

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



- ✓ Pencils & erasers
- ✓ Establish routine
- ✓ Physical exam
- ✓ Notebooks
- ✓ Eye exam

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.⁵ Over the past 20 years, the number of people with myopia has nearly doubled.⁶ 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



- Eye health is key to academic success. In fact, **80%** of learning is done visually in the classroom.⁹
- An average of **1 in 3** kids in the United States have myopia and are often diagnosed between the ages of **8 and 12**, but it can develop in earlier years.¹⁰
- Up to **40%** of students with learning disabilities like dyslexia or ADHD have misdiagnosed vision issues.¹¹

WHAT CAUSES MYOPIA¹²⁻¹⁴



- Not spending enough time outdoors
- Too much near work (reading, screen time)
- Genetics

SIGNS AND SYMPTOMS



- Squinting
- Trouble seeing far away
- Getting unusually close to digital devices, TV or books
- Struggling to see the board at school
- Headaches
- 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.^{7,15}

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](https://www.seeyourabiliti.com)

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