

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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**DID YOU
KNOW?**



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



More use of
Digital Devices



Less Outdoor Play
More Indoor Activity



Vitamin D Deficiency

**Causes
of
Myopia**



Genetic Factors

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