

EVERY 1 DIOPTRRE INCREASE IN MYOPIA INCREASES LIFETIME RISK OF MYOPIA MACULOPATHY BY 67%



EVERY 1 DIOPTRRE REDUCTION IN MYOPIA REDUCES LIFETIME RISK OF MYOPIC MACULOPATHY BY 40%



To learn more about myopia and its management visit MyKidsVision.org



Protecting Children from Myopia

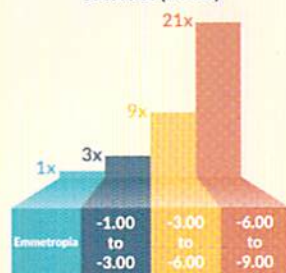
A guide on the steps you can take as a parent to slow progression of myopia



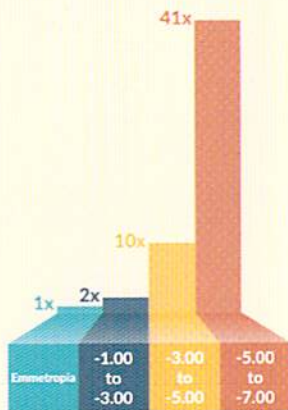
Why myopia management is important



Cataract (PSCC)



Retinal Detachment



Myopic Maculopathy

Your eye care practice



456 Roundhay Road, Leeds, LS8 2HU
0330 900 2020
myopiamanagement@simonfalk.co.uk
www.falkleeds.co.uk

An initiative of:



Improving children's vision care worldwide



Improving children's vision care worldwide

Protecting Children from Myopia

AT LEAST 90 MINS A DAY OUTDOORS
BE SUN SMART AND ACTIVE 60 MINS PER DAY

TWO HOUR RULE
LESS THAN 2 HRS SCREEN TIME AFTER SCHOOL AND DON'T SIT FOR TOO LONG

HEARING CONTACT LENSES IMPROVES CHILDRENS SELF CONFIDENCE IN SCHOOL AND SPORT AND SATISFACTION WITH THEIR VISION

20/20 RULE
EVERY 20 MINS TAKE A BREAK FOR 20 SECS

ELBOW RULE
KEEP FOREARM DISTANCE BETWEEN EYES AND BOOK

CHILDREN ONLY TAKE 15 MINUTES MORE TO LEARN HOW TO HANDLE CONTACT LENSES THAN TEENS

CHILDREN AGED 8-12 APPEAR TO BE SAFER CONTACT LENS WEARERS THAN TEENS AND ADULTS, WITH A LOWER RISK OF INFECTION



Low Myopia

High Myopia

Glasses



Contact lenses



SLOWER IS SAFER

What Are My Options?