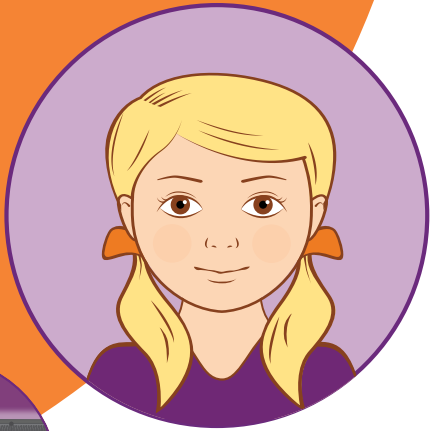


Could your child
be short-sighted
(myopic)?



Here's what to look out for.



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What is short-sightedness?

'Short-sightedness' or 'nearsightedness' are the common terms for myopia – a common eye condition that makes distance vision blurry. It usually starts in childhood and gets progressively worse until the child stops growing.

Myopia is a common eye condition in both adults and children. Currently myopia affects around 80 million children around the world,¹ a figure that is set to rise sharply by 2050.² The average onset age of myopia is also getting progressively younger; in 1983 it was 11-years-old, whereas in 2000 it was 8-years-old.³

Signs to look out for.^{4,5}



Distance vision becoming blurry.



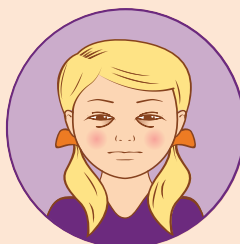
Moving closer to the TV.



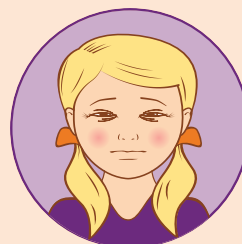
Reduced performance at school.⁶



Complaints of headaches.



Tired eyes.



Squinting or screwing eyes up.

In many cases, there will be no signs at all.

What causes myopia?

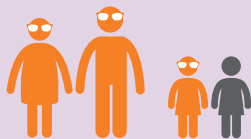
There are two main factors which can mean your child is more at risk of developing myopia – genetics and lifestyle.

Genetics

The risk of myopia in children increases when parents are myopic.⁷ The risk is nearly:

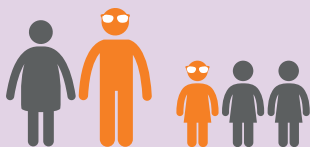
1 in 2

When **both** parents are myopic.



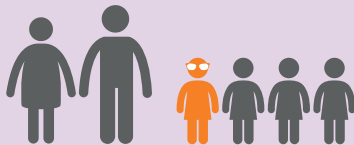
1 in 3

When **one** parent is myopic.



1 in 4

When **neither** parent is myopic.



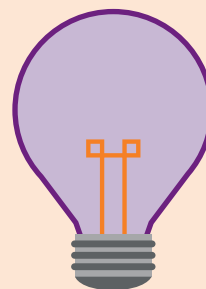
Lifestyle

Modern lifestyles may influence the development of myopia.



Prolonged near tasks such as reading and gaming on portable devices.^{3,8}

Low levels of outdoor activity.^{3,9}



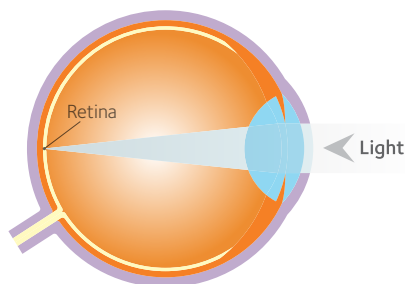
Poor lighting levels.^{3,8}

Myopia explained.

Blurry distance vision due to myopia is caused by the eye growing too long which means light is focused in front of and not on the retina.

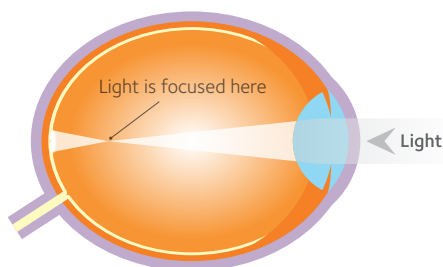
Typical Eye

Light focuses on the retina (the light-sensitive lining inside the eye) for a clear image.



Myopic Eye

As the eye continues to grow, the myopia progresses and the distance vision becomes more blurry.



Treating myopia early can slow its progression, reducing the potential risk of developing future eye health issues.⁹ It is therefore important to have children's eyes examined regularly.

What options are available to manage myopia?

Encourage time outdoors

It is recommended that children spend at least 90 minutes a day outdoors to decrease the risk of developing myopia.⁶



Regular glasses and contact lenses

These can help your child see clearly and will often need updating frequently as they have little or no effect on slowing down the speed of myopia progression.^{10,11}



Myopia management contact lenses

MiSight[®] 1 day has a special optical design that allows children to see clearly while slowing down myopia progression by more than half.^{12*}

Further Options

As well as the above, further options include alternative contact lens designs, pharmacological and other treatments.

If you think your child might be myopic, ask your Optometrist about options proven to slow the progression of myopia in children.

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 4. <http://visionsource.com>
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- * Compared to single vision 1 day lenses.

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