

Memories shouldn't be blurry



Why

MYOPTIA

Management Matters



What is Myopia?

Myopia, also called nearsightedness or shortsightedness, is a disease in which a person experiences blurry distance vision, usually caused by the eyeball growing longer than expected.¹

High myopia is diagnosed when myopia reaches a significant level, typically due to continued eye growth, which increases the risk of sight-threatening conditions later in life.¹

How prevalent is myopia?

Myopia rates have been rapidly increasing, with studies showing a sharp rise in cases among children worldwide. By 2050, it's estimated that half of the world's population will have myopia.²

Why should we be concerned?

- Poor vision can have a negative impact on academic performance and reading abilities. As myopia worsens, children tend to rely more on vision correction, which can limit their participation in physical activities such as sports. Additionally, it can affect a child's emotional and social well-being.³
- Myopia leads to an increased risk of serious sight-threatening conditions. Even children with low levels of myopia are at risk of developing these conditions in adulthood.⁴
 - Retinal detachment
 - Myopic macular degeneration
 - Glaucoma
 - Cataracts

Condition	Risk Increase
Glaucoma	1.6x
Cataracts	2.1x
Retinal detachment	3.5x
Myopic Macular Degeneration	102x



What are the risk factors for myopia?

Did you know that the following risk factors increase your child's risk of developing myopia?

Genetic Factors

2x
increase⁵

Children with 1
myopic parent

5x
increase⁵

Children with 2
myopic parent

Children of myopic parents are also at risk
of developing myopia at an earlier age.⁴

9x
increase⁵

Children with South
Asian ancestry

3x
increase⁵

African Caribbean
ancestry

Children of these ethnicities are at
increased risk of developing myopia.⁶

1.5x
increase⁵

Extended close-up
activity time

2.5x
increase⁵

Performing close-up
work activities at
a distance less than 30cm

Working in low-light environments
at home.⁵

Daily outdoor time is less
than 2 hours.⁵

Environmental Factors



What treatment options are available to slow down the worsening of myopia?

Lifestyle Modifications

Lifestyle changes can help delay or slow down the worsening of myopia.

Outdoor Play

- ◆ Encourage at least 2 hours of outdoor play daily.⁷
- ◆ Recommended activities:
 - ◆ Visit the park or beach.
 - ◆ Engage in outdoor sports like football, swimming, hockey, and ice skating.
 - ◆ Go on nature walks and hikes.
 - ◆ Play backyard games like tag, hide and seek, or frisbee.

Close-Up Activity

- ◆ Reduce screen time and time spent on other close-up activities.
- ◆ Tips:
 - ◆ Keep a log of time spent outdoors and performing close-up activities.
 - ◆ Use timers to remind them to take breaks.
 - ◆ Ensure that screens and close-up activities are viewed at least elbow distance away.



Eyeglasses

Special eyeglasses designed to slow the worsening of myopia.

These eyeglasses are different from regular eyeglasses that simply correct blurred vision.⁷

- ◆ Advantage: Easy to use.
- ◆ Consideration: Some children may have active lifestyles that require alternative treatment.

Contact Lenses

Special contact lenses that can slow the worsening of myopia. Options include soft contact lenses for daytime wear or orthokeratology lenses that your child can wear overnight for lens-free days.⁷

- ◆ Advantage: Contact lens wear is suitable for active lifestyles and is likely to improve a child's self-esteem.
- ◆ Consideration: Proper hygiene is required to minimize the risk of eye infections.

Eye Drops

Atropine eye drops are applied at bedtime to slow myopia worsening.

- ◆ Advantage: Parents can help ensure that the treatment plan is being followed.
- ◆ Consideration: Temporary side effects include light sensitivity and blurred vision. Atropine does not correct a child's blurry vision, so eyeglasses or contact lenses will still be required.





Why is early intervention important?

- Reduces the likelihood of developing high myopia and its associated risks.⁷
- Myopia may impact your child's quality of life if not addressed.⁷

Stay Informed and Engaged

Contact your eye care provider with questions and support to manage your child's myopia.

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Our priority is your child's eye health.
Together, we can effectively manage
myopia and ensure a bright future.

Global
Myopia Awareness
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