



## MYOPIA AND YOUR CHILD

Myopia is more commonly known as nearsightedness. This is a condition of the eye where light coming into the eye does not focus directly on the retina but rather in front of it, causing distant objects to be out of focus, while close-up or nearby objects remain in focus. It is the most common refractive error of the eye, and it has become more prevalent over the years.

If your child is complaining that it is hard to see things that are far away or frequently moves closer to see objects, they may have myopia.

A few signs and symptoms of myopia include:

- Squinting
- Eye strain
- Headaches
- Feeling fatigued when looking at something in the distance

Myopia usually begins in childhood and there is a higher risk of developing myopia if the parents are nearsighted. Although, myopia is not strictly hereditary. Eye fatigue from using a computer and doing other near vision tasks for an extended period of time as well as a genetic predisposition may lead to a child developing myopia.

Children with myopia tend to need stronger lenses in their glasses year after year but in most cases, nearsightedness stabilises in early adulthood, however in some cases it does worsen with age. Myopia is not a major risk to the eye, however, if progressive and severe it may be considered as a degenerative condition. This form of myopia is rare and is believed to be hereditary.

## Degenerative myopia can lead to:

- Cataracts
- Retinal detachment
- Vision loss
- Neovascularization
- Glaucoma

Studies suggest, children who spend more time playing outdoors have less risk of developing myopia or at least it helps slows down the progression of myopia.

Your child should have their eyes examined before their first birthday and then again at the age of three. Thereafter they should get their eyes checked at least once every two years afterwards. plusoptiX can be used to screen your child from the age of 6 months old and the screening process can be done in under two seconds. The sooner an issue with your child's eyes is detected, the sooner it can be treated and corrected.

[!\[\]\(0f848bbd71cef6b345273b16f905912a\_img.jpg\)An infographic titled 'Myopia Facts' is embedded in the text. The infographic is not visible in the provided image, but its presence is indicated by the HTML code and alt text.](https://www.allaboutvision.com/parents/myopia-facts-infographic.htm)

### Information sourced from:

- All About Vision
  - <https://www.allaboutvision.com/conditions/myopia.htm>
  - <https://www.allaboutvision.com/parents/myopia-causes.htm>
- Medicine.Net
  - <https://www.medicinenet.com/script/main/art.asp?articlekey=43056>