



Entod Pharmaceuticals
Ocular Care & Wellness Since 1977



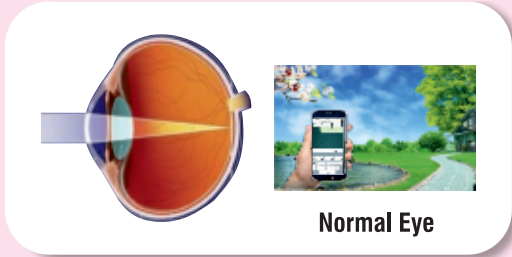
National
MYOPIA
Week

Know about
**Myopia &
Myopia Control**



What you should know if your child is myopic?

What is Myopia?



- It is a common eyesight defect in which far objects appear blurred while near objects appear normal.
- It is also called near-sightedness.

Types of Myopia

⇒ According to severity



Mild Myopia:
(-0.25 D to -3.00 D)



Moderate Myopia:
(-3.25 D to -6.00 D)



High Myopia:
(Greater than -6.00 D)

Myopia is measured in Diopter (D), which is the same units used to measure the optical power of eye glasses and contact lenses.

⇒ According to progression

a) Simple Myopia:

Eye's myopic power (in Diopter) remains constant for certain period of time.

b) Progressive Myopia:

Eye's myopic power continuously increasing over time so If your child has been detected myopic with -1.5 D, it will continuously increase from -1.5 D to -1.75 D and to -2.0 D over time.

Why is your Child Myopic?



Hereditary

Heredity is one of the factor for myopia. If both parents are myopic, there is a greater risk that their children will be myopic too.



More indoor activities

Children who spend a lot of time in near activities (like reading, playing game on mobile phone, watching TV from close) appear to have a greater risk of becoming nearsighted.

Signs and Symptoms



Far-away objects appear blurry



Eye strain or squinting



Headache

Diagnosis of Myopia



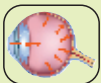
You can find out whether your child has myopia by having an eye test. The eye doctor will ask your child to read letters from an eye chart which is kept at a specific distance. If your child is diagnosed as being myopic the doctor will prescribe glasses/lenses according to optical power.

Why is it necessary to control progression of Myopia?

Some children who develop myopia (nearsightedness) have a continuous progression of their myopia throughout the school years, including high school. Adults with high myopia usually start getting near-sighted at a young age and their myopia progresses year after year. Mild myopia typically does not increase a person's risk for eye health problems. But moderate and high myopia sometimes are associated with serious, vision-threatening side effects.



Cataracts. Cataracts tend to develop sooner in highly myopic eyes. Also, visual outcomes following cataract surgery are not as good among highly nearsighted eyes.



Glaucoma. Myopic (even mild and moderate myopia) child has a two to three times greater risk of glaucoma than child with no myopia.



Retinal detachment. Myopia increases risk of retinal detachment by 40%



Refractive surgery. Many people with high myopia are not well-suited for LASIK or other laser refractive surgery. (LASIK – a surgery to correct your vision)



Cost Factor: A continual progression of myopia will increase cost of your annual eye examinations and new glasses every year can be a huge financial burden for some families.

Treatment to slow down myopia progression

- **ATROPINE** eye drops
- **Bifocal or Progressive lenses**
- **Under-corrected spectacles**
- **Orthokeratology**

⇒ Usage of **ATROPINE eye drops** is the most effective, safe and easy way to slow down myopia progression amongst all treatment options. For more information about Atropine eye drops, consult your ophthalmologist.

What you can do to prevent Myopia Progression?



Early myopia detection by routine eye examination



Encourage regular outdoor play



Restrict time spent on smartphones, Tablets and TV



Adapt a healthy balanced diet rich with vitamins and minerals



If your doctor has prescribed any eye drops to slow down myopia progression, use it regularly as directed by doctor.