

A Parental Guide to:

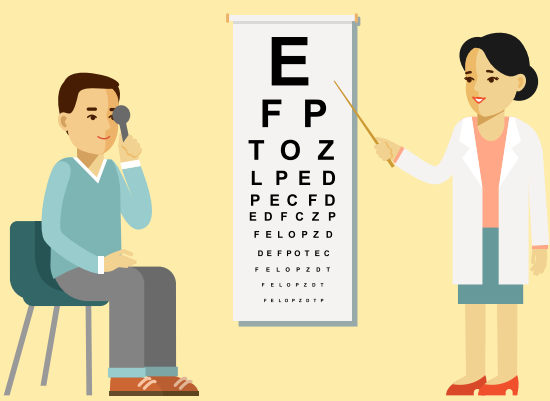
CHILDREN'S MYOPIA

Myopia or nearsightedness: Ability to see up close without vision correction but unable to see far away.



IF I HAVE MYOPIA, WILL MY CHILD ALSO HAVE MYOPIA?

Myopia risk can be assessed in young children even before vision needs correcting



It's never too late - so book an appointment with your optometrist now (even if you missed the recommended pre-school eye exam)!

Understanding myopia risks & control methods

Lifestyle changes may be easy to adopt to delay onset:

- More time outside
- Less close-up work

When vision correction is required, consider myopia control options, such as:

- Spectacles
- Contact lenses
- Eye drops



Managing the level of myopia is important! A lower prescription means:

- Better uncorrected vision - can manage better without correction
- More options for laser vision correction later
- Reduced risk of long-term eye problems such as glaucoma, cataract & retinal complications

