

What is Myopia?



ALCON
CHILDREN'S
VISION CENTER

Myopia: What Parents Need to Know



Myopia, also known as nearsightedness, is a common eye condition that makes it difficult to see objects far away. It is usually caused by the eyeball being too long or the cornea being too curved.

What are the Symptoms of Myopia?

- Difficulty seeing objects far away
- Squinting to see clearly
- Headaches
- Eyestrain
- Double vision

How is Myopia Diagnosed?

Myopia is diagnosed by an eye doctor during a comprehensive eye exam. The doctor will measure the length of your child's eyeball and the curvature of their cornea. They will also test your child's vision at different distances.

How is Myopia Treated?

There is no cure for myopia, but it can be corrected with glasses, contact lenses, or refractive surgery.

What are the Risks of Myopia?

Myopia can increase the risk of developing other eye problems, such as:

- Retinal detachment
- Glaucoma
- Macular degeneration

How Can I Prevent My Child from Developing Myopia?

There is no sure way to prevent myopia, but there are some things you can do to reduce your child's risk, such as:

- Encourage your child to spend time outdoors. Studies have shown that spending time outdoors can help reduce the risk of developing myopia
- Make sure your child's environment is well-lit. Good lighting can help reduce eyestrain
- Limit your child's screen time. Spending too much time looking at screens can increase the risk of developing myopia
- Take your child for regular eye exams. Early detection and treatment of myopia can help reduce the risk of developing serious complications

If you have any concerns about your child's vision, please talk to your eye doctor.