

PROTECTING CHILDREN'S VISION FOR THE FUTURE

Understanding Myopia



***By the end of this workshop,
participants will:***

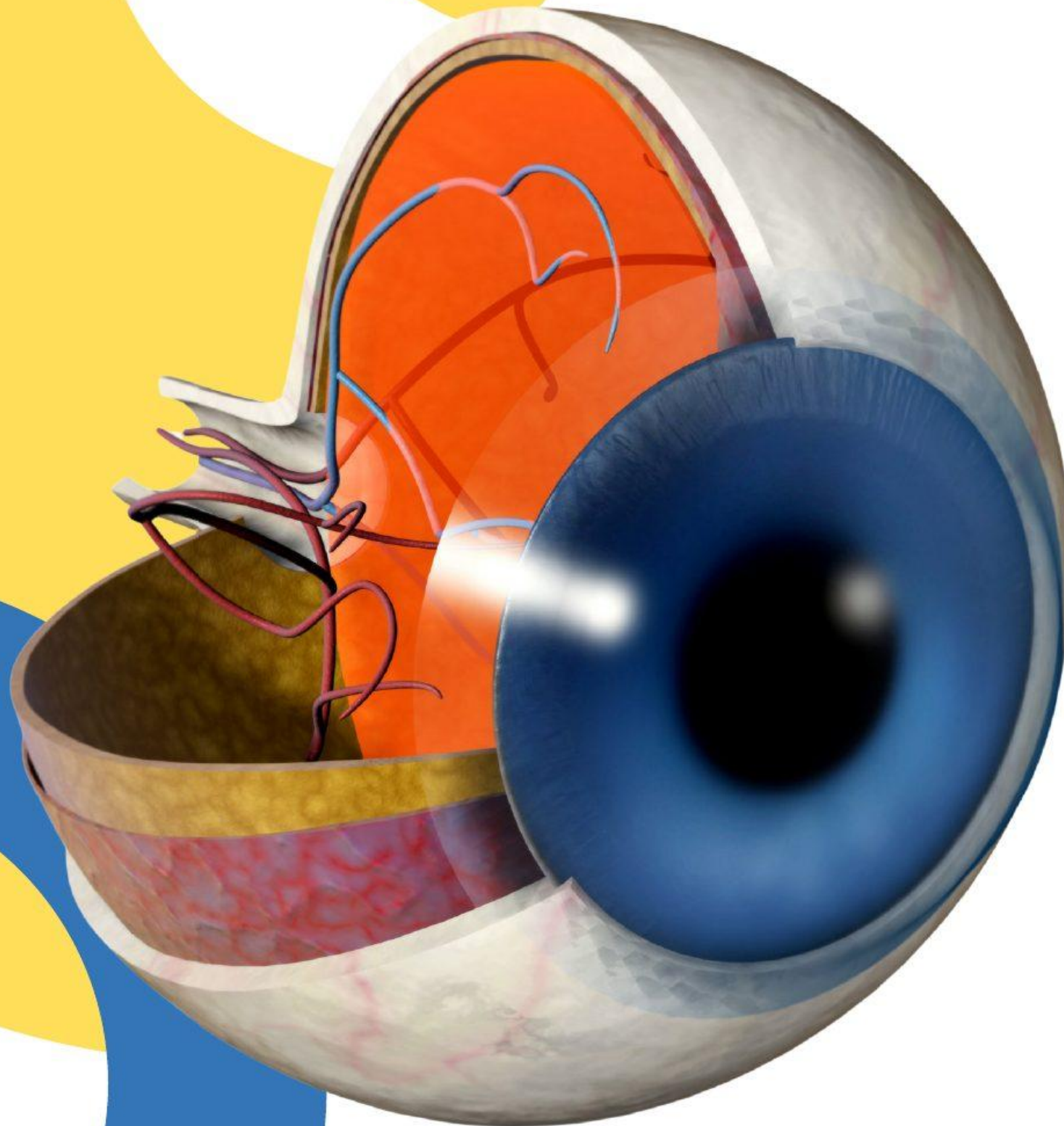
- ***Understand what myopia is***
- ***Recognize common symptoms***
- ***Learn risk factors***
- ***Discover ways to slow progression***
- ***Know when to schedule an eye exam***



What is Myopia?

Myopia is also called nearsightedness.

People with myopia can see nearby objects clearly but have difficulty seeing objects that are far away.



Symptoms:

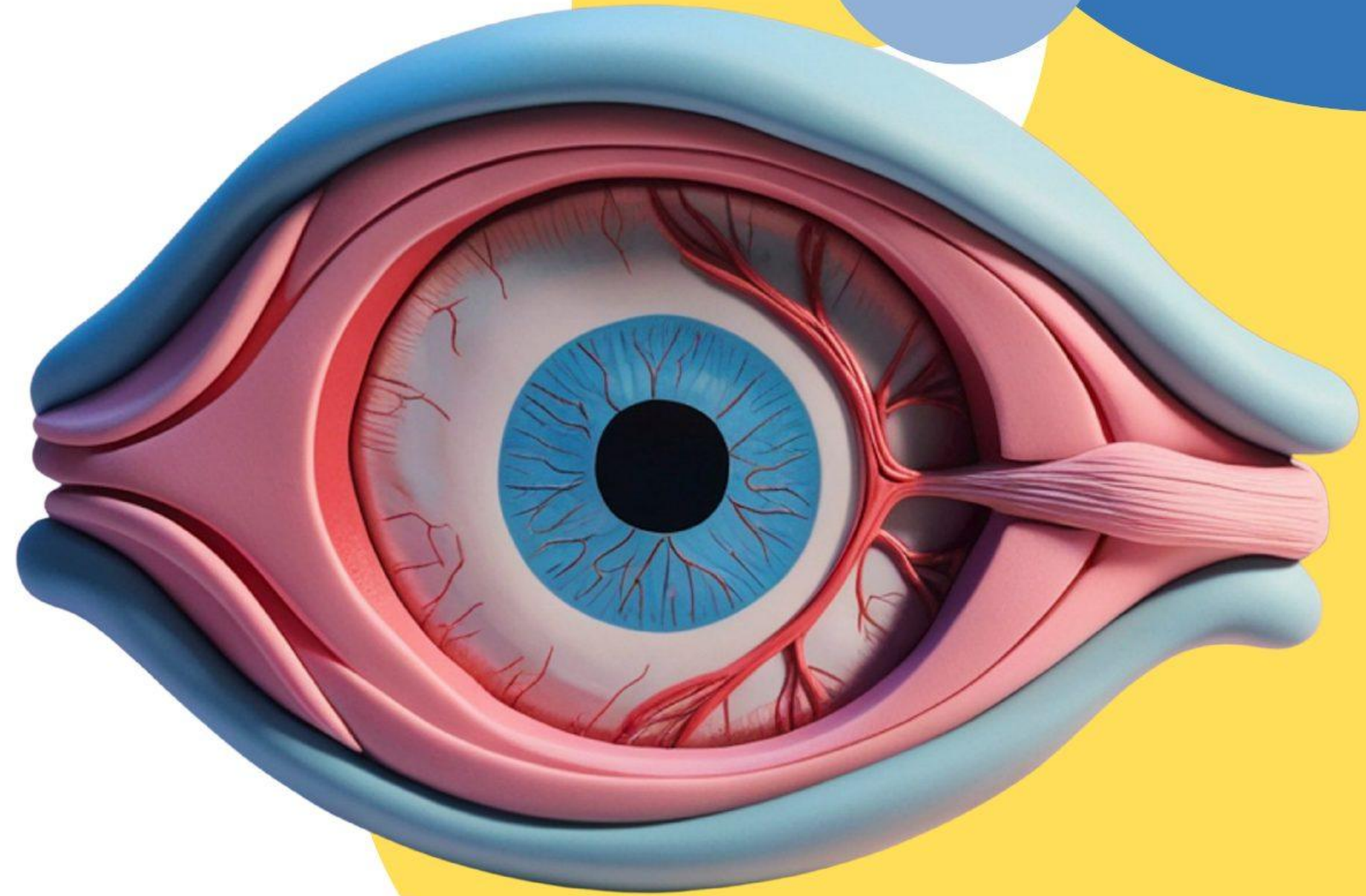
- **Blurry distance vision**
- **Squinting**
- **Sitting close to screens**
- **Holding books close**
- **Frequent headaches**
- **Eye strains**



Why Are More Children Becoming Myopic?

Research suggests several
contributing factors:

- Increased screen time
- More near work
- Less time spent outdoors
- Family history



Healthy Vision Habits

- Spend two hours outdoors daily
 - Follow the 20-20-20 Rule
- Limit prolonged screen time
 - Use proper lighting
- Maintain good reading posture

Treatment Options

- Glasses
 - Contact Lenses
- Orthokeratology
 - Low-dose atropine
- Myopia-control lenses
 - → Lenses used at night

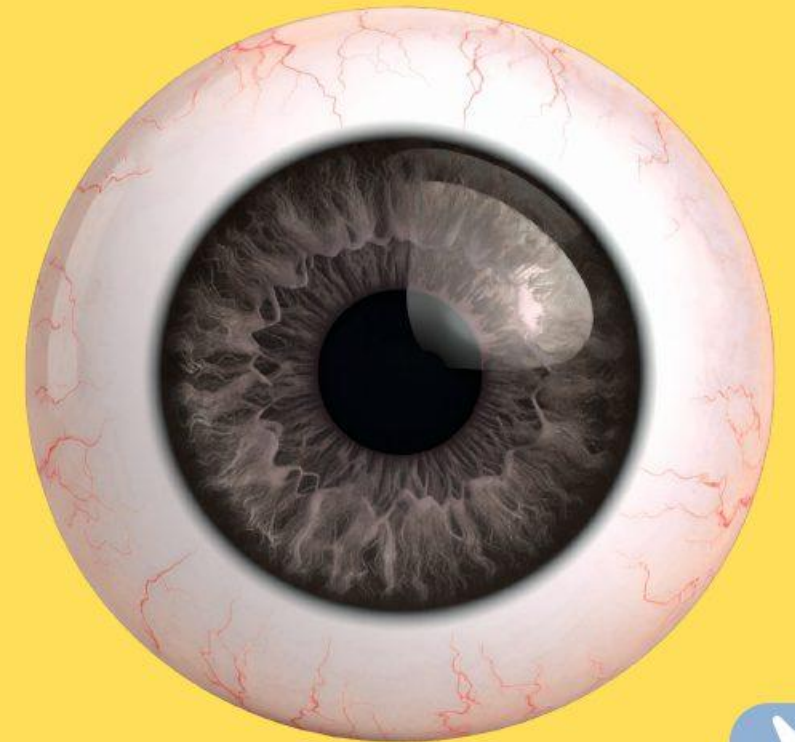
****Treatment depends on each individual's needs.**



When Should You Schedule an Eye Exam?

Visit an eye care professional if:

- Your child squints often
- Distance vision becomes blurry
- Headaches occur frequently
- School performance changes because of vision



Key Take Aways

Myopia is common and increasing worldwide.

Early detection is important.

- Outdoor time and healthy screen habits may help slow progression.
- Regular eye exams protect long-term vision.



Regular Eye
Exams



Balanced
Nutrition



Proper
Hydration



Screen
Breaks



UV Protection



Thank You!

Any Questions?

