

## Tips to Reduce Risk of Myopia Development

### What is Myopia?

If your child is squinting or struggling to see things at distance, they may have myopia, also known as “nearsightedness”.



With myopia, light rays entering the eye focus in front of the retina instead of directly on it, causing the image to be blurry. Traditional glasses and contact lenses help focus the light properly, but do nothing to keep myopia from getting worse.

### Why Should I Be Concerned About Myopia?

Rates of myopia are increasing significantly world-wide. It is estimated that about half of the world's population will be myopic by 2050.



Myopia is caused by eye elongation and as the eye grows longer the risk of eye health issues increases. According to the World Health Organization, high myopia is an emerging cause of irreversible vision loss. Myopia Management gives us an opportunity to try to prevent or reduce myopia progression and therefore reduce the risk of eye health problems.

### Use the 20-20-20 Rule

For every 20 minutes of near work, take a 20 second break to look 20 feet away. This lets your eye muscles relax.



### Reduce Screen Time

Our world has become much more screen and near focused which puts additional stress on the eyes. Studies suggest this increases the risk of myopia.



We recommend less than 2 hours of screen time daily and frequent breaks from near work (whether on a book or a screen).

### Spend Time Outdoors

Studies show that spending at least 2 hours outside daily decreases the risk of myopia by up to 50%. Make sure to wear sun protection to prevent damage from UV light!



### Get Regular Eye Exams

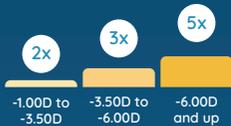
Because the onset of myopia is gradual, many kids won't have any symptoms or realize they aren't seeing properly.

Annual eye exams help us identify & treat issues early (and are covered by Saskatchewan Health).

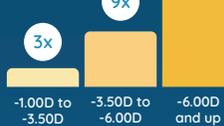


## What are the Risks of Myopia?

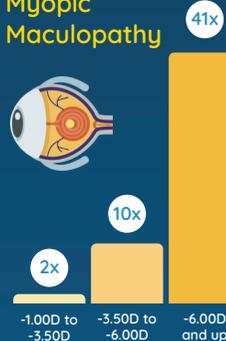
### Cataracts



### Retinal Detachment



### Myopic Maculopathy



### Short Term Goals

With Myopia Management we aim to reduce how much and how often your child's prescription changes. This makes sure they have their best vision all year long, even between eye exams.

### Long Term Goals

Lower myopia means lower risk of eye diseases and vision impairment in adulthood. It also gives more options for vision correction when your child is older like thinner glasses lenses, more contact lens options, and a higher chance of being a candidate for laser vision correction.

## Myopia Management Treatment Options

### Glasses With Specialty Lenses

These lenses change how light focuses on different parts of the retina to give crisp, clear vision while also slowing down elongation of the eyeball.



Clinical studies suggest that these lenses typically slow myopia progression by at least 50%.

### Soft Myopia Management Contact Lenses

These are specially designed soft contact lenses worn daily that change how light focuses on the retina to provide clear vision while slowing elongation of the eyeball. We typically recommend daily replacement lenses as they are the safest and healthiest option for kids.



Clinical studies suggest that these lenses typically slow myopia progression by at least 33% (monthlies) to at least 50% (dailies).

### Orthokeratology (Ortho-K)

Orthokeratology (Ortho-K) uses custom designed rigid contact lenses worn overnight to gently reshape the cornea (front surface of the eye) while you sleep.



When you remove them in the morning, you can see clearly throughout the day without the need for glasses or contact lenses.

Clinical studies suggest that these lenses typically slow myopia progression by at least 50%.

### Low Dose Atropine Eye Drops

Specially formulated atropine drops are put in nightly to help slow myopia progression. These are sometimes used in addition to another treatment.



Clinical studies suggest that the effect of the drops can vary based on concentration but they typically slow myopia progression by at least 33-50%.