



## Are you or your child short-sighted? Help the next generation avoid long term eye damage.

Worryingly the rate of myopia (short-sightedness) in the world is increasing dramatically. With higher levels of myopia, comes greater long-term risk of developing other serious eye conditions including retinal detachment, cataracts and glaucoma, and much research is being done to try to improve the outlook.

If one or both parents are short-sighted, the chance of their child becoming short-sighted increases, and increases further if their prescriptions are high. If a child develops myopia in childhood, it is likely to progress quickly, so by the time they reach adulthood their prescription is likely to be high.

So what can be done? Myopia Management is a significant development in recent years. Contact lenses are worn by day or by night (there are two options available), which can help to slow down the process, meaning by the time the child reaches adulthood, their prescription will be significantly lower than if they just wore glasses, leaving the myopia to develop at its natural pace.

### **A. If you know your child is short-sighted**

Most high street opticians do not have expertise in Myopia Management and don't offer these contact lenses. We have specialist expertise in this area and offer a free comprehensive eye examinations for all children in full-time education.

Contact lenses can be worn by children as young as seven-years-old and are often very well received by those who are reluctant to wear glasses, perhaps because they get in the way when they play sport or they make them feel self-conscious, so there are many added benefits. **Book an appointment with us for a free Myopia Management assessment.**

### **B. If one or both parents are short-sighted but your child is not**

Having family members who are short-sighted is a strong risk factor. While we cannot do anything about our genetics there are steps you can take to reduce the chance of becoming short-sighted (myopic).



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- **Increase the amount of time spent outside each day.** The brightness of natural light is thought to limit the rate of myopia progression. At least two hours a day is a good target.
- **Limit close work (over and above school or work), in particular screen time, to two hours per day.** This includes computers, tablets, smart phones, hand-held computer games, as well as drawing and reading.
- **Take vitamin D.** There is some evidence that taking a vitamin D supplement can slow establishment of myopia.
- **Start early.** The earlier in life these steps are taken, the best chance they have of making a difference.
- **Regular eye examinations.** All children should have their eyes examined every two years from pre-school, however if you notice any changes in your child's vision, make an appointment at your earliest convenience. Signs that they need to see an optometrist include noticing them squinting at the TV, complaining of headaches, difficulty reading or problems with co-ordination or concentration.

#### Free eye examinations and assessments

We are passionate about tackling the issue of increasing levels of myopia and generally ensuring that children look after their eyes from an early age. We offer a free comprehensive eye examinations using the most advanced technology available, performed by Scotland's most experienced and highly trained optometrists. We are currently including a Myopia Management assessment as part of this.

You can book an appointment by emailing us at [myopia@cameronoptom.com](mailto:myopia@cameronoptom.com) or calling 0131 225 2235.

For further information [www.cameronoptom.com/myopia](http://www.cameronoptom.com/myopia).

