

## Advice on Reducing Myopia

It is recommended to take regular breaks from intense close work (tablets, phones and reading).

There is a rule called the 20/20/20 rule. It advised for every 20 minutes of close work you should spend 20 seconds looking at something 20 feet or further away.

It is also recommended for children to spend at least two hours outside during the day.

It is important to note that short-sightedness is not a bad thing, but it is something we need to monitor and control to prevent it progressing too quickly, especially in young children.

## Myopia Control

This is a new area of research.

It's goal is to stop the progression of short-sightedness. The overall findings are yet to be published, but the early results are encouraging.

How can you prevent myopia progression:

1. One method is the use of a low dose atropine eye drop at night. The theory is that it will blur the vision very slightly to discourage eye growth.
2. Another method explores different types of hard and soft contact lenses.

This is new and exciting research which can explained further in clinic.



Cúram Sláinte  
Pobail Thoir  
ag freastal ar Bhaile Átha Cliath  
Thoir Theas, Baile Átha Cliath  
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## Myopia (Short-sightedness)

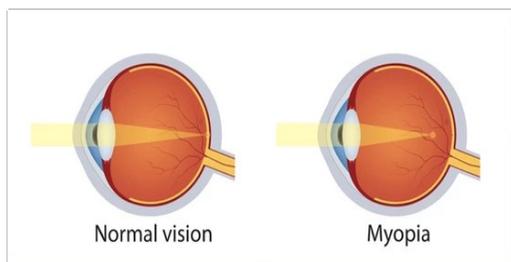
## What is Myopia?

This is also more commonly known as short sightedness, where things that are far away appear blurry.

If your child is myopia, they may start standing closer to the television or start struggling with the school board in school.

The diagram below shows how the light ray passes through the eye to hit the back. As you can see in myopia, the light ray does not hit the back of the eye properly. This is what causes blurry vision.

This is mainly because the eye is too long.



## What causes Myopia?

When we are born we are all long-sighted, the eye then grows as we get older.

Ideally, the growth of the eye should stop at a certain point and you will not require glasses. Glasses prescriptions are all down to the size and the power of the eye. In young children we base prescriptions off what is normal for someone of that age.

In short-sightedness, the eye keeps growing and can become too long.

If a young child is short-sighted, it is very likely that as they continue to grow, so will their eyes. They will then become more short-sighted as they go through their teenage years.

Glasses and/or contact lenses are used to help correct short-sightedness.

## Risk Factors

- Family History

If one parent is short sighted, the child is three times more likely to become myopic and this increases to seven times if both parents are.

- Environment

Increased time spent indoors and spending a lot of time carrying out close up tasks are believed to be linked to myopia.

- Ethnicity

Certain ethnicities are more prone to becoming myopic.