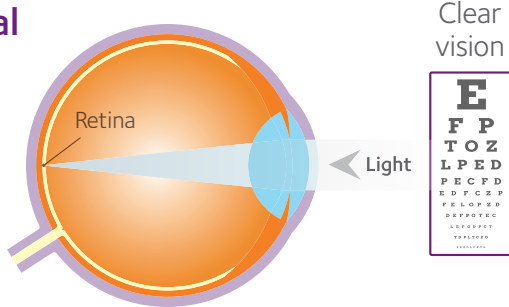


# Could your child be nearsighted (myopic)?

'Nearsightedness' is a common term for **myopia** – an eye condition that makes distance vision blurry. It usually starts in childhood and gets progressively worse until the child stops growing.

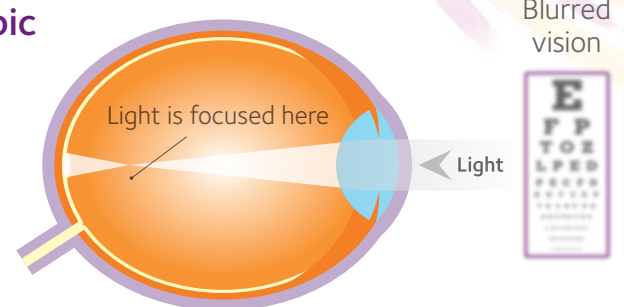
## Myopia explained.

### Typical Eye



Light focuses on the retina (the light-sensitive lining inside the eye) for clear distance vision.

### Myopic Eye



If the eye grows too long, light is focused in front of the retina making distance vision blurry.

The eye continues to grow throughout childhood which may make the retina vulnerable to future eye health issues, so it's important to treat myopia early to reduce this potential risk.<sup>1</sup>

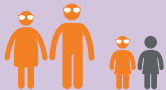
## What causes myopia?

There are two main factors which can mean your child is more at risk of developing myopia:

### Genetics

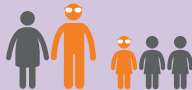
The risk of myopia in children increases when parents are myopic.<sup>2</sup> The risk is nearly:

1 in 2



When **both** parents are myopic.

1 in 3



When **one** parent is myopic.

1 in 4



When **neither** parent is myopic.

### Lifestyle

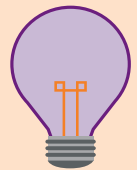
Modern lifestyles may influence the development of myopia:



Low levels of outdoor activity.<sup>3,4</sup>



Prolonged near tasks such as reading and gaming on portable devices.<sup>3,1</sup>



Poor lighting levels.<sup>3,1</sup>

## Signs to look out for.<sup>5,6,7</sup>



Distance vision becoming blurry.



Moving closer to the TV.



Reduced performance at school.



Complaints of headaches or tired eyes.



Squinting.

In many cases, there will be no signs at all.

## Options for managing myopia.

### Regular glasses and contact lenses

These can help your child see clearly and will often need updating frequently as they have little or no effect on slowing down the speed of myopia progression.<sup>8,9</sup>



### Myopia management contact lenses

Introducing MiSight® 1 day, a soft daily disposable contact lens with a special optical design that allows children to see clearly, while slowing down myopia progression by more than half.\*<sup>10</sup>



Regular eye examinations for young children are important to identify and treat myopia early. This may help to reduce the final prescription and the potential risk for future eye health issues.

**Contact your Eye Care Professional for an eye examination today.**



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