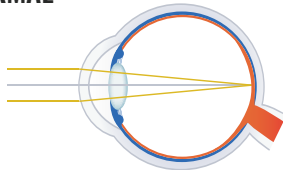


UNDERSTANDING YOUR CHILD'S MYOPIA

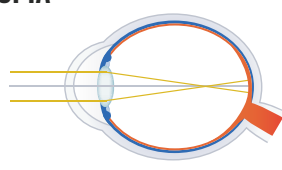
WHAT IS MYOPIA?

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, causing objects far away to appear blurry.

NORMAL

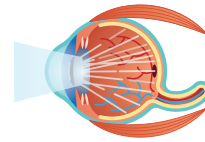


MYOPIA



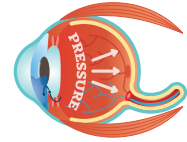
WHY IS MYOPIA CONTROL IMPORTANT?

Controlling myopia reduces the risk of serious eye conditions.



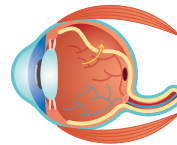
CATARACTS

Cataracts tend to develop sooner in nearsighted eyes.



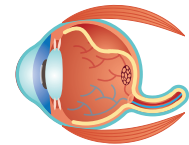
GLAUCOMA

Nearsighted people have a 2-3x greater risk of glaucoma.



RETINAL DETACHMENT

Nearsightedness increases the risk of retinal detachment.



MYOPIC MACULOPATHY

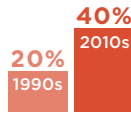
A prescription over -6.00D poses a 40x increased risk for degeneration of the central retina.

MYOPIA ON THE RISE

The number of children with myopia is increasing at an alarming rate, with significant increases in the risks for vision impairment.



1 IN 4 PARENTS
has a child with myopia



MYOPIA HAS DOUBLED
in U.S. children over the past 10 years



50% OF THE POPULATION
will be myopic by 2050

WHAT ARE THE MAIN RISK FACTORS?



MORE "CLOSE WORK"
2+ hours per day spent on "close work" (not including school work) can increase the risk of myopia.



MYOPIC PARENT(S)
There is a 25% chance a child will develop myopia if one parent is myopic and a 50% chance if both are myopic.



LESS NATURAL LIGHT
Less than 60-90 minutes per day spent outdoors in natural sunlight could contribute to myopia.



VISION DISORDERS
Specific binocular vision and focusing disorders increase the risk of myopia.



9 YEAR ONSET
Myopia progresses faster at an early age, especially if a child is less than 9 years old.

WHAT ARE THE TREATMENT OPTIONS?

Glasses are not enough. Treatments include:



SPECIALLY DESIGNED GLASSES*
(NOT traditional single vision glasses)



LIMITED SCREEN TIME



SPECIALTY SOFT CONTACTS
(NOT traditional soft contacts)



INCREASED TIME OUTDOORS



SPECIALIZED PRESCRIPTION EYEDROPS*
(e.g. low dose atropine)



ORTHO-KERATOLOGY (ORTHO-K) CONTACTS
(hard contacts to reshape the eye)

*These proven treatments are not yet FDA approved.



ADVANCED EYECARE

HILLSBOROUGH CARTERET EDGEWATER

We are excited to offer many of the latest options for myopia control. Schedule a consultation to determine which of these treatments is most appropriate for your child.