

# 01

## WHY MYOPIA CONTROL?

Increasing myopia is linked to a higher lifetime risk of related eye conditions such as glaucoma, macula degeneration & cataracts.



# 02

## WHEN DOES MYOPIA GET WORSE?

Typically between the ages of 5 to 20, however it can continue to worsen beyond that.

Usually the earlier a child develops myopia, the worse it can become.

Ordinary glasses don't slow down myopia.

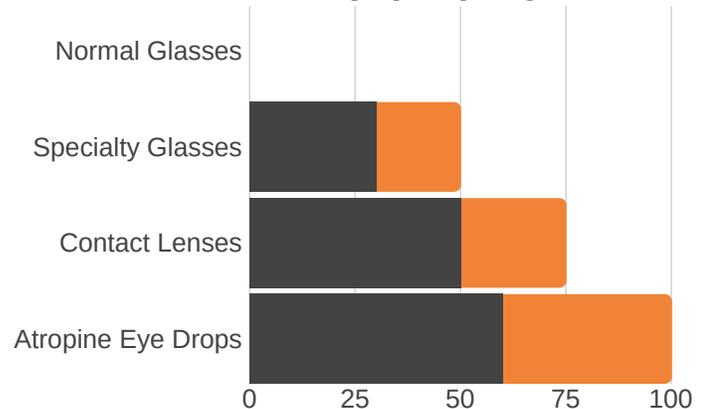
Under-powered glasses actually speed up myopia.

# 03

## WHAT ARE THE OPTIONS?

A combination of glasses, contact lenses and/or prescription eye drops will be recommended depending on what is best for the individual patient.

### % Reduction in myopia progression



For more information, see our therapeutic optometrists Yang Wang & Roland Mak to discuss your myopia control options.

**EYECARE PLUS CORRIMAL OPTOMETRIST- Myopia Control Clinic**

Shop 2 / 104 Railway Street, Corrimal, NSW 2518

(02) 4284 0604 or Book Online

# 01

## What is myopia?

Myopia (short-sightedness) is difficulty with seeing far-away objects.

# 02

## What causes myopia?

Myopia is caused by a mixture of genetic and environmental factors:

Genetic factors – A family history of myopia in either parent will increase the risk of the child developing myopia.

Environmental factors – Extended periods of reading and use of electronic devices up close, as well as low vitamin D levels and lack of time spent outdoors.

# 03

## What types of myopia are there?

Pathological myopia – begins before the age of 6, tends to be most severe.

Child-onset myopia – occurs between 6-18 years of age, associated with more time spent reading and less time spent outdoors

Adult-onset myopia – associated with desk-based jobs and occupations requiring prolonged work up close

What are the consequences of worsening myopia?

4-15 times higher risk of retinal detachments, 2-5 times higher risk of cataracts, 2-3 times higher risk of glaucoma, Increased risk of myopia macular degeneration with worsening myopia

What are my options of slowing down the progression of myopia?

# 04

### 1. Specialty Glasses

Ordinary single vision spectacle lenses do not provide any protection from the effects of prolonged near work on myopia progression. Fortunately, there are several different types of spectacle designs that can work to reduce myopia progression by reducing eyestrain when working up close:

**Multifocal options, Bifocal options such as Executive Bifocals, Peripheral defocus options such as Nikon Relax-See lenses.**

There are multiple types of spectacle designs that can aid with myopia control, many of them involve the prescribing two separate zones for far and near vision.

# 05

### 2. Contact Lenses

Research has shown that specialty contact lenses that create an area of soft focus in our peripheral vision can act to slow down the progression of myopia. Traditionally, the primary form of myopia control involved the use of overnight ortho-K lenses, however recent advances in technology has allowed the use of soft daily disposable contact lenses that can achieve reduction in myopia progression.

Soft daily myopia control lenses such as MiSight 1-Day, Multifocal lenses such as Biofinity Multifocals, Ortho-K options such as Paragon CRT

# 06

### 3. Prescription Atropine 0.01% eye drops

Prescription anti-cholinergic eye drops act to reduce the progression of myopia by reducing over-focusing of the eyes when working up close. Recently the most appropriate dosage for such eye drops is the topic of intensive research, with a need to balance the myopia control effects and unwanted side effects of these medicated eye drops such as light sensitivity and blurry vision.

# 07

## How effective is myopia control?

The effect of each option in slowing down myopia can vary dramatically depending on the individual. According to the Brien Holden Vision Institute Myopia Calculator:

Specialty glasses can reduce myopia progression by up to 51%.

Specialty contact lenses can reduce myopia progression by up to 72%.

Compounded myopia control eye drops can reduce myopia progression by up to 100%.

Ordinary glasses do not slow down myopia progression, while under-powered glasses can actually speed up myopia progression.



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