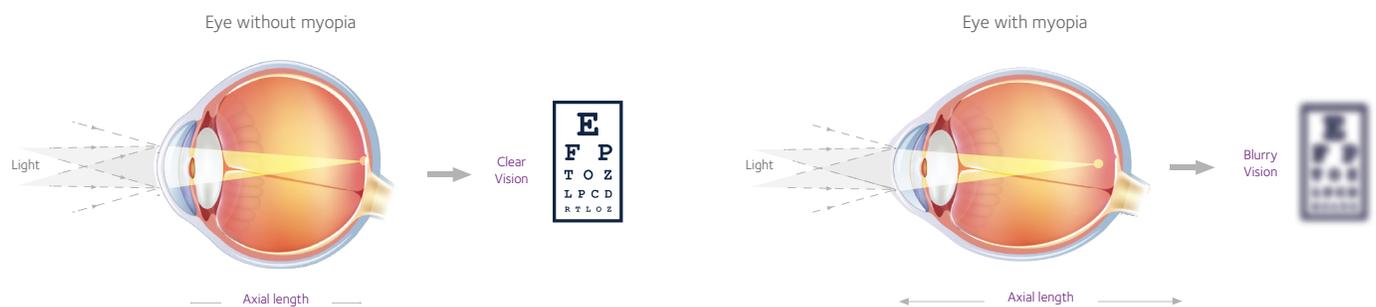


# WHEN CHILDREN CAN'T SEE FAR

## What you need to know about Myopia

### WHAT IS MYOPIA?

Myopia, also known as nearsightedness, is when the eye grows too long and too fast making far away things blurry. This stretching weakens the back of the eye.



### MYOPIA LEVELS

There is no safe level of myopia. But if we can graduate children from high school no worse than  $-3.00$  D, their risk of sight threatening eye health conditions is significantly lower.<sup>1</sup> The younger they are, the faster their myopia gets worse.<sup>2</sup>



Clear Vision



$-1.00$  D



$-3.00$  D



$-6.00$  D

### THE INCREASING PREVALENCE AND SEVERITY OF MYOPIA IN CHILDREN

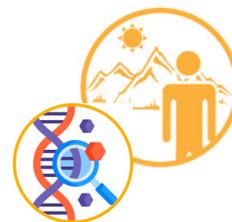
- About three-quarters of children with myopia were diagnosed between the ages of 3 and 12.<sup>3</sup>
- 42% of children age 5 to 19 have myopia and it's starting at a younger and younger age.<sup>4</sup>
- By 2030, nearly half of North America will have myopia.<sup>5</sup>

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## WHAT CAUSES MYOPIA?

At some point in childhood, the eye grows longer at a rate that's too fast, leading to myopia. Genetics is a smaller contribution than previously thought, with lifestyle and environment being a larger player. Spending at least 1 to 2 hours outdoors per day reduces the risk of developing myopia.<sup>5</sup>



## WHAT ARE THE EYE HEALTH IMPACTS OF MYOPIA?

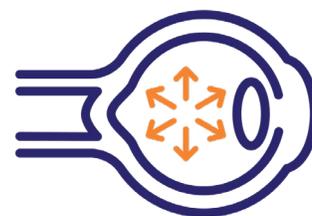
When the eye stretches and weakens due to worsening myopia, there is an exponential increase in the risk of sight threatening eye health conditions including<sup>6</sup>:



Retinal Detachment<sup>1</sup>



Myopic Maculopathy<sup>7</sup>



Glaucoma<sup>8</sup>

## WHAT DOES MANAGING MYOPIA MEAN?

Identifying myopia (or the risk of developing) with eye exams at age 3, 4, and 5 gives you the best chance at keeping it from getting worse so quickly.<sup>9</sup>

Every diopter saved reduces the risk of myopic maculopathy by 40%.<sup>10</sup>



**To learn more about the options available to manage myopia, please speak to your eye care professional.**

### References:

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