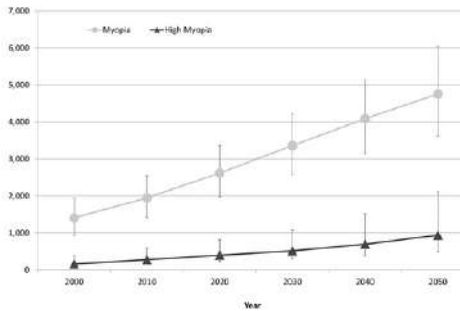


Tips to manage MYOPIA and protect vision!

Myopia (Short-sightedness) - more children are becoming short-sighted from a younger age, with an increasing number of children having worse eyesight than in the past.

- Causes blurred distance vision while close-up vision remains clear.
- Influenced by genetics and environmental factors.
- Increasing prevalence among children, with worsening eyesight at younger ages.
- Estimated that 50% of the global population will be myopic by 2050.



Adapted from: Holden, B.A. et al. Global prevalence of Myopia and High Myopia and Temporal Trends from 2000 through 2050. *Ophthalmology*. (2016).

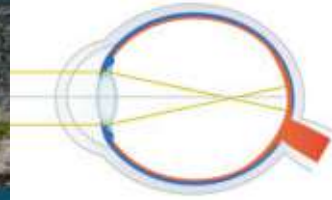


Image in front of retina, eyeball is too long = blurry vision

Reducing Myopia:

What you can do to reduce or slow down the problem of myopia

Outdoor Activities

- Spend 2 hours/day outside to reduce myopia risk in children.
- Natural light benefits all tasks.



Reduce Close Work

- Take breaks every 20 minutes from screens and homework.
- Maintain proper reading distance (fist on chin to elbow).



Vision Health

- Regular vision checks are important.
- High myopia risk (80%) if a parent is short-sighted.



Corrective Lenses

- Consistently wearing glasses/contacts benefits eyesight.
- Wearing glasses/contacts **does not make your eyes lazy.**



Ask your optometrist for more information on the modern options to correct vision beyond standard glasses, contact lenses or LASER; they can tell you what options may be suitable.

Visit www.optometryireland.ie or scan the QR code to learn more.

