# **SCHOOL SUCCESS** STARTS WITH **AN EYE EXAM**



# **BACK TO SCHOOL PLANNING**

#### **PIECE IT ALL TOGETHER WITH AN EYE EXAM**

Back-to-school season brings a fresh start for kids and parents alike. As you prepare for another school year, set your child up for academic success by scheduling a comprehensive eye exam as myopia could be hiding in near sight.

#### BACK TO SCHOOL CHECKLIST













# **COURSE 101: MYOPIA**



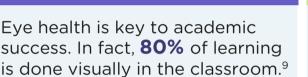
Class is in session! Today we're learning about myopia, a chronic, progressive disease in which the eye grows too long.1-3 We used to think of myopia as just nearsightedness, but we now know it's so much more, and can lead to blindness later in life because of abnormal eye growth.4

Myopia is a growing public health crisis. Over the past 20 years, the number of people with myopia has nearly doubled.<sup>6</sup> Every child should be monitored for myopia from an early age, with annual comprehensive eye exams starting by the age of 5.7,8



# **THREE THINGS** TO KNOW









Up to 40% of students with learning disabilities like dyslexia or ADHD have misdiagnosed vision issues.11

## WHAT CAUSES MYOPIA 12-14





Not spending enough time outdoors



Too much near work (reading, screen time)



Genetics









Squinting

Struggling to

see the board

at school



Trouble seeing far away



Headaches



Getting unusually close to digital devices, TV or books



Complaints of tired eyes

## WHY IT 🗥 **MATTERS: RISKS**

In the short-term, myopia means patients struggle to see far away. This can lead to poor performance in school and less enjoyment playing sports or other activities.

In the long-term, myopia can lead to sight-threatening complications as the patient gets older.

## **VISIT AN EYE DOCTOR**



A comprehensive eye exam is more thorough than a vision screening at school or a pediatrician's office. It can detect the early signs of myopia, as well as more than 270 common and chronic diseases.<sup>7,15</sup>

If your child does have a myopia diagnosis, talk to your eye doctor about myopia management treatment options. Hint: there are new treatment options like contact lenses. It is not just glasses these days!

Find a myopia specialist near you.

> Visit seeyourabiliti.com

REFERENCES \*The lenses are indicated for reducing refractive error up to 6.00D of myopia and up to 1.50D of astigmatism Results may vary by patient and prescription level. 1. Flitcroft DI. The complex interactions of retinal, optical and environmental factors in myopia aetiology. Prog Retin Eye Res. 2012;31(6):622-660. **2.** Donovan L, Sankaridurg P, Ho A et al Myopia progression rates in urban children wearing single-vision spectacles. OVS 2012;89(1):27-32. **3.** Pärssinen O, Kauppinen M. Risk factors for high myopia: a 22-year follow-up study from childhood to adulthood. Acta Ophthalmologica. 2019;97(5):510-518. 4. Haarman AEG, Enthoven CA, Tideman JWL, et al The Complications of Myopia: A Review and Meta-Analysis. Invest Ophthalmol Vis Sci. 2020 Apr 9;61(4):49. 5. Morgan IG, French AN, Ashby RS, Guo X, Ding X, He M, Rose KA. The epidemics of myopia: Aetiology and prevention. Prog Retin Eye Res. 2018 Jan;62:134-149. **6.** Holden BA, Fricke TR, Wilson DA, et al. Global Prevalence of Myopia and High Myopia and Temporal Trends from 2000 through 2050. Ophthalmology 2016;123:1036-42. **7.** American Optometric Association. Annual Comprehensive Eye Exam. **8.** Morgan IG, French AN, Ashby RS, Guo X, Ding X, He M, Rose KA. The epidemics of myopia: Aetiology and prevention. Prog Retin Eye Res. 2018 Jan;62:134-149. 9. Jensen, E. (2008). Brain Based Learning: The New Science Of Teaching and Training. San Diego, The Brain Store. 10. Vitale S et al. Increased prevalence of myopia in the US, 1971-1972, 1999-2004. Arch Ophthalmol. 2009;127(12)1632-1639 11. Feis, A. (2022, August 5). Learning Difficulties? Have Your Child's Vision Checked. Midwestern University Clinics. Retrieved June 7, 2023, from https://www.mwuclinics.com/clinics/news/learning-difficulties-have-your-childs-vision-checked 12. Wu PC, Chen CT, Lin KK, et al. Myopia Prevention and Outdoor Light Intensity in a School-Based Cluster Randomized Trial. Ophthalmology 2018;125:1239-50 13. Huang PC, Hsiao YC, Tsai CY, Tsai DC, Chen CW, Hsu CC, Huang SC, Lin MH, Liou YM. Protective behaviours of near work and time outdoors in myopia prevalence and progression in myopic children: a 2-year prospective population study. Br J Ophthalmol. 2020 Jul;104(7):956-961. **14.** Tedja MS, Haarman AEG, Meester-Smoor MA, Kaprio J, Mackey DA, Guggenheim JA, Hammond CJ, Verhoeven VJM, Klaver CCW; CREAM Consortium. IMI - Myopia Genetics Report. Invest Ophthalmol Vis Sci. 2019 Feb 28;60(3):M89-M105. 15. Morgan IG, French AN, Ashby RS, Guo X, Ding X, He M, Rose KA. The epidemics of myopia: Aetiology and prevention. Prog Retin

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