

MYOPIA RATES ARE GROWING

WHAT IS MYOPIA AND HOW CAN WE SLOW THIS INCREASE?

What is Myopia?

Myopia, or nearsightedness, is poor distance vision. It occurs when the eye is elongated, changing the curvature of the cornea, which causes light entering the eye to bend incorrectly, resulting in blurry distance vision.



30%

Myopia affects about 30% of the US population

DOUBLED SINCE
1970s

Since the 1970's the prevalence of myopia has more than doubled in the US to 42%

50%

By 2050, 50% of the world will have myopia

5 BILLION

50% of the world is a whopping 5 billion people

Myopia Risks

Myopia in children can be a progressive condition, getting worse every year. Children with medium and high myopia have a 2200% increase in retinal detachments and other vision-threatening conditions such as glaucoma.

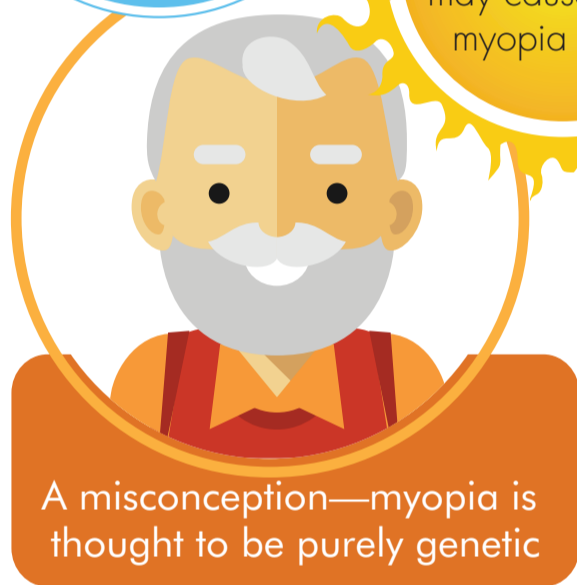
CHILDREN WITH MYOPIA
2200%

increase in the risk of retinal detachments and other vision-threatening conditions such as glaucoma.

LESS THAN
2HRS DAILY

Children get a lot less than 2 hours of sunlight daily—in fact they spend five to eight hours a day on digital devices

Studies show that a lack of sunlight may cause higher myopia rates.



A misconception—myopia is thought to be purely genetic

Causes of Myopia—A New Theory

- > Optometrists were once taught that myopia was predominantly genetic.
- > Scientists suggest that other factors are involved.
- > Studies show that a lack of daily exposure to sunlight is correlated to higher myopia rates.

Myopia Prevention and Slowing

Preventing and slowing down the progression of myopia can save your child's vision later in life.

Parents can do
2 TWO THINGS

1. **Increase outdoor time** send children outside a minimum of 2 hours a day

MORE THAN
2HRS



Limit screentime especially for children

2. **Implement screen time guidelines:**

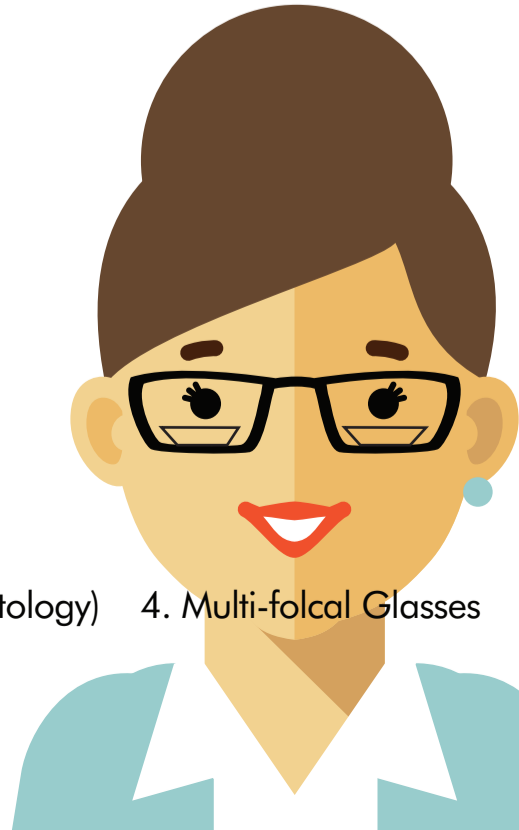
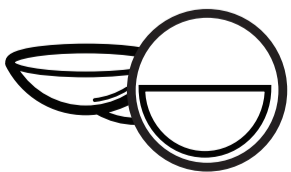
- > Limit screentime—especially for children
- > No screentime for children under 18 months
- > Take technology breaks every hour
- > Look up from devices every 20 minutes and look at something in the distance

5 years old > School age children should have an annual comprehensive eye exam by an eye doctor. School eye screenings are not sufficient.



Myopia Treatments

Myopia treatments have been shown to slow the progression of myopia for as much as 50%. They include:



1. Atropine Drops
2. Multifocal Contacts
3. Ortho-K (Orthokeratology)
4. Multi-focal Glasses

References:

1. Orthokeratology practice in children in a university clinic in Hong Kong – Clinical and Experimental Optometry. March 200
2. Xiong, S; Sankaridurg, P; Naduvilath, T; Zang, J; Zou, H; Zhu, J; Lv, M; He, X; Xu, X (September 2017). "Time spent in outdoor activities in relation to myopia prevention and control: a meta-analysis and systematic review".
3. Ted Talks, <https://www.youtube.com/watch?v=b1RZ3e5uCTg&t=5s>