

Lifestyle Changes

Decrease screen time and include breaks

Increase screen distance

Encourage outdoor activity; suggestion of 2 hours per day

Maximum recommended amount of screen time

0 - 2 years: None, with the possible exception of live video-chatting with parental support.

2 - 5 years: No more than 1 hour per day (high quality, age appropriate, and co-viewed).

5 - 18 years: Ideally no more than 2 hours per day with breaks after 30 minutes. Breaks should include whole body physical activity.

Research has shown that more time spent outdoors can protect against the onset and may slow the progression of myopia.

There is no substitute for regular, comprehensive eye examinations.



How do I find a Doctor of Optometry?

Find a Doctor of Optometry near you by visiting the Manitoba Association of Optometrists' website at www.optometrists.mb.ca and clicking on "Find an Optometrist."

Who do I contact with questions or concerns?

Talk to your optometrist about Myopia Management for your child.

MANITOBA
ASSOCIATION OF
Optometrists



Tel: (204) 943-9811

Email: mao@optometrists.mb.ca

www.optometrists.mb.ca

www.optometrists.mb.ca/find-an-optometrist



Children

and Myopia

It's important to ensure that a child's eyes are healthy and developing properly.

Ensure your child isn't hindered in learning, play or how they see the world with regular eye exams, which assess a child's visual ability to cope with visual demands and allow detection of eye conditions.

Myopia has evolved into a global public health crisis. Early intervention such as Myopia Management is critical to reduce a child's risk of eye disease through their lifetime.

Make a comprehensive eye exam a regular part of your child's overall health care.

What is Myopia?

Myopia, also known as "nearsightedness", is a visual condition where near objects are seen clearly, but distant objects appear blurry.

Myopia occurs when the eye is too long or has too much focusing power. This causes light to not focus properly on the retina inside the eye.

Myopia progression occurs with eye elongation as children grow. The progression tends to slow down as the child gets older.

Children of parents with myopia are at greater risk of developing myopia.



Early diagnosis and management are key to ensure a lifetime of healthy vision.

Treatment can reduce myopia progression by approximately 50%

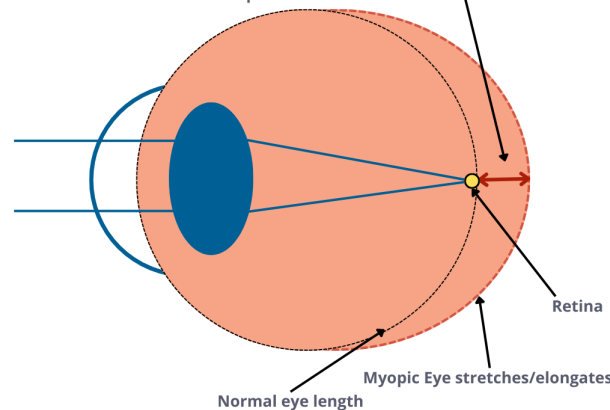


Risks of Myopia

High myopia causes the retina to thin and stretch as the eye elongates. This increases the risk of sight threatening conditions in adulthood such as retinal tears or detachments, myopic macular degeneration, early onset cataracts, and glaucoma.

The earlier myopia begins, the more myopic the eye can become, posing a greater risk of developing these conditions later in life.

Stretching of the eye causes strain to the retina, increased risk of eye disease and vision impairment across a lifetime.



Treatment Options

There are now treatment options, called myopia management, to slow the progression of myopia.

Specialty Spectacle Lenses

Myopia management lenses should be worn full time to slow the elongation of the eye. These look like regular glasses when they are worn. Lenses have either a clear center with peripheral defocus (blur), or contrast management points in the periphery to control myopia progression.

Specialty Soft Contact Lenses

These lenses provide a central clear image and peripheral defocus (blur). This slows the elongation and myopia progression. These lenses are ideal for kids who are motivated to wear contacts. Research shows that children can safely wear contacts.

Ortho-k Contact Lenses

These are rigid gas permeable lenses that are worn overnight. They reshape the cornea by flattening the center and steepening the outer cornea to create peripheral defocus.

Atropine Drops

A prescription drop that is used before bed. Typically, low dose atropine will control myopia with minimal side effects (such as light sensitivity and reduced near focusing ability). Ideal for children who are too young for contact lenses and may be used in combination with other treatments.

Manitoba Health covers children's eye exams for ages 18 and under