

# YOUR CHILD WAS DIAGNOSED WITH *MYOPIA*, *NOW WHAT?*

## **WHAT IS MYOPIA?**

Myopia, or nearsightedness, occurs when the eyeball is too long, relative to the focusing power of the cornea and lens of the eye. This causes light rays to focus at a point in front of the retina, rather than directly on its surface. Nearsightedness also can be caused by the cornea and/or lens being too curved for the length of the eyeball. In some cases, myopia is due to a combination of these factors.

## **SHOULD I BE CONCERNED?**

High myopia increases the risk for sight-threatening conditions such as retinal detachment, glaucoma, and myopic maculopathy. It can also cause cataracts much earlier in life. Once myopia reaches -5.00D, there is a 5x increased risk of cataracts, 21x increased risk of retinal detachment, and 2-3x increased risk of glaucoma.

## **WHAT CAN I DO FOR MY CHILD?**

Currently, there are four types of treatment that exist for managing myopia:

### ***Multifocal Contact Lenses***

Multifocal contacts are special lenses that have different powers in different zones of the lens to correct near and distance vision. But researchers and eye doctors are finding that modified multifocal soft contact lenses also are effective tools for myopia control.

### ***NaturalVue***

NaturalVue daily disposable multifocal soft contact lenses are engineered to best control myopia progression. This is the safest and easiest option for long-term myopia control.

### ***Orthokeratology ("ortho-k") or Corneal Refractive Therapy (CRT)***

Orthokeratology is the use of specially designed hard contact lenses that are worn during sleep at night to temporarily correct nearsightedness so glasses and contact lenses aren't needed during waking hours.

### ***Multifocal Eyeglasses***

Multifocal Eyeglasses also have been tested for myopia control in children, but results have been less impressive than those produced with multifocal contacts. It's not the most effective option but it's better than nothing.

### ***Atropine Eye Drops (0.01%)***

Atropine eye drops have been used for myopia control for many years, with effective short-term results. Since atropine drops can cause side effects throughout the body and long-term effects of sustained use are unknown, it is not a preferred myopia control.

## **HOW LONG IS THE TREATMENT?**

Myopia management is an ongoing treatment until the eyes stop growing, usually by age 23-25. You can choose to stop at any time but there is a risk of a "rebound effect" where previously controlled myopia can start to quickly progress again. Therefore, we recommend that treatment is maintained until age 23-25.

## **HOW MUCH DOES TREATMENT COST?**

Since every child's treatment is developed for their specific needs, please talk to your doctor for payment schedule.



For more information about Myopia, please talk to your doctor or visit our websites at: [www.tracyopt.com](http://www.tracyopt.com) or [www.eatonopt.com](http://www.eatonopt.com). We are here to answer all your questions.