



MYOPIA DAY CONFERENCE

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BOOK OF ABSTRACTS

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Conclusion. Myopia correction using orthokeratology lenses and HAL-type spectacle lenses demonstrates an advantage compared to optical correction with monofocal spectacles. When these methods are prescribed at the initial stages of myopia development, its progression can be slowed down in an average of 78% of cases over 12-18 months of observation.

TRAINING VISUAL SKILLS WITH TABLE TENNIS

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Introduction. Modern work and learning conditions require spending a lot of time on near work. Given the future trends in technological development, the amount of this type of work will only increase. Therefore, it is crucial for children today, in order to form proper and complete visual functions, to choose a sport that will improve their condition. According to literature, it is known that the amplitude of accommodation in children who play table tennis is significantly higher than in others in the same age groups.

Purpose. To investigate the reserve of absolute accommodation in children who play table tennis.

Methods. We investigated the reserve of absolute accommodation (RAA) in children aged 11-12. The study group consisted of 15 children, while the control group had 20 children. The children in the study group played table tennis at least 4 times a week, while the children in the control group did not play any sports involving a ball.

Results. Children from the study group had an RAA within the range of 3.6 ± 0.4 D ($M \pm s$). Children from the control group had RAA values of 2.0 ± 0.4 D ($M \pm s$). This is significantly lower than in the study group ($p < 0.05$ using the Mann-Whitney U test).

Conclusion. The introduction of table tennis classes into the educational process should contribute to the formation of proper visual functions in children with different types of refraction, which is very necessary in an inclusive education.