

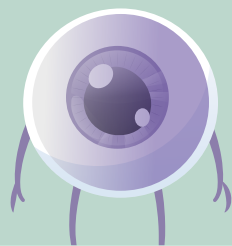
## MYOPIA CAN BE SLOWED IN CHILDREN

Myopia, also known as nearsightedness, happens when the eye grows too long, or the cornea is curved too much.



### PRESCRIPTION EYE DROPS

Can reduce eye lengthening

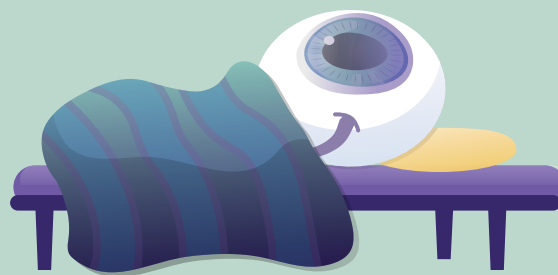


### SPECIAL CONTACT LENSES

Can reduce eye lengthening and correct blurry vision

### OVERNIGHT CONTACT LENSES

Can help flatten the cornea



## TIPS



### Spend at least 2 hrs/day outside

Studies show outdoor light can slow myopia.

### Keep your distance

Keep digital devices about 2 feet away and at eye level.



### Spend less time on screens

The link between screen time and myopia is unclear. But there's no doubt that less is better.

### Take breaks

Rest eyes every 20 minutes.



## HIGH MYOPIA INCREASES THE RISK OF VISION-THREATENING EYE CONDITIONS

### CATARACT SURGERY

**17%**  
MORE LIKELY

### RETINAL DETACHMENT

**6X**  
MORE LIKELY

### GLAUCOMA

**50%**  
GREATER RISK