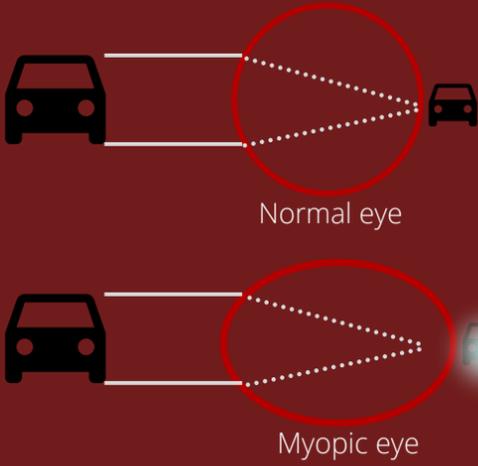




MYOPIA PATROL MANAGEMENT PROGRAM

LEARN MORE ABOUT REDUCING YOUR CHILDS
RISK OF VISION LOSS

WHAT IS MYOPIA?

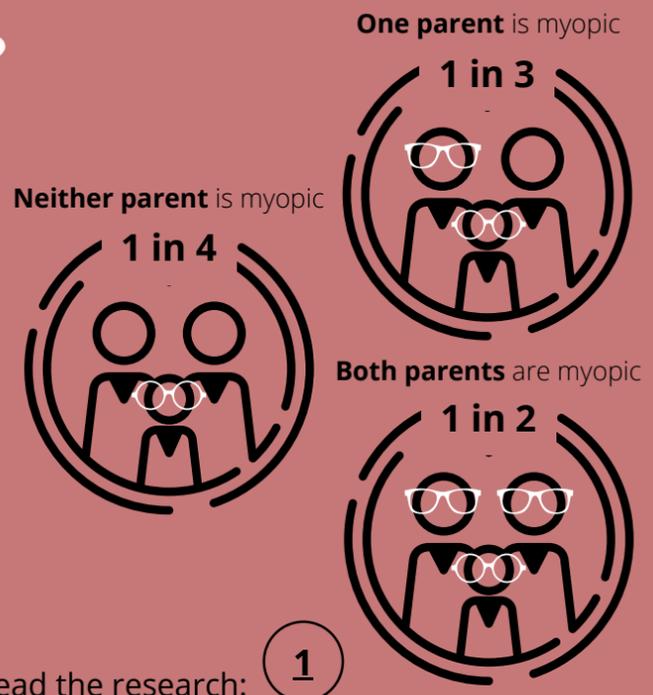


Myopia is an ocular condition also referred to as 'nearsightedness'. In a myopic person, the length of the eye from front to back (axial length) is longer than the average eye. This means images focus in front of the retina, causing a blurred image.

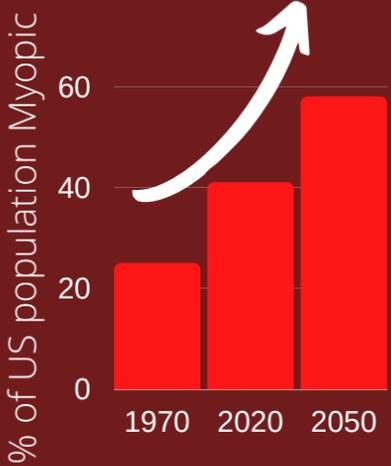
WHY DOES MYOPIA HAPPEN?

Some of the factors that contribute to myopia include:

- **Genetics:** The chances of children developing myopia are greater if one or both parents are myopic.
- **Lifestyle:** These factors can increase the risk of developing myopia
 - Prolonged time on digital devices and reading
 - Insufficient time outdoors
 - Poor lighting levels



MORE MYOPIA THAN EVER



In the 1970's nearly 25% of the population in the US was myopic. Today more than **40% of Americans** are myopic and that number is expected to increase to 58% by 2050. Research also tells us there is also a rise in patients with high myopia (greater than -5.00 diopters) leading to higher risk for vision loss.

Read the research: 1 2

LONG TERM IMPLICATIONS OF MYOPIA

- **Retinal detachment:** The risk for retinal detachment is dependent on the severity of myopia but can be **3-20x greater** than someone without myopia
- **Glaucoma:** Glaucoma is a disease that is caused by damage to the optic nerve which can lead to permanent vision loss. Myopic patients are at **2-3x greater risk** for developing glaucoma compared to a patient without myopia.
- **Cataracts:** Myopic patients have **2-5x greater risk** of developing cataracts and often develop them earlier than those without myopia.
- **Myopic macular degeneration:** This can cause vision loss in the center of our vision (macula), especially in those with high myopia.

Read the research:



OTHER TIPS THAT CAN HELP

Reduce near work

Increase outdoor time

Breaks every 20 min/20 ft/2 mins

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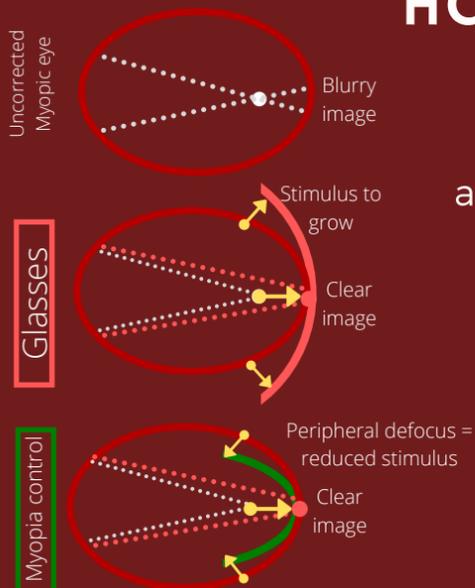




MYOPIA PATROL MANAGEMENT PROGRAM

TREATMENT METHODS

HOW DOES THE TREATMENT WORK?



In order for the eye to grow, or elongate, the brain receives a signal indicating a need for change (likely associated with near work). Research tells us if we can create "peripheral myopic defocus" it can reduce this signal for the eye to elongate and therefore slow progression.

Note: It has been proven that under-correcting increases the risk for myopic progression. Although full spectacle correction is necessary, glasses alone will not induce this peripheral myopic defocus

Read the research: [1](#) [2](#) [3](#)

LOW DOSE ATROPINE DROPS

Atropine is a muscarinic receptor antagonist which is thought to act on receptors in the retina or sclera to slow eye growth.

- It has been widely studied and proven to slow the progression of myopia
- In low doses, it does not cause any significant blurred vision or light sensitivity
- Best for young children as an initial treatment method or in combination with other treatment options



Read the research:

[1](#) [2](#) [3](#)



ORTHOKERATOLOGY

Orthokeratology, or Ortho-k, is the practice of using custom gas-permeable contact lenses to reshape the cornea overnight. This allows for clear vision throughout the day with **no glasses or contacts**. It has also been widely studied in the reduction of myopia progression in children. This method is best for children >7 years old with low to moderate myopia.

Read the research: [1](#) [2](#) [3](#)

DUAL FOCUS CONTACT LENSES

- **MiSight** 1 day is the first and only FDA-approved contact lens to slow the progression of myopia in children 8-12 at the initiation of treatment.
 - Alternating vision correction and treatment zones create a clear image and myopic defocus to slow elongation of the eyeball
 - Best for age 7 and up
- **NaturalVue** is another multifocal one-day contact lens used off-label for management of myopia



- Correcting zone for clear vision
- Treatment zone creating myopic defocus

Read the research:

[1](#) [2](#)

**WE NOW HAVE METHODS TO TRY TO SLOW THIS MYOPIC PROGRESSION
AND POTENTIALLY REDUCE THE RISK FOR VISION LOSS**

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