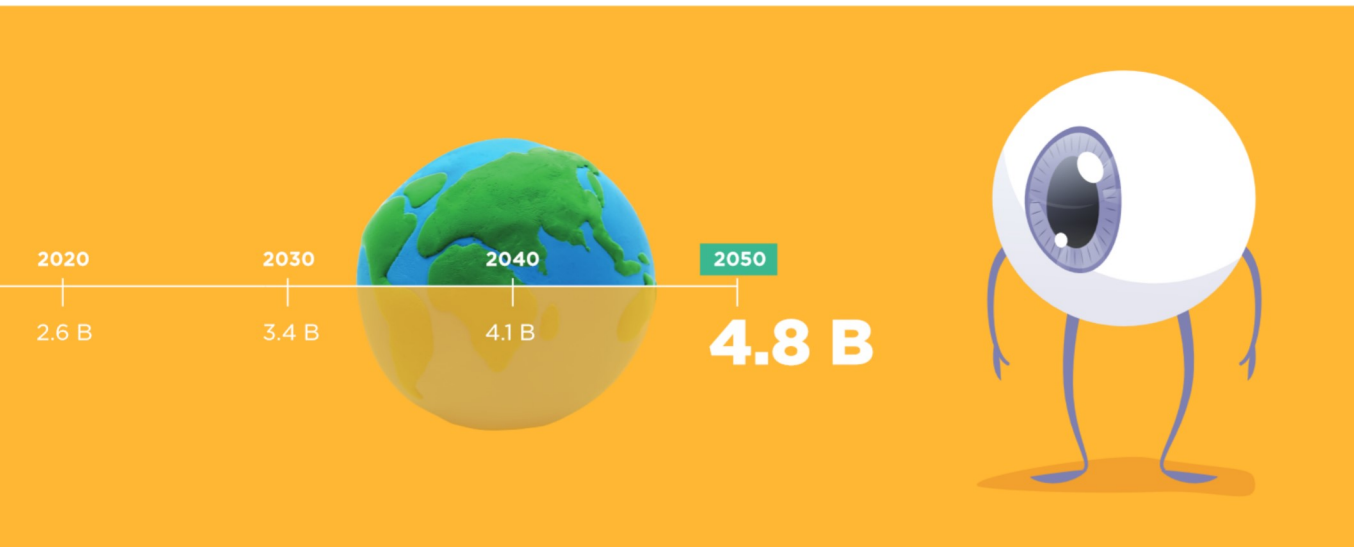


CHILDHOOD MYOPIA IS ON THE RISE



MYOPIA CAN BE SLOWED IN CHILDREN

Myopia, also known as nearsightedness, happens when the eye grows too long, or the cornea is curved too much.



PRESCRIPTION EYE DROPS

Can reduce eye lengthening



SPECIAL CONTACT LENSES

Can reduce eye lengthening and correct blurry vision

OVERNIGHT CONTACT LENSES

Can help flatten the cornea



TIPS



Spend at least 2 hrs/day outside

Studies show outdoor light can slow myopia.

Keep your distance

Keep digital devices about 2 feet away and at eye level.

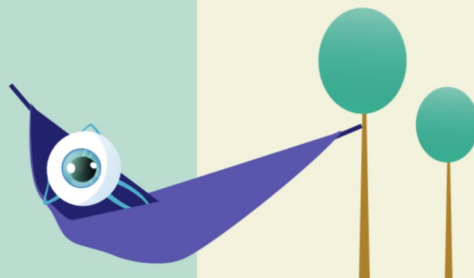


Spend less time on screens

The link between screen time and myopia is unclear. But there's no doubt that less is better.

Take breaks

Rest eyes every 20 minutes.



HIGH MYOPIA INCREASES THE RISK OF VISION-THREATENING EYE CONDITIONS

CATARACT SURGERY

17%

MORE LIKELY

RETINAL DETACHMENT

6X

MORE LIKELY

GLAUCOMA

50%

GREATER RISK