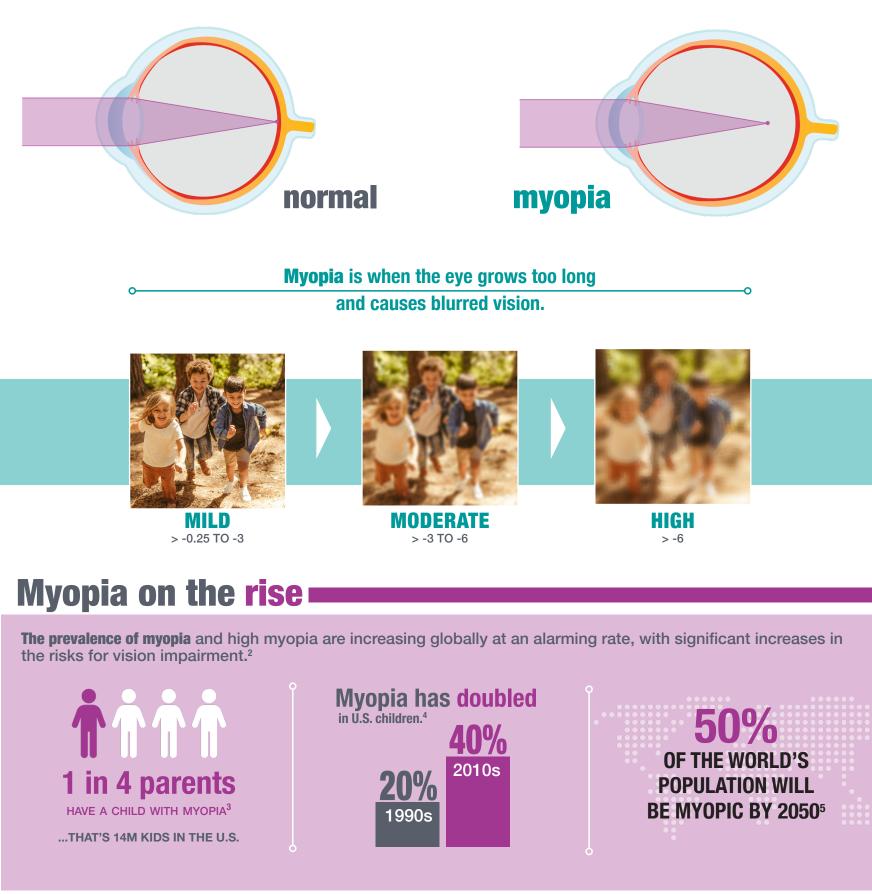
understanding your child's MUGDIA

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.¹



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.6



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.7



Studies show a deficiency in natural sunlight exposure could contribute to the recent increase in myopia.8

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 conditions⁹

Vision screenings

- typically take place at school
- only measure vision clarity
- miss up to 75% of children with vision problems¹⁰



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

Why is myopia management important?



increase

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



decrease

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

Treatment options: What can I do?



stease time o

do not slow down the progression of myopia.¹⁴ #GLASSESARENOTENOUGH

Single vision glasses



Sunlight helps to

promote healthy eye growth and lowers the chances of nearsightedness in children.15

Increased time spent outdoors

can slow myopia progression and may decrease the risk of new myopia onset by 50%.¹⁶



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.

Myopia control glasses Specialized glasses for myopia (not FDA approved).

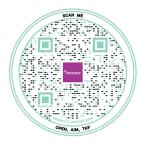


Limit screen time reduce the amount of time spent using digital devices.1

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.¹⁸

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





TALK TO YOUR EYE DOCTOR TODAY

VISIT MYMYOPIA.COM LEARN MORE ABOUT MYOPIA. **GET HELPFUL RESOURCES** & JOIN OUR COMMUN

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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.aao.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.aao.org/Documents/AOA%20Executive%20Summary%20 Pediatric%20Eye%20Exam%20Guidelines%20Revised%2003.05.18.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://eviewofmm.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-fea-tures-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