



BACK TO SCHOOL PLANNING



PIECE IT ALL TOGETHER WITH AN EYE EXAM

As you prepare for another school year, schedule a comprehensive eye exam for your child. Myopia could be hiding in near sight.

COURSE 101: MYOPIA



Class is in session! Today we're learning about myopia. We used to think of myopia as just near sightedness, or blurry distance vision, but we now know it's a chronic, progressive disease where the eye grows too long.¹⁻³ It can even lead to blindness later in life.1

Myopia is a growing public health crisis.⁴ Over the past 20 years, the number of people with myopia has nearly doubled.5 Every child should be monitored for myopia from an early age. Annual comprehensive eye exams should begin no later than the age of 5.4,6



THREE THINGS TO KNOW





80% of classroom learning is done visually.7



1 in 3 kids in the US on average have myopia.8,9



Every child should be monitored from an early age, with comprehensive eye exams starting by age 5.4,6

RISK FACTORS OF MYOPIA 10-12







Squinting

SIGNS AND

SYMPTOMS



time outdoors

Not spending enough







Too much near work (reading, screen time)



board at school



Genetics



Complaints of headaches

WHY IT MATTERS: RISKS /!\



In the short-term, kids struggle to see far away, which can lead to poor performance in school and difficulty playing sports.



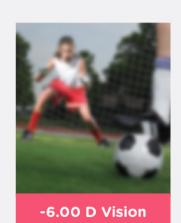
Clear Vision



-2.00 D Vision



-4.00 D Vision



In the long-term, myopia can lead to sight-threatening complications as the child gets older.1

VISIT AN EYE DOCTOR



Your child's prescription can worsen every year, which is why it's so important to schedule a comprehensive eye exam. These exams can help supplement a vision screening at school or a pediatrician's office and can detect the early signs of myopia, as well as more than 270 common and chronic diseases.¹³

Talk to your doctor about myopia management options. Hint: there are new treatment options like contact lenses. It is not just glasses these days!

Find a myopia specialist near you. Visit

seeyourabiliti.com

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Johnson Johnson vision

Manifestations. December 2014.