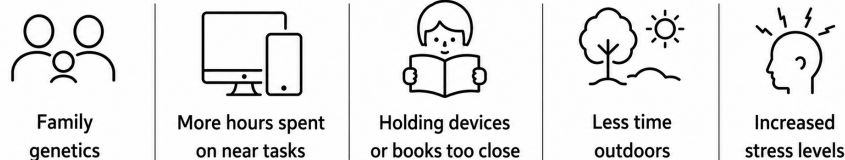


Myopia Management Program

Myopia (also known as nearsightedness) is a vision condition that causes blurry vision when looking far away. It occurs when the outermost layer of your eye (the cornea) is too curved and/or the entire eyeball is too long, causing light to focus improperly.

Myopia can be influenced by:



For many children and young adults, Myopia has recently **increased** due to more reading, screen time, online learning, and limited outdoor activities.

Myopia **higher than -3.00** in each eye **increases the risk** for eye diseases in the future, such as **glaucoma, retinal detachment, macular disease**, and **early onset of cataracts**. This is why Optometrists strive to prevent an increase in Myopia in all patients as much as possible.

At this time, your child's Myopia is **increasing**, so it is important to slow its progression throughout their young adult years to avoid the detrimental effects on one's vision and eye structure. **This is called Myopia Control.**

Myopia Control involves particular treatment options to **reduce abnormal growth of the eye**, **relax the eyes focusing system**, and encourage **better visual** behaviours.

Treatment options include:

- Myopia Control glasses (Stellest lenses, MiYoSmart, Anti-fatigue lenses, bifocal lenses etc)
- Myopia Control contact lenses (MiSight soft contact lenses or multifocal soft contact lenses)
- Atropine prescription eye drops placed in the eyes once every night before bed
- Vision therapy program
- Orthokeratology lenses (hard contact lenses worn while sleeping every night)

At our Brampton and Orangeville clinics, **we offer Myopia Control services** to maintain our young patients' vision and ensure their eye health is well looked after. Our optometrists perform specific tests to evaluate your child's risk of Myopia and discuss the best treatment options.

Our Myopia Control program involves **multiple follow-ups** throughout the year to ensure Myopia is not progressing. The **yearly** fee for our Myopia Control program is **\$125**, which covers all required follow-ups and testing. This fee is generally covered by **Private Insurance**, but not **OHIP**.

To learn more: www.mykidsvision.org or fightmyopia.ca.

Contact Us:

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