

Protecting Children from Myopia

AT LEAST 90 MINS A DAY OUTDOORS BE SUN SMART AND ACTIVE 60 MINS PER DAY

TWO HOUR RULE LESS THAN 2 HRS SCREEN TIME AFTER SCHOOL AND DON'T SIT FOR TOO LONG

WEARING CONTACT LENSES IMPROVES CHILDRENS SELF CONFIDENCE IN SCHOOL AND SPORT AND SATISFACTION WITH THEIR VISION

20/20 RULE EVERY 20 MINS TAKE A BREAK FOR 20 SECS

ELBOW RULE KEEP FOREARM DISTANCE BETWEEN EYES AND BOOK

CHILDREN AGED 8-12 APPEAR TO BE SAFER CONTACT LENS WEARERS THAN TEENS AND ADULTS, WITH A LOWER RISK OF INFECTION

CHILDREN ONLY TAKE 15 MINUTES MORE TO LEARN HOW TO HANDLE CONTACT LENSES THAN TEENS



| Myopia Level | Glasses | Contact lenses | Atropine |
|-------------------------|------------------------|--------------------|-----------------|
| Low Myopia | Hoya MiyoSmart | MiSight™ | Atropine 0.05% |
| Low to Moderate Myopia | Bifocal, Prism Bifocal | Mylo™ | Atropine 0.025% |
| Moderate to High Myopia | Progressive | Biofinity™ CD+2.50 | |
| High Myopia | Single Vision | | |

SLOWER IS SAFER

What Are My Options?

EVERY 1 DIOPTRE INCREASE IN MYOPIA INCREASES LIFETIME RISK OF MYOPIA MACULOPATHY BY 67%



EVERY 1 DIOPTRE REDUCTION IN MYOPIA REDUCES LIFETIME RISK OF MYOPIC MACULOPATHY BY 40%



To learn more about myopia and its management visit MyKidsVision.org



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A guide on the steps you can take as a parent to slow progression of myopia



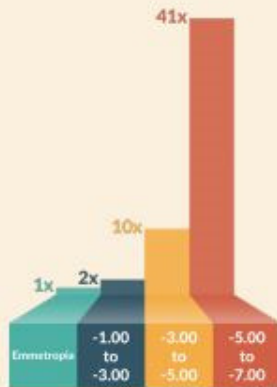
Why myopia management is important



Cataract (PSCC)



Retinal Detachment



Myopic Maculopathy

Your eye care practice

An initiative of:



MyopiaProfile.com

Improving children's vision care worldwide



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