

*Your Children's eyes are Precious*

TAKE CARE OF THEM

## Types of myopia control

### Eye drops (Atropine 0.01%)



Studies have shown that low dose atropine (0.01%) slows down the progression of myopia by controlling axial growth.

### Myopia Control Glasses



Various designs of myopia control spectacle lenses are now available to slow myopia progression by using the myopia defocus theory.

### Orthokeratology Soft Contact Lenses (Ortho-K)



Orthokeratology and soft contact lenses with peripheral defocus-modifying designs helps slow down myopia progression.

### More outdoor time



Studies show that more outdoor time decreases myopia prevalence and slows down progression.

### Visual hygiene



By taking regular breaks, using the "20-20-20" rule, every 20 minutes, shift focus to look at an object at least 20 feet away, for at least 20 seconds can help a child to reduce screen time and eye strain.

**In growing eyes, LASIK is not a treatment option for childhood myopia. It can be considered once the eye has reached maturity by the age of 18.**

### Contact us

#### OasisEye Specialists

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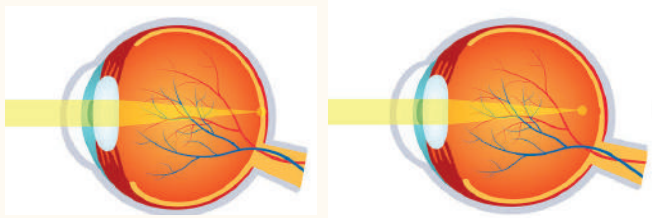
# Childhood Myopia

(MY-OH-PEE-UH)



## What is childhood myopia (short-sightedness)?

Childhood myopia is a progressive form of short-sightedness (myopia) that occurs during a child's growing years and can worsen throughout childhood. The condition is easily corrected with corrective visual aids like glasses. It usually stabilises when a child reaches his or her mid-teens.



**Normal  
(Emmetropia)**

**Shortsightedness  
(Myopia)**

## Symptoms of childhood myopia

Children may complain of difficulty seeing the whiteboard at school or trouble watching television at home.

Other signs of myopia include :

- Squinting while doing homework, reading or watching TV
- Rubbing of eyes
- Frequent blinking
- Eye strain

## What are the causes childhood myopia?

Evidence indicates that progressive childhood myopia or short-sightedness is caused by a combination of genetic (parental myopia), ethnic (East Asians) and environmental factors (excessive near work, less outdoor time).

Other habits such as long periods of detailed or close work and childhood illnesses (e.g: prematurity) may also influence myopia progression.

In the current digital age, excessive usage of hand-held devices such as mobile phones, tablets and laptops have contributed tremendously to the growing in myopia epidemic.



**Environmental factor  
(Excessive near work,  
Less outdoor time)**

## Why is myopia control important?

Children with progressive short-sightedness (myopia) have an increased risk of being highly myopic in adulthood. This may cause other ocular complications such as :

- Retinal detachment
- Glaucoma
- Myopic maculopathy
- Cataract

Early myopia detection or prevention can reduce the risk of myopia and preserve your child's vision for the future.



**Genetics  
(Parental myopia)**



**Ethnicity  
(East Asians)**