

Protecting Children from Myopia



At least 2 hours a day outdoors

Be sun smart and active for 60 minutes per day.



20/20 rule

Every 20 mins take a break for 20 secs.



Wearing contact lenses improves children's and teenager's self confidence in school and sport.



Elbow rule

Keep forearm distance between eyes and book.



Two hour rule

Less than 2 hrs screen time after school and don't sit for too long.



Children aged 8-12 appear to be safer contact lens wearers than teens and adults, with a lower risk of infection.

What Are My Options?



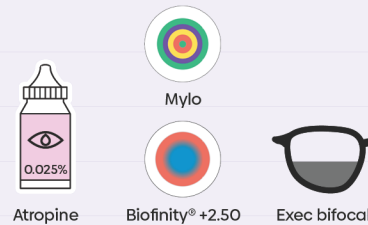
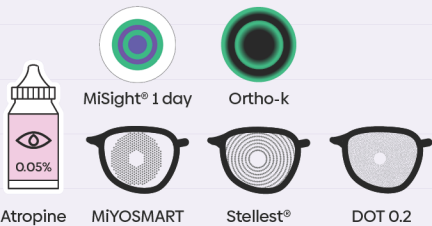
Full-time wear matters for maximum treatment.



Children using atropine eye drops still need spectacles or contact lenses to see clearly.



Be aware that your myopia control option may involve off-label use.



1

Best

Slow myopia progression by at least half



2

Next best

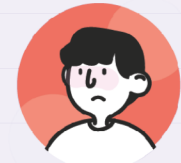
Slow myopia progression by about a third



3

Less effective

Minimal effects on slowing myopia progression



Not effective

No effect on slowing myopia progression

Why Management is Essential

Short-term Goal

Reduce the frequency of prescription changes, providing better vision for kids between eye exams.



Long-term Goal

Reduce the risk of eye diseases and vision impairment in adulthood. The risks in the charts below are compared to someone with no myopia.



Myopic Maculopathy



2x

-1.00D to -3.00D

10x

-3.00D to -5.00D

41x
Increased
risk

-5.00D to -7.00D



Each -1.00D increases lifetime risk of myopic maculopathy by 67%



Each prevented -1.00D reduces lifetime risk of myopic maculopathy by 40%



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MyopiaProfile™

For more information on contact lenses for kids visit mykidsvision.org

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MAUI OPTIX

Protecting Children from Myopia

A guide on the steps you can take as a parent to slow progression of myopia

