



MYOPIA

MANAGEMENT PROGRAM

Myopia (nearsightedness) causes distant objects to appear blurry. It occurs when the cornea is too curved and/or the eyeball is too long, causing light to focus in front of the retina.



More screen time, near work, online learning and less outdoor time have contributed to a rise in Myopia in children and young adults.



Myopia higher than -3.00 in each eye increases the risk of serious eye diseases later in life, such as glaucoma, retinal detachment, macular disease, and early cataracts.



Myopia often progresses during childhood and young adulthood. Slowing its progression early can help protect long-term vision and eye health.



Myopia Control uses proven methods to slow abnormal eye growth, relax the eyes focusing system, and encourage better visual habits.



MYOPIA CAN BE INFLUENCED BY:



Genetics



Limited outdoor time



Prolonged near work and screen time



Age (most common during childhood and teenage years)



Extensive reading and close work



Environmental factors

MYOPIA CONTROL TREATMENT OPTIONS



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

(applied in the eyes once every night before bed)



Vision Therapy Program

(exercises to improve visual skills and reduce eye strain)



Orthokeratology Lenses

(hard contact lenses worn while sleeping every night)



At our clinic, we offer Myopia Control services to maintain our young patients' vision and ensure their eye health is well looked after. Our doctors 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.



CALL OUR CLINIC TO LEARN MORE OR BOOK AN APPOINTMENT TO ASSESS YOUR CHILD'S RISK AND START MYOPIA CONTROL TODAY.



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