

SHORT SIGHT is a *casual* term for the disease called **MYOPIA**

The more myopia your child has, the greater their risks of eye disease later in life.

If you act early, myopia can be slowed, giving them better sight and less risk of eye disease later in life.

MYOPIA PREVENTION



Before myopia develops outdoor time of 2 hours a day actually delays the onset. The later the onset the better.

After myopia develops, outdoor time and active habits help kids grow up healthy.

VISION CORRECTION WITH MYOPIA CONTROL



SPECTACLES

WITH MYOPIA CONTROL

Proven to slow myopia
Worn all day



DAY LENSES

WITH MYOPIA CONTROL

Proven to slow myopia
Worn all day



NIGHT LENSES

(ORTHOKERATOLOGY)

Proven to slow myopia
Worn nightly

EMERGING TREATMENTS

New therapies can be used in combination with the vision correction of specs, day lenses or night lenses. Availability and effect are being established.



ATROPINE EYE DROP



LIGHT THERAPIES

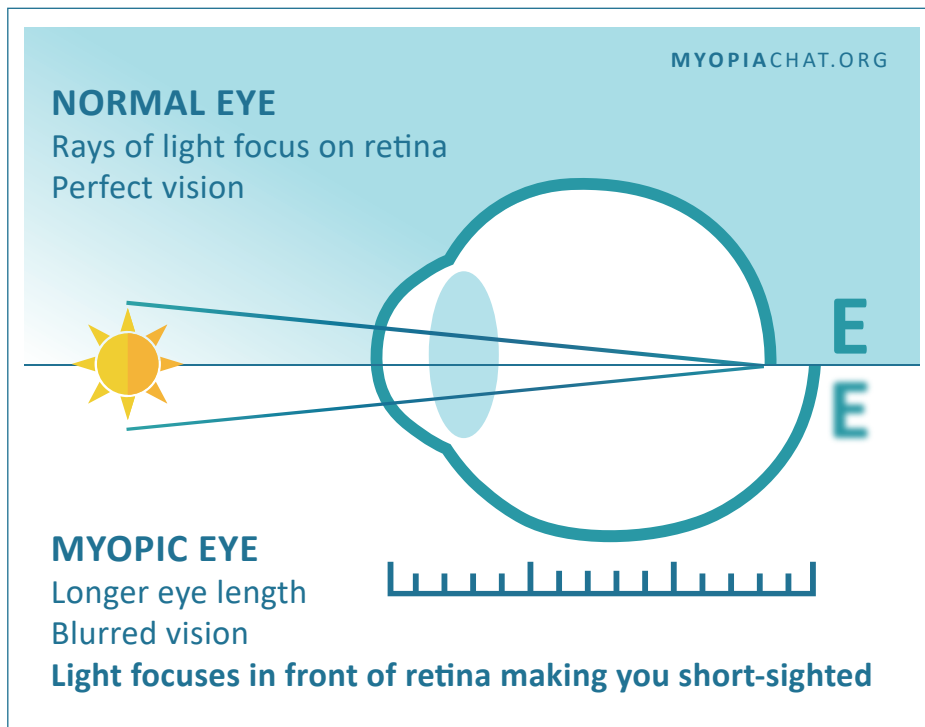


MYOPIACHAT.ORG

SHORT SIGHT = **MYOPIA** = A TREATABLE EYE DISEASE

Early action is vital. The more short-sight your child has the greater their risk of **eye disease** later in life from:

- Retinal detachments
- Glaucoma
- Cataracts
- Myopic macular degeneration



MYOPIA FACTS

Too much screen time and not enough outdoor time is causing children to become myopic.

Myopia causes the length of the eye to increase, giving you short-sight. Every -1D of myopia in childhood increases the risk of sight loss by 30% as an adult.

If caught early your child's myopia can be slowed down by as much as 50%, meaning (a) better sight during their life and (b) a decreased risk of eye disease later in their life.

MYOPIA MANAGEMENT

Lifestyle changes to slow your child's myopia

- More time outdoors (2hrs/day)
- Less screen time

Specialist control devices are now available

1. **Glasses** with myopia control
2. **Day lenses** with myopia control
3. **Night lenses**