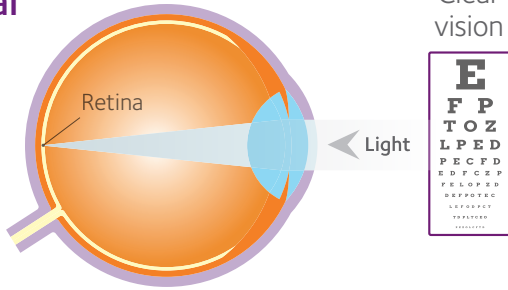


# Could your child be nearsighted (myopic)?

'Nearsightedness' is a common term for **myopia** – an eye condition that makes distance vision blurry. It usually starts in childhood and gets progressively worse until the child stops growing.

## Myopia explained.

### Typical Eye

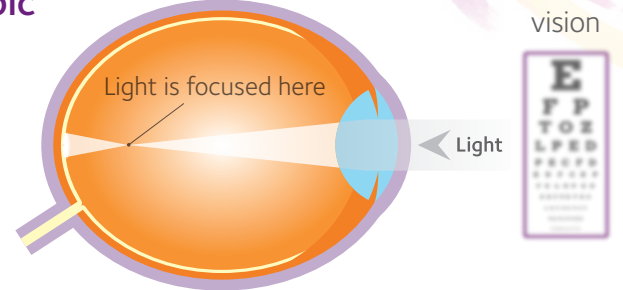


Light focuses on the retina (the light-sensitive lining inside the eye) for clear distance vision.

Clear vision



### Myopic Eye



If the eye grows too long, light is focused in front of the retina making distance vision blurry.

Blurred vision



The eye continues to grow throughout childhood which may make the retina vulnerable to future eye health issues, so it's important to treat myopia early to reduce this potential risk.<sup>1</sup>

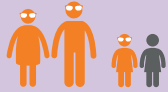
## What causes myopia?

There are two main factors which can mean your child is more at risk of developing myopia:

### Genetics

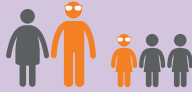
The risk of myopia in children increases when parents are myopic.<sup>2</sup> The risk is nearly:

1 in 2



When **both** parents are myopic.

1 in 3



When **one** parent is myopic.

1 in 4



When **neither** parent is myopic.

### Lifestyle

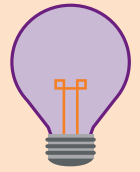
Modern lifestyles may influence the development of myopia:



Low levels of outdoor activity.<sup>3,4</sup>



Prolonged near tasks such as reading and gaming on portable devices.<sup>3,1</sup>



Poor lighting levels.<sup>3,1</sup>

## Signs to look out for.<sup>5,6,7</sup>



Distance vision becoming blurry.



Moving closer to the TV.



Reduced performance at school.



Complaints of headaches or tired eyes.



Squinting.

In many cases, there will be no signs at all.

## Options for managing myopia.

### Regular glasses and contact lenses

These can help your child see clearly and will often need updating frequently as they have little or no effect on slowing down the speed of myopia progression.<sup>8,9</sup>



### Myopia management contact lenses

Introducing MiSight<sup>®</sup> 1 day, a soft daily disposable contact lens with a special optical design that allows children to see clearly, while slowing down myopia progression by more than half.\*<sup>10</sup>



Regular eye examinations for young children are important to identify and treat myopia early. This may help to reduce the final prescription and the potential risk for future eye health issues.

Contact your Eye Care Professional for an eye examination today.



CooperVision<sup>®</sup>

coopervision.ca

1. Gifford P, Gifford KL. The Future of Myopia Control Contact Lenses. Optom Vis Sci. 93:336-43. 2. Morgan P. Is Myopia Control the Next Contact Lens Revolution? The Optician 2016. 3. Wolffsohn JS, Calossi A, Cho P, et al. Global Trends in Myopia Management Attitudes and Strategies in Clinical Practice. Cont Lens Anterior Eye. 2016; 39:106-16. 4. Rose KA, Morgan IG, Ip J, et al. Outdoor Activity Reduces the Prevalence of Myopia in Children. Ophthalmology 2008; 115:1279-1285. 5. <http://visionsource.com>. 6. <http://aao.org>. 7. IMPACT OF INCREASING PREVALENCE OF MYOPIA AND HIGH MYOPIA. The impact of myopia and high myopia a Report of the Joint World Health Organization – Brien Holden Vision Institute Global Scientific Meeting on Myopia THE IMPACT OF MYOPIA AND HIGH MYOPIA University of New South Wales, Sydney, Australia 16–18 March 2015. 8. Gwiazda J, Hyman L et al. A Randomized Clinical Trial of Progressive Addition Lenses versus Single Vision Lenses on the Progression of Myopia in Children. IOVS, April 2003, Vol. 44, No. 4. 9. Heiting G. Myopia Control – A Cure For Nearsightedness? allaboutvision. 2016. 10. Back A, Chamberlain P, et al. Clinical Evaluation of a Dual-Focus Myopia Control 1 Day Soft Contact Lens – 2-Year Results. Paper presented at the annual meeting of The American Academy of Optometry, November 9, 2016; Anaheim, California USA. \*Compared to single vision 1 day lenses. Individual results may vary and are not predictable.