

Short-sightedness A parent's guide

Your questions
answered



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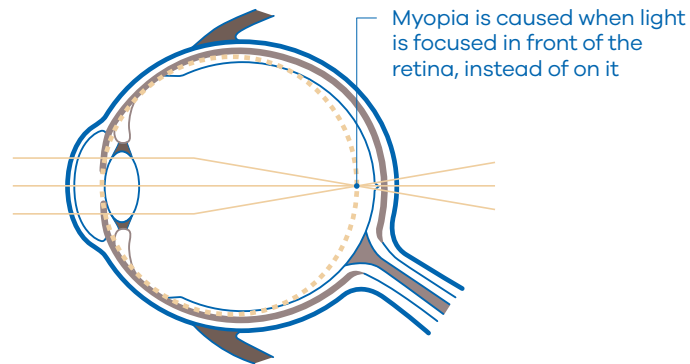
What is short-sightedness?



Short-sightedness is the common name for myopia, an eye condition where far away objects appear blurry and out of focus, whilst close objects remain clear.

Myopia is caused when the light entering your child's eye is focused slightly in front of the retina instead of on it. Effectively their eye is too long.

The retina is there to sense incoming light and convert it into signals to send to the brain so your child can see. So if the light isn't focused exactly on the retina, then it's likely their vision will be affected.



A growing problem

Myopia is a very common condition and it's increasing around the world. Experts estimate that by 2050, 5 billion people (about half the world's population) will be affected.



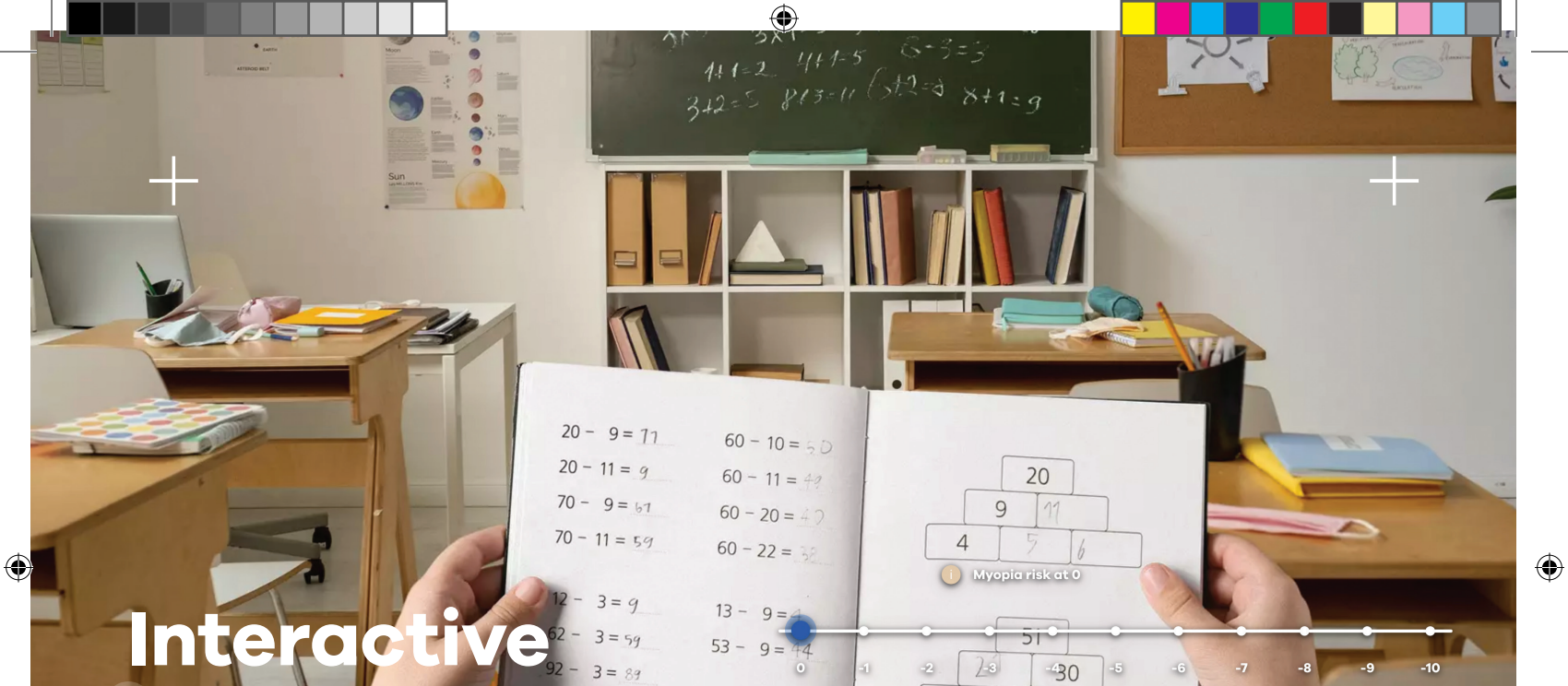
How might myopia affect my child?

The first signs that your child has myopia might be them sitting close to the TV or computer, or holding their mobile phone or tablet close to their face. They might also complain of headaches or rub their eyes a lot. Often though, there are no obvious signs at first which is why it's important to take your child for regular eye examinations.

As your child grows, myopia can increase and if left uncorrected the effects will become more obvious. They might struggle to see the white board at school, and social activities like playing sport will become harder.

In the long term, children with myopia are at an increased risk of developing eye conditions like cataracts and glaucoma in adulthood.





Interactive Myopia Simulator

See for yourself how advancing myopia might affect your child's vision with this interactive myopia simulator. Simply scan the QR code with your phone or tablet.



What can be done to help?

Fortunately, myopia can normally be corrected using glasses or contact lenses. These bend the light so it's focused in the right place (on the retina) instead of falling short.

However, standard glasses or contact lenses won't stop myopia from getting worse (requiring stronger lenses) until the eyes are fully grown.

To reduce the risk of myopia getting worse there are some simple steps you can take:



More time outdoors

Encourage your child to spend as much time outside as possible.



Regular eye care

Take your child to the optician for regular checkups.



Take breaks

Encourage them to take regular breaks from screen time and close work.



Myopia management

Recent technological advances mean some glasses and contact lenses can now slow down the worsening of myopia, whilst also correcting vision. This means that your child may not need to have stronger prescriptions as often as they grow older.



**Tiny 'lenslets', invisible to your child,
reduce the trigger for the eye to grow.**

What is MiYOSMART?

**MiYOSMART is a myopia management
spectacle lens produced by HOYA -
a leading optical and healthcare company.**

MiYOSMART spectacle lenses use a widely accepted technology to slow down myopia progression. The lens corrects and simultaneously provides a treatment zone. The treatment zone includes many 'lenslets' that create an effect called myopic defocus. This means that some light is focussed in front of the light sensitive layer at the back of the eye. This reduces the trigger for the eye to grow, in affect applying the brake to eye growth.

Is MiYOSMART right for my child?

The first step is to ask your optician about MiYOSMART.

Typically MiYOSMART is recommended for children with myopia between the ages of 6 and 18, although the sooner that treatment can be started, the better the results are likely to be.

Before prescribing, your child's optician will conduct a full eye examination and make an assessment as to the best course of action. If they judge that MiYOSMART is appropriate they will talk you through the benefits and answer any questions you might have. The staff in practice will then help you and your child to choose an appropriate frame and take the measurements needed to ensure a perfect fit.



Research shows that tolerance of MiYOSMART is very high and the majority of children will adapt to the lenses quickly. In the unlikely event that an issue does occur, simply return to your optician who can advise on the best action to take.



More than 2 million parents worldwide have already trusted MiYOSMART.

Where can I find more information?

HOYA UK

More information about MiYOSMART myopia treatment lenses, along with an interactive myopia simulator

www.hoyavision.com/uk/for-spectacle-wearers/miyosmart/

NHS Website

A guide to short-sightedness (myopia)

www.nhs.uk/conditions/short-sightedness/

My Kids Vision

A free online tool that helps parents to assess and manage myopia risks for their children.

www.mykidsvision.org

MiYOSMART – Confidence Through Evidence

A summary of the academic research supporting MiYOSMART spectacle lenses

www.hoyavision.com/vision-products/miyosmart/evidences/

Or speak to a member of the practice team...



www.hoyavision.com/uk

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