

Managing Myopia At

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Myopia Management



Does your child struggle to see far away?

Myopia, also known as short-sightedness, is an eye condition which causes objects in the distance to appear blurred, whilst objects that are close are seen clearly.

Myopia is a very common refractive eye condition, which continues to increase worldwide, and it is estimated by 2050, half of the world's population will be myopic.

Myopia has doubled within a century in Europe and in Australian 12-year-olds it doubled in just 5 years!

This is a worrying public health issue, as short sight is connected with a number of more serious eye problems in later life.

With every increase in myopia, the risk of developing these conditions increases.

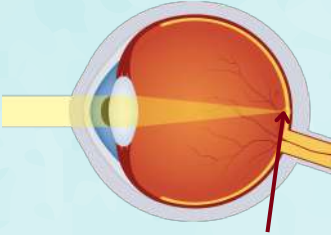
References: mykidsvision.org, myopiaprofile.com, myopiainstitute.org

We expect that our children will live longer than us and so managing myopia EARLY is essential to help safeguard their vision!

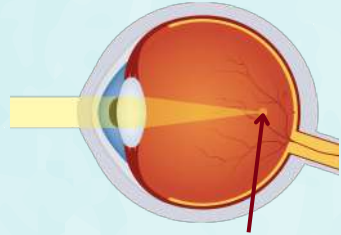


What Is Myopia?

Myopia occurs when the eyeball grows too quickly in childhood, or starts growing again in adulthood



Clear vision where images reach the focal point on the retina



Myopia where images don't reach the focal point causing blurred vision



Childhood onset myopia is most commonly caused by the eyes growing too quickly, or continuing to grow after age 10-12 when eye growth should normally cease. Genetics, environment and the individual's characteristics can all contribute to this excess growth



In younger children, myopia progresses more quickly because their eyes are growing at a faster rate, leading to higher levels of myopia, stronger glasses and more eye health risks

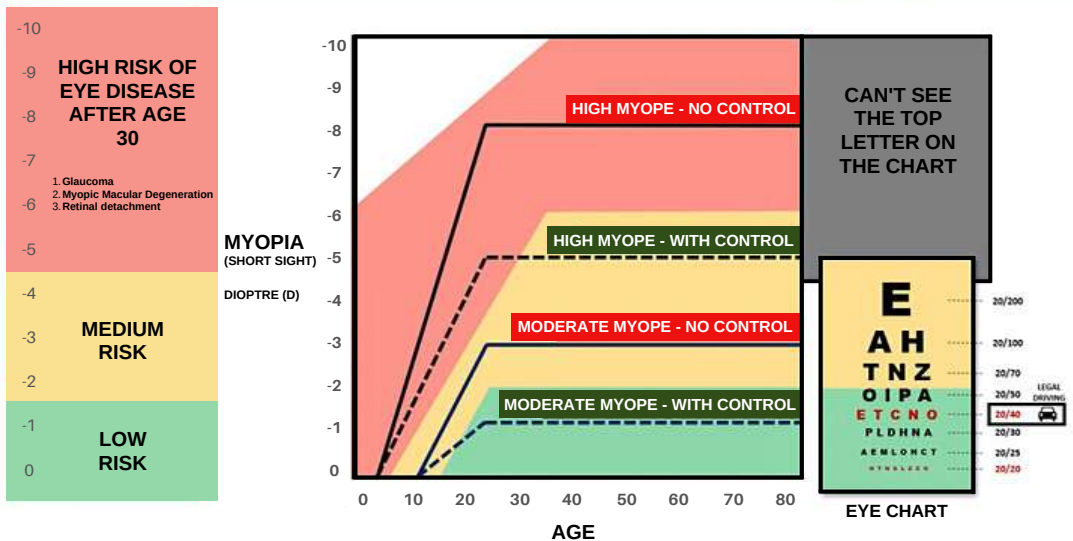


Adult onset myopia usually occurs as an adaptation to fatigued eye focusing muscles due to a significant increase in close work, such as university studies

Myopia Progression

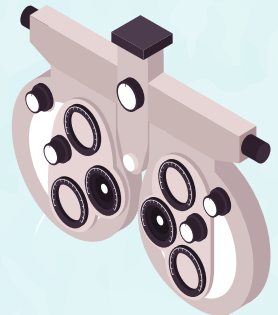
The good news is that the amount of Myopia can now be reduced in children. The chart below shows how **EARLY CONTROL** should help your child see better over their lifetime, reducing their risk of eye disease, later on in life. Myopia occurs when the eyeball grows too quickly in childhood, or starts growing again in adulthood

MYOPIA PROGRESSION IN CHILDREN | FIRST DIAGNOSIS CHART



5 questions we would like parents to ask us in the test room:

1. Does my child have myopia?
2. What line on the eye chart can they see now?
3. What line might they see in 5 years' time?
4. What is their projected line on the graph?
5. What myopia control options are available to us?



"Myopia management is often recommended for children, as beginning the treatment early on will help to keep myopia levels as low as possible from the outset"



At Feltham Eyecare Centre, Mr Kasmani specialises in myopia management for children to safeguard the future of their vision and well-being.

Mohamed Kasmani has over 20 years' experience as an Optometrist and business owner and specialises in Myopia Management at Feltham Eyecare Centre in Feltham, West London. Having had myopia from a young child, and also from a family background with myopia, Mohamed was never provided with any solutions for his strong prescription glasses which means that he understands the frustration of children suffering from myopia.

This led to Mohamed becoming passionate about developing a specialist Myopia Management Clinic, at Feltham Eyecare Centre.



Myopia Management (children)

We can now offer solutions which are designed specifically to slow down the progression of myopia (short-sightedness) in children.

Myopia can occur in children and teenagers as the eyeball lengthens during growth. There is a higher risk of becoming myopic if one or both parents have the condition, although genetics might not be the only factor.

There is currently no cure for myopia, but in recent years there have been advances in ways to slow down the progression, including the following options:

Myopia Management Options

Night Lenses (Orthokeratology)

Night Lenses which is also known as Orthokeratology or Ortho-K, are special contact lenses worn overnight while you sleep. This means that you can see clearly during the day without the need for spectacles or day lenses and so are great for children especially those active in field sports or swimming. They have been shown to help slow down the rate of progression of myopia. They are ideally suitable if the prescription is under -5D.



Day Lenses (With Myopia Control)

Specialist contact lenses worn during the day that focus the light better around the edge of the eye. They are designed to bend light travelling into the eyes from its natural angle, resulting in light landing on the peripheral retina in a way that doesn't encourage lengthening of the eyeball. The lenses are soft and comfortable and easy to use as you dispose of them at the end of each day. This means your child is able to look after their lenses by themselves with minimal risk of infection.



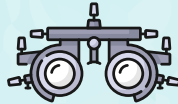
Spectacle Lenses (With Myopia Control)

Specialist spectacle lenses that focus the light better around the edge of the eye and are worn like normal spectacles. They use peripheral defocus technologies for reducing the progression of childhood myopia without the need for contact lenses.



How can I help reduce the risk of slowing down myopia?

The good news is we can now help to slow down the progression of Myopia in children. **Early management of myopia** should help your child see better over their lifetime, reducing their risk of eye disease later on in life.



Spend time outside each day. Walk the dog, ride a bike, play in the backyard, sit outside in shade. It is the brightness of natural sunlight which is beneficial rather than UV light - still take sun protection precautions.



Make sure the computer is positioned correctly to prevent eye strain and take breaks every 20 minutes by looking away from the screen for 20 seconds. Remember that it's always important to take regular breaks from close work and look far into the distance to rest the focusing of your eyes.



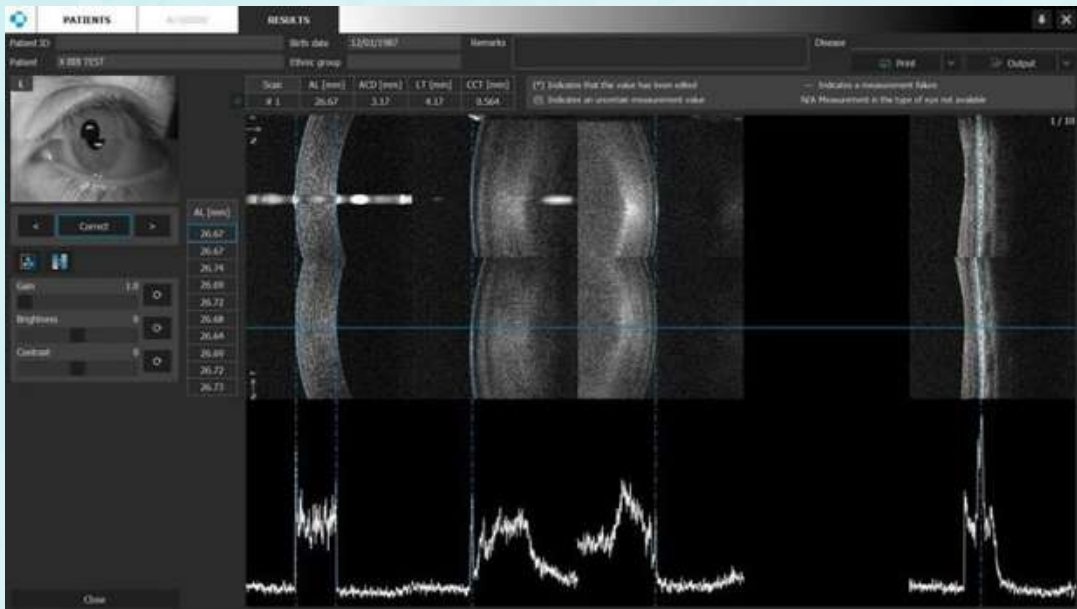
Try to limit near tasks (after school/work) to 2 hours per day. This also includes leisure time – ensure it is not primarily spent on handheld digital devices or other close vision tasks like reading and drawing. On the weekends, ensure a balance between inside and outside time, and increase natural lighting.



Myopia Consultation

To help with myopia management at Feltham Eyecare Centre we have introduced a new 3D OCT Scanner. The Revo 80 by Optopol. This advanced diagnostic equipment means we can measure the axial length of the eye with its Biometry Module. It has the power to show more information about the progression of you and your child's myopia.

By continuously monitoring axial length using the Revo 80 OCT Scanner, we can start to build up a picture of how quickly it is progressing, so we can make the best recommendation for safeguarding and managing your myopia.



Along with myopia control treatment, another way to reduce the risk of developing myopia is to spend time outdoors, giving your child's eyes access to natural light and allowing them to use their full optical field. Nowadays, more and more time is spent indoors, with children using their near vision to look at screens, which means their vision isn't often exposed to distances over 3 metres. Several studies have been conducted to confirm this, with one indicating that spending 1 hour per day (7 hours per week) will result in a 45% reduction in myopia.

Which treatment is best for your child?

As a high myopic patient himself (-9.00) who has worn glasses since the age of 9, our principal optometrist, Mr Kasmani, has a passion for helping to reduce the progression of myopia in children – if he had the chance when he was younger to take advantage of this, he would've done so in a heartbeat!

This is why you can rest assured that he will dedicate as much time as necessary to find the right solution for your child, so they can protect and enjoy good vision and eye health for as long as possible. The first step to finding out is to book your child in for an eye examination at Feltham Eyecare Centre. If your child has already had an eye exam recently and their prescription is up to date, why not contact our team to book a myopia management treatment consultation?



Management and more recently the Certificate of Achievement in Stellest from Essilor Ltd. He has been fitting overnight vision correction lenses known as OrthoK for over 10 years, and also trained in the fitting of Myopia Management Soft Contact Lenses known as Mi-Sight, NaturalVue, and was amongst the first Optometrists in the UK to receive accreditation to fit MiYOSMART Myopia Management Spectacle Lenses.

By investing heavily in new technology to assist with the management of Myopia, including measuring the shape of the cornea and length of the eyes, we are here to help and have solutions available to manage your child's myopia.



Book Your Myopia Consultation

If you're ready to book your myopia consultation, or have further questions, give us a call today on **020 8867 0406**



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