
Environmental options:

All myopic children can benefit from these lifestyle changes. It is important to get your child outdoors consistently. There is strong evidence that children who spend at least 2 hours a day outdoors are less likely to become myopic, and their myopia progresses slower than children who are outdoors less. Some studies show that increasing outdoor time by as few as 45 minutes a day is beneficial in reducing progression.

There is some evidence that consistent use of screens, particularly held very close to the face, can worsen nearsightedness. We recommend limiting non-academic screen time and near work, and encourage your child to use the 20-20-20 rule. Every 20 minutes take a 20 second break to look at least 20 feet away.

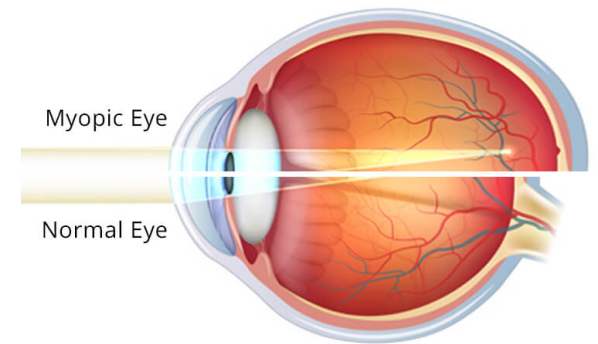
Contact and scheduling info

Myopia control

Myopia or nearsightedness causes blurry distance vision. Myopia is caused by the elongation of the eye, and progresses throughout childhood. Myopia is becoming increasingly common. More severe myopia and a higher glasses prescription is associated with a higher risk of eye problems involving the retina in adulthood, such as retinal problems and macular degeneration.

Myopia control is meant to slow the growth of the eye, keeping the glasses prescription as low as possible and reducing the risk of ocular disease in adulthood.

There are several treatment options



Essilor Stellest glasses lenses

FDA market authorized Essilor Stellest glasses lenses have been shown to slow myopia progression by about 50% in children aged 6-12.

These lenses are a great treatment option because all your child needs to do is wear glasses. They look almost identical to ordinary glasses, but use specialized optics to signal the brain to slow the growth of myopic eyes.



Caption

Low-dose atropine

These eyedrops have been studied for over 20 years and have been shown to slow myopia progression by about 50% when used consistently.

Low-dose atropine is simple to add to your daily routine. One drop is placed in each eye before bed each evening. These are ordered from a compounding pharmacy and mailed directly to your home.



Specialty contact lenses

FDA-approved MiSight lenses have been shown to slow myopia progression by about 50% in children aged 8-12.

Contact lenses can be a great fit for many children, especially active children or those who do not enjoy wearing glasses. Many children as young as 7 or 8 are successful at wearing contacts.

