CHILDHOOD MYOPIA IS ON THE RISE

2020 2.6 B 2030 3.4 B 2040 4.1 B 2050 4.8 B

MYOPIA CAN BE SLOWED IN CHILDREN
Myopia, also known as nearsightedness, happens when the eye grows too long, or the cornea is curved too much. 

- **Spend at least 2 hrs/day outside**
  Studies show outdoor light can slow myopia.

- **Spend less time on screens**
  The link between screen time and myopia is unclear. But there’s no doubt that less is better.

- **Keep your distance**
  Keep digital devices about 2 feet away and at eye level.

- **Take breaks**
  Rest eyes every 20 minutes.

TIPS

- **PRESCRIPTION EYE DROPS** Can reduce eye lengthening

- **SPECIAL CONTACT LENSES** Can reduce eye lengthening and correct blurry vision

- **OVERNIGHT CONTACT LENSES** Can help flatten the cornea

HIGH MYOPIA INCREASES THE RISK OF VISION-THREATENING EYE CONDITIONS

- **CATARACT SURGERY**
  17% MORE LIKELY

- **RETINAL DETACHMENT**
  6X MORE LIKELY

- **GLAUCOMA**
  50% GREATER RISK

Learn more on the American Academy of Ophthalmology’s EyeSmart website [aao.org/eyesmart](http://aao.org/eyesmart)