## **Take Control of Your**

# **MYOPIA**

# TIPS For Controlling Myopia



#### **Spend At Least 2 HRS/DAY Outside**

Study shows outdoor light can slow myopia

### **Spending less time on screens**

The link between screen time and myopia is unclear.
But there's no doubt that less is better





#### **Keep your Distance**

Keep digital devices about 2 feet away and at eye level

Take Breaks
Rest eyes every 20 minutes



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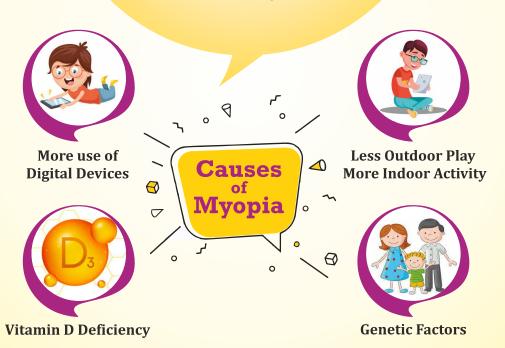
Eye Drops

The No. 1 Low Dose Atropine Brand\*

#AllEyesonMyopia #EntodPharma



As per WHO, the prevalence of MYOPIA is expected to reach 3.3 billion worldwide by 2030



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