



Children with Myopia



Why is myopia management important?

The prevalence of myopia is rapidly increasing worldwide. A study by the National Eye Institute showed that only 25% of people in the US were nearsighted in the 1970s – but now more than 40% are nearsighted, and by 2050, 50% of the world’s population is projected to be nearsighted. Additionally, home confinement, decreased time outdoors and prolonged computer work during the COVID-19 pandemic have been associated with a further increase in both myopia progression and prevalence in children. While we know that myopia is associated with ocular complications, it is also important to know that these complications can occur with any degree of myopia, not just high myopia. Therefore, early myopia management with the treatment options we offer at the UEC can reduce the risk of myopia progression and myopia-related ocular complications.

What are the benefits of myopia management?

Long-term benefits of lowering a child’s myopia include: (1) better vision when corrected and uncorrected, (2) better options for and outcomes from refractive surgeries after the prescription stabilizes, and (3) lower risks of ocular complications and visual impairment.

What are the best options for your patients?

The United States Food and Drug Administration (FDA) has approved the MiSight® 1 day multifocal contact lens to slow the progression of myopia. Although other treatment options are not FDA approved, numerous clinical studies have shown that low-dose atropine eyedrops and other contact lens options may help slow myopia progression.

Treatment options we offer at the UEC for Myopia Management include:

Low-Dose Atropine Eye Drops

Multifocal Contact Lenses
including the FDA MiSight® 1 day multifocal contact lens

Orthokeratology

Bifocal/Multifocal Glasses

What can we do at home to slow down myopia progression?

- Spend more time outdoors everyday
- Reduce the amount of near work (reading, computer work, looking at phones etc.)
- Take frequent breaks from near work
- Keep eye glass prescriptions up to date with an annual eye examination

Call (888)327-5533 to refer a patient for an appointment.

To refer a patient call (888) 327-5533 or visit www.universityeyecenter.org/referrals
Most major insurances accepted, patients responsible for self-pay or non-covered services.
Financial Assistance may be available to eligible patients.

UniversityEyeCenter.org

The information contained in this document is not intended to substitute a doctor-patient relationship or medical evaluation nor does it constitute medical advice of any kind. Treatment options will vary from patient to patient.

