



WHAT IS MYOPIA?

If your child is squinting or struggling to see things at a distance, this may be caused by myopia, also known as "near-sightedness". With myopia, the light rays entering the eye focus in front of the retina instead of directly on it, causing the image to be blurry. Traditional glasses and contact lenses help focus the light properly, but do not slow myopia progression.

WHY SHOULD I BE CONCERNED ABOUT MYOPIA?

Rates of myopia are increasing significantly world-wide. It is estimated that about half of the world's population will be myopic by 2050. Myopia is caused by eye elongation and as the eye grows longer the risk of health issues increases. According to the World Health Organization, high myopia is an emerging cause of irreversible vision loss. Myopia Management gives us an opportunity to try to prevent or reduce myopia progression and therefore reduce the risk of eye health problems.



Myopia Management

CONTACT US



Call
306-955-3811



Email
reception@vistaeyecare.ca



Website
www.vistaeyecare.ca



Address
1112A Morgan Ave.
Saskatoon, SK

TIPS TO REDUCE RISK OF MYOPIA DEVELOPMENT



SPEND TIME OUTDOORS

Studies show that spending 2-3+ hours outside daily decreases the risk of myopia by up to 50%. Make sure to still wear sun protection to prevent damage from UV light!



REDUCE SCREEN TIME

Our world has become much more screen and near focused which puts additional stress on the eyes. Studies suggest this increases the risk of myopia. We recommend less than 1-2 hours of screen time daily and frequent breaks from near work (whether it is a book or a screen).



GET REGULAR EYE EXAMS

Because the onset of myopia is gradual, many kids won't have any symptoms or realize they aren't seeing properly. Annual eye exams help us identify and treat issues early (and are covered by Saskatchewan Health).

WHAT IS MYOPIA MANAGEMENT?

Although we can't reverse myopia, we have treatment options to help slow down progression. As with any other health problem, early intervention is key. During the Myopia Management consult, the doctor and staff will perform additional tests including measuring the length of your child's eyes. They will then discuss the various treatment options in depth with you and help decide which will work best for your child. The treatment options may include:



GLASSES WITH SPECIALTY LENSES

These lenses help change how light focuses on different parts of the retina to give crisp, clear vision while also slowing down elongation of the eyeball.

Research shows that full time wear of these lenses can slow myopia progression by 52-60%



LOW DOSE ATROPINE EYE DROPS

Specially formulated atropine drops are put in nightly to help slow myopia progression. These are sometimes used in addition to another treatment.

Research shows that atropine eye drops can slow myopia progression by ~50%



MULTIFOCAL SOFT CONTACT LENSES

Multifocal contact lenses worn daily change how light focuses on different parts of the retina to provide clear vision while slowing elongation of the eyeball. We typically recommend daily replacement lenses as they are the safest and healthiest option for kids.

Research shows that daily soft multifocal contacts can slow myopia progression by ~40-50%

