

# 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 lowers 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 spent 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>



TALK TO YOUR EYE DOCTOR TODAY

VISIT MYMYOPIA.COM  
LEARN MORE ABOUT MYOPIA, GET HELPFUL RESOURCES & JOIN OUR COMMUNITY



My MYOPIA®

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



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.aao.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/AOA%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>

©2020 BY NEVAKAR, INC. ALL RIGHTS RESERVED.  
This copyrighted material is intended for download from MyMyopia.com. It may not be reproduced in any form and may not be disseminated, without express written consent of Nevakar, Inc.

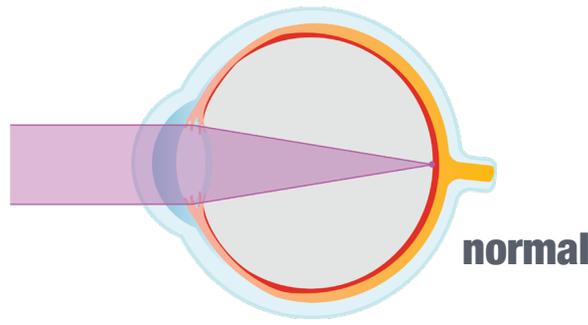
UNDERSTANDING YOUR CHILD'S

# Myopia

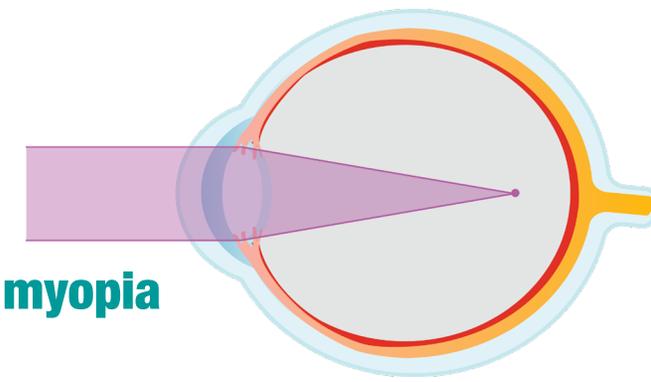
My MYOPIA®

# 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>

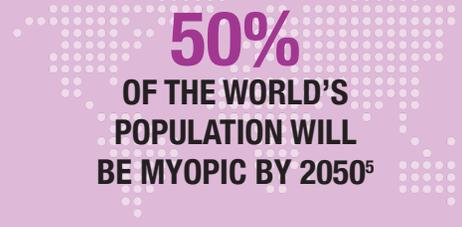
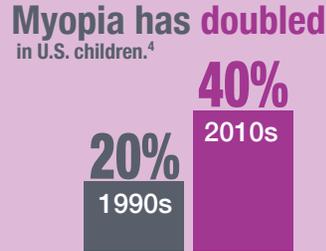


Myopia is when the eye grows too long and causes blurred vision.



# 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>



## Why does my child have myopia?

**Increased screen time**

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>

**Less time spent outdoors**

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

**Myopic parents**

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>

## 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>



**MILD**  
> -0 TO -3



**MODERATE**  
> -3D TO -6



**HIGH**  
> -6