.
- *management of myopia* should be evidence-based using the best existing optical, pharmacological, and environmental options. It is important to understand the limitations of each management approach and potential rebound effects. Management is not a cure and that should be clear throughout the process.
- *clear communication* with patients and parents of young children is key while communicating test results and management plans to patients and families, emphasising the significance of compliance and ongoing care. Addressing barriers like costs, access, and cultural beliefs are relevant.

• *collaboration and standardised data collection* are required to improve understanding and to guide future development.

In short, the report stresses the importance of equitable access to care for all children given that costs associated with myopia detection and management can be a barrier to many. The report also emphasises the need for continuous data collection and updated evidence-based practice.

There are a few new publications that accompany this editorial in the final issue of 2024. This issue features a pilot study by Swiatczak and colleagues, demonstrating that repeated exposure to a “red in focus” digital filter on a computer screen over 12 days led to choroidal thickening and axial length shortening in myopic eyes, with partial recovery after two days. While the findings suggest a promising non-invasive approach to myopia control, the authors highlight the need for larger, long-term studies to confirm clinical applicability ([Swiatczak et al., 2024](#)).

In one original study Michielon and colleagues investigated light modulation LED mask MY MASK's effect on contact lens discomfort. The three-week observational study revealed that treatment significantly reduced contact lens discomfort symptoms by 43%, improved non-invasive tear film breakup time, and improved tear film lipid layer thickness. The authors recommend further research to confirm these findings ([Michielon et al., 2024](#)).

We also publish the abstracts of three conferences. The 16<sup>th</sup> Kongsberg Vision Meeting ([Baraas, 2024](#)), and the 2<sup>nd</sup> NorVIS Young Researchers Conference 2024 both organized by the University of South-Eastern Norway (USN) in Kongsberg ([Falkenberg & Mathisen, 2024](#)), as well as the 18<sup>th</sup> National Conference of the Italian Optometric Association (SOPTI) held in Riccione, Italy ([Recchioni & Civiero, 2024](#)).

As we step into 2025, our commitment to advancing vision science and optometric research across Europe and Scandinavia through publication of high-quality, impactful research remains unwavering. A heartfelt thank you for your continued support, and we look forward to an exciting year ahead!

We wish all authors and readers a Happy New Year,

Associate Editor António Filipe Macedo  
Co-Editor-in-Chief, Karthikeyan Baskaran  
Editor-in-Chief Rigmor C. Baraas

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