

Chawan Maskati Jethani – CMJ Myopia Morbidity Risk Point System		
Cause	Points	Patient score
One Myopic Parent	1	
Both Parents Myopic	2	
Chinese or Asian Ethnicity	2	
History of Myopia over Two generations	2	
Onset of Myopia at the age 4 to 6	3	
Onset of Myopia at the age of 6 to 13	2	
Onset of Myopia at the age of 13 to 16	1	
Using Single Vision Glass	1	
Using Single Vision Glass for more than 2 years	2	
Astigmatism	1	
Astigmatism more than 3 diopter at odd axis	Monitor for Keratoconus	
< 2.5 hours of outdoor activities	2	
Low light living condition	2	
Known genetic conditions	2	
Urban living conditions	1	
More than 2-hour use of screen time during day	1	
Homework after sunset in low light	1	
Poor eating habits	1	
Body weight not appropriate	1	
History of Premature delivery	3	
Change of Rx more than -0.5D one year	1	
Rx of -0.25 to -3.00	1	
Rx of -3.25 D to -5.00 D	2	
Rx of -5.25 to -6.00	3	
Rx of -6.25 to -8.00	4	
Rx of > -8.00	5	
Axial length > 24 mm	1	
Axial Length > 25 mm	2	
Axial Length > 26 mm	3	
	Total Points	0
After taking detailed History add points in point score column to get the total risk points		

Up to 6 points mild, 6 to 12 moderate risk, above 12 high risk of Myopia progression.

Up to 6 points monitor, use preventive measures like increase outdoor activities, adapt healthy eating habits, increase lumens in living area, prescribe dual focus glasses.

6 to 12 points use combine therapy with Low dose 0.01% atropine and dual focus glasses

12 and above double doses of atropine 0.05% and dual focus glass and Red Light Therapy

Adapt healthy eating habits, increase lumens in living area for all.

myokiddo@gmail.com