

What is myopia?

Myopia, also known as nearsightedness, causes poor long-distance vision. In myopic eyes, the eyeball is either longer than normal, or the cornea is too curved, both causing some images to be blurry.¹



Myopia is when the eye grows too long and causes blurred vision.



MILD
> -0.25 TO -3



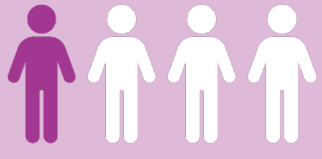
MODERATE
> -3 TO -6



HIGH
> -6

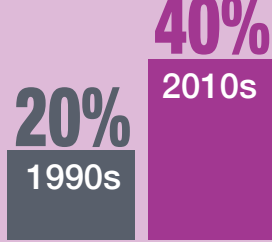
Myopia on the rise

The prevalence of myopia and high myopia are increasing globally at an alarming rate, with significant increases in the risks for vision impairment.²



1 in 4 parents
HAVE A CHILD WITH MYOPIA³
...THAT'S 14M KIDS IN THE U.S.

Myopia has doubled
in U.S. children.⁴



50%
OF THE WORLD'S
POPULATION WILL
BE MYOPIC BY 2050⁵

Why does my child have myopia?



School-aged children who spend 7+ hours per week or more using computers or mobile video games **triple their risk** for myopia.⁶



There is a 25% chance that a child will develop myopia if **one parent is myopic**. That number jumps to 50% if both are myopic.⁷



Studies show a deficiency in **natural sunlight exposure** could contribute to the recent increase in myopia.⁸

How is myopia diagnosed?

Comprehensive eye exams help detect eye conditions, like myopia, early.

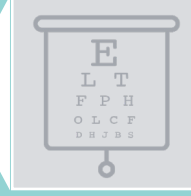


Comprehensive eye exams

- by an ophthalmologist or optometrist
- use specialized equipment and procedures
- can **diagnose myopia** or other eye conditions⁹

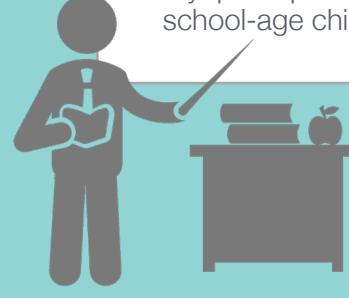
Vision screenings

- typically take place at school
- only measure vision clarity
- **miss up to 75%** of children with vision problems¹⁰



According to the American Optometric Association (AOA):

As much as **80% of a child's learning** occurs through the eyes. Myopia is primarily diagnosed in school-age children.¹¹



Why is myopia management important?



A one diopter increase in myopia **raises the likelihood** of developing myopic macular degeneration, or loss of vision, **by 67%**.¹²

1 diopter increase



A one diopter decrease in myopia **reduces the likelihood** of developing myopic macular degeneration, or loss of vision, **by 40%**.¹³

1 diopter decrease

Treatment options: What can I do?



Single vision glasses do not slow down the progression of myopia.¹⁴

#GLASSESARENOTENOUGH



Sunlight helps to promote healthy eye growth and lowers the chances of nearsightedness in children.¹⁵

Increased time spent outdoors can slow myopia progression and may decrease the risk of new myopia onset by 50%.¹⁶



Orthokeratology (Ortho-K) *hard contacts worn overnight to reshape the eye (not FDA approved).*

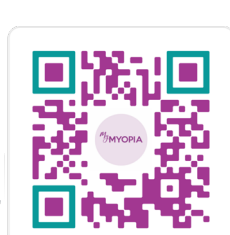
Contact lenses *specialized multifocal daytime lenses.*

Pharmacologic interventions *in development but are not FDA approved.*



Limit screen time reduce the amount of time spent using digital devices.¹⁷

20-20-20 rule take frequent breaks to reduce digital eye strain. Take a 20-second break to view something 20 feet away every 20 minutes.¹⁸



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