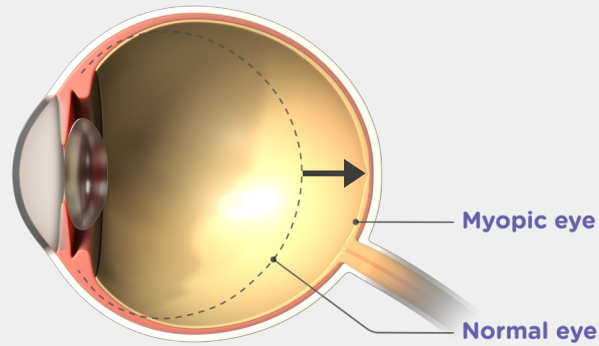


LET'S TALK ABOUT MYOPIA

WHAT IS MYOPIA?



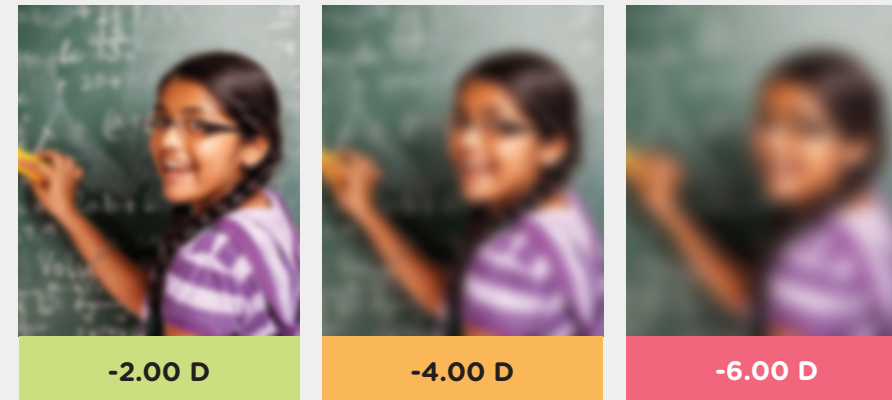
Myopia is a chronic, progressive disease, in which the **eye grows too long**.¹⁻³ We used to think of myopia as just nearsightedness, but we now know it's so much more, and can lead to **blindness** later in life because of the abnormal eye growth.¹

Myopia is an increasing epidemic found all around the world.⁴ In fact, by 2050, 50% of the world's population will have myopia. Risk factors for developing myopia may be spending less time outdoors, increase in near work (reading, screen time), and parents who have myopia.⁵⁻⁷

WHAT ARE THE RISKS?

Short Term

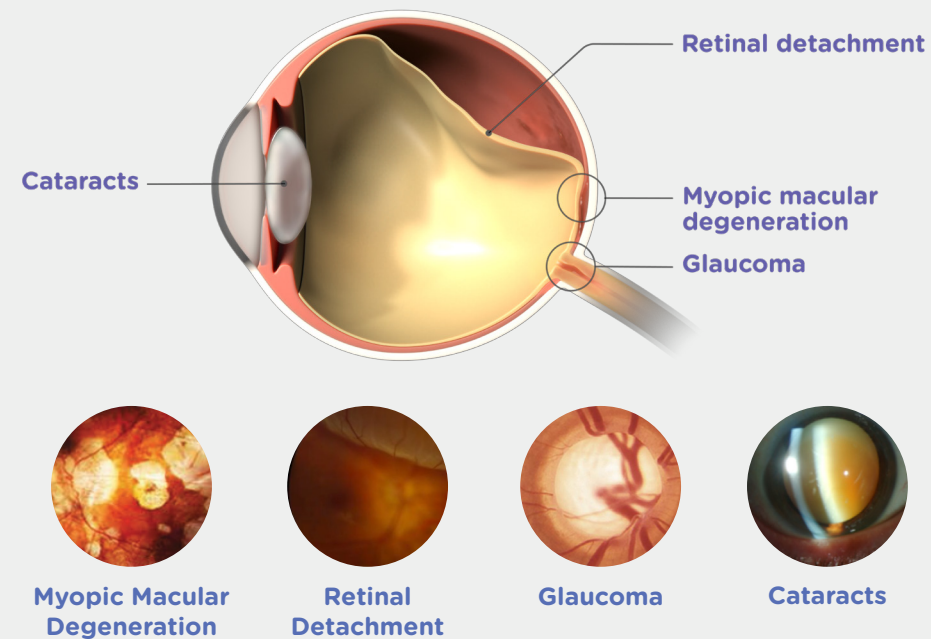
In the short term, myopia means patients struggle to see far away without vision correction. This can lead to poor performance in school and less enjoyment playing sports or other activities.



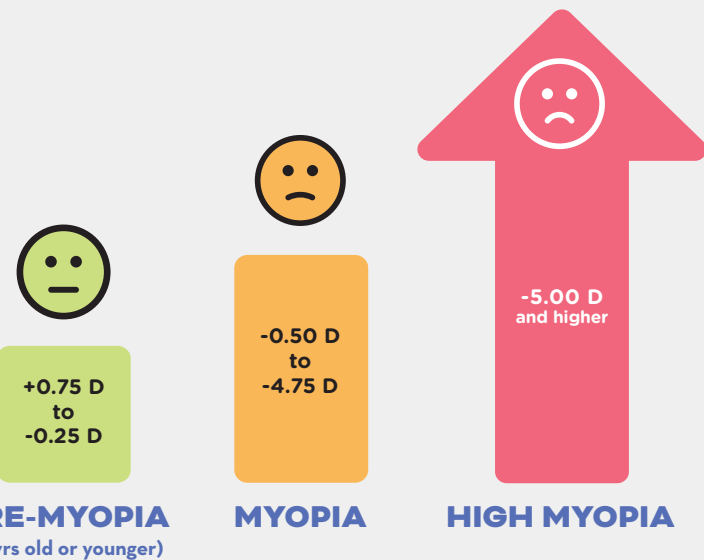
Simulated representative view

Long Term

Myopia can lead to sight-threatening complications as the patient gets older. These risks include:⁹



LEVELS OF MYOPIA



Rx CHANGES MATTER

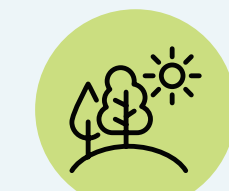
There is no safe level of myopia.¹ For example, every additional diopter of myopia increases the risk of Myopic Macular Degeneration, a sight-threatening eye disease, by 67%. **This means that every prescription change matters.**¹⁰

RISK OF DISEASE INCREASES WITH EVERY LEVEL OF MYOPIA⁹

	-0.50 to -3.00 D	-3.00 to -6.00 D	-6.00 D and higher
GLAUCOMA	1.6x ↑	2.9x ↑	2.9x ↑
CATARACTS	1.6x ↑	2.6x ↑	4.6x ↑
RETINAL DETACHMENT	3.2x ↑	8.8x ↑	12.6x ↑
MYOPIC MACULAR DEGENERATION	13.6x ↑	73x ↑	846x ↑

TALK TO YOUR DOCTOR

Talk to your doctor about myopia management treatment options. There are also simple lifestyle changes that can help. Consider:



More time outdoors¹¹



Less near work⁶



More frequent breaks from near work¹²

Interested in learning more?



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