

Protecting Children from Myopia

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

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

<45 MINS NEAR WORK AT >20CM
20/20 RULE
EVERY 20 MINS TAKE
A BREAK FOR 20 SECS

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

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



Single vision glasses or CL



What Are My Options?



Multifocal glasses



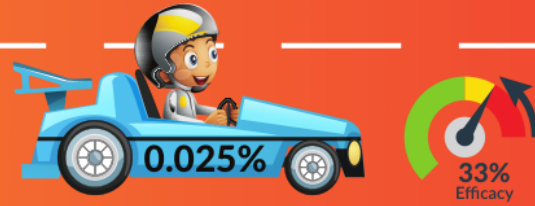
Multifocal CL & OK



Atropine



Low Myopia



High Myopia

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



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



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

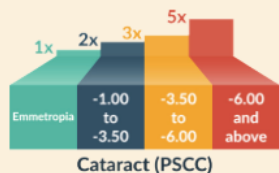


Protecting Children from Myopia

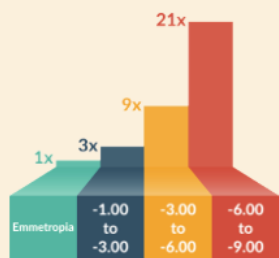
A guide on the steps you can take as a parent to slow progression of myopia



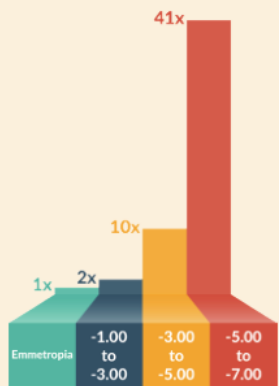
Why myopia management is important



Cataract (PSCC)



Retinal Detachment



Myopic Maculopathy

Your eye care practice

An initiative of:



MyopiaProfile.com

Improving children's vision care worldwide



MyopiaProfile.com

Improving children's vision care worldwide