

# UNDERSTANDING YOUR CHILD'S

# Myopia

## What is myopia?

**Myopia**, also known as nearsightedness, causes poor long-distance vision. In myopic eyes, the eyeball is either longer than normal, or the cornea is too curved, both causing some images to be blurry.<sup>1</sup>



Myopia is when the eye grows too long and causes blurred vision.



**MILD**  
> -0.25 TO -3



**MODERATE**  
> -3 TO -6



**HIGH**  
> -6

## Myopia on the rise

The prevalence of myopia and high myopia are increasing globally at an alarming rate, with significant increases in the risks for vision impairment.<sup>2</sup>

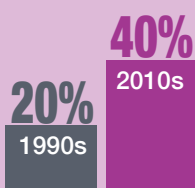


**1 in 4 parents**

HAVE A CHILD WITH MYOPIA<sup>3</sup>

...THAT'S 14M KIDS IN THE U.S.

Myopia has doubled in U.S. children.<sup>4</sup>



**50%**  
OF THE WORLD'S POPULATION WILL BE MYOPIC BY 2050<sup>5</sup>

## Why does my child have myopia?



School-aged children who spend 7+ hours per week or more using computers or mobile video games **triple their risk** for myopia.<sup>6</sup>



There is a 25% chance that a child will develop myopia if **one parent is myopic**. That number jumps to 50% if both are myopic.<sup>7</sup>



Studies show a deficiency in **natural sunlight exposure** could contribute to the recent increase in myopia.<sup>8</sup>

## How is myopia diagnosed?

Comprehensive eye exams help detect eye conditions, like myopia, early.

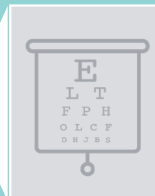


### Comprehensive eye exams

- by an ophthalmologist or optometrist
- use specialized equipment and procedures
- can **diagnose myopia** or other eye conditions<sup>9</sup>

### Vision screenings

- typically take place at school
- only measure vision clarity
- **miss up to 75%** of children with vision problems<sup>10</sup>



According to the American Optometric Association (AOA):

As much as **80% of a child's learning** occurs through the eyes. Myopia is primarily diagnosed in school-age children.<sup>11</sup>



## Why is myopia management important?



1 diopter increase

A one diopter increase in myopia **raises the likelihood** of developing myopic macular degeneration, or loss of vision, **by 67%**.<sup>12</sup>



1 diopter decrease

A one diopter decrease in myopia **reduces the likelihood** of developing myopic macular degeneration, or loss of vision, **by 40%**.<sup>13</sup>

## Treatment options: What can I do?



Single vision glasses do not slow down the progression of myopia.<sup>14</sup>

**#GLASSESARENOTENOUGH**



**Sunlight helps to promote healthy eye growth** and lower the chances of nearsightedness in children.<sup>15</sup>

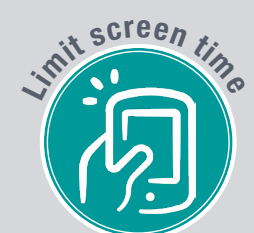
**Increased time spent outdoors** can slow myopia progression and may decrease the risk of new myopia onset by 50%.<sup>16</sup>



**Orthokeratology (Ortho-K) hard contacts** worn overnight to reshape the eye (not FDA approved)

**Contact lenses** specialized multifocal daytime lenses

**Pharmacologic interventions** in development but are not FDA approved



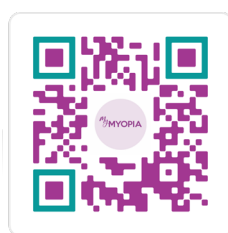
**Limit screen time** reduce the amount of time using digital devices.<sup>17</sup>

**20-20-20 rule** take frequent breaks to reduce digital eye strain. Take a 20-second break to view something 20 feet away every 20 minutes.<sup>18</sup>

**My MYOPIA**<sup>®</sup>

[mymyopia.com](http://mymyopia.com)

everything you need to know about myopia and a community supporting children's ocular health



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References: 1. <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/refractive-errors> 2. <https://www.who.int/blindness/causes/MyopiaReportforWeb.pdf> 3. <https://www.aoa.org/newsroom/myopia-rates-on-the-rise-syvm> 4. <https://www.aoa.org/eye-health/news/low-dose-atropine-kids-with-myopia> 5. <https://www.who.int/blindness/causes/MyopiaReportforWeb.pdf> 6. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0189774> 7. Jones, et al. IOVS 2007 8. <https://nationalcenter.preventblindness.org/blue-light-and-your-eyes> 9. <https://www.visionaware.org/info/your-eye-condition/eye-health/eye-examination/125> 10. <https://www.aoa.org/Documents/AAO%20Executive%20Summary%20Pediatric%20Eye%20Exam%20Guidelines%20Revised%202003.05.18.pdf> 11. <https://www.aoa.org/patients-and-public/good-vision-throughout-life/childrens-vision/school-aged-vision-6-to-18-years-of-age> 12. <https://reviewofmm.com/relative-risk-of-ocular-disease-secondary-to-myopia/> 13. <https://reviewofmm.com/relative-risk-of-ocular-disease-secondary-to-myopia/> 14. Sankaridurg P. Fitting Multifocal Contact Lenses for Myopia Control. Review of Cornea and Contact Lenses. February 2017 15. <https://www.aao.org/eye-health/tips-prevention/time-outdoors-reduces-nearsightedness> 16. Wu, Pei-Chang. Ophthalmology, 2013, 120;1080-1085 17. <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Children-and-Media-Tips.aspx> 18. <https://www.aoa.org/patients-and-public/caring-for-your-vision/protecting-your-vision/computer-vision-syndrome>