118th WPI-IIIS Seminar

Myopia progression could be controlled by violet light exposure

The prevalence of myopia has been increasing worldwide, and both clinical and basic research have shown the importance of the outdoor environment in preventing myopia progression, although the precise mechanism remains largely unknown. Violet light (360–400 nm wavelength) is abundant in the outdoor environment, but almost totally absent indoors due to excessive ultra-violet light protection in window glass, LEDs and many eyeglasses and contact lenses. I will discuss our chick myopia model and the myopia suppressive gene EGR1, and the retrospective clinical research in humans. These studies show that violet light exposure can be a preventive strategy against myopia progression.

Dr. Kazuo Tsubota

Keio University School of Medicine

Date: **Tuesday, October 31, 2017**
Time: **12:00 – 13:00**
Venue: **1F Auditorium, IIIS Building**

IIIS
INTERNATIONAL INSTITUTE FOR INTEGRATIVE SLEEP MEDICINE

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