

FOR FURTHER INFORMATION

Please ask your orthoptist at your next appointment if you have any further questions to ask; they will be happy to help!



Myopia

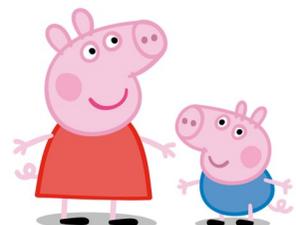


CHILDREN'S EYE SERVICE

St Albans Children's Centre
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St Albans
AL3 5JB

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39—41 The Marlowes
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Myopia

Information



Myopia is also known as short sightedness. It is a very common eye condition and can vary from being mild to significant.

Myopia occurs because the eyes grow bigger so the light rays focus in front of the retina. This causes distant objects to appear blurred and close objects to appear clear.

The glasses prescription to correct this is a MINUS lens prescription.

Signs your child may be myopic:

- Difficult to read the whiteboard at school
- Sitting close to the TV
- Complaining of headaches
- Complaining of tired eyes and rubbing their eyes often

Reducing the rate of progression

There is no treatment to reverse or prevent the development of myopia; but **current treatment options aim to reduce the rate of progression of myopia.**

- Lifestyle changes

There is evidence that children who spend significant time outdoors in daylight have significantly less myopia. At least 2 hours of outdoor play is advised.

It is advised to have good lighting when doing close work and reading.

- 20:20:20 rule

When reading or doing close work, remember to look up every 20 minutes, for 20 seconds at something 20 feet away. This helps relax your eyes and gives them a little break to avoid eye strain.



Further Information



- Specialised lighting

There is evidence that adjusting the quality and levels of lighting indoors can be protective against myopia progression.

- Contact lenses

Special contact lenses have been developed. They redistribute light around the edges of the retina to slow down the progression of myopia.

- Atropine 0.01% eye drops

There have been studies to show these drops can reduce the rate of progression. However it is not a service that is licensed in the UK yet.