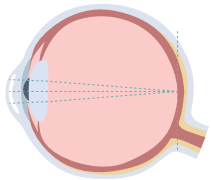
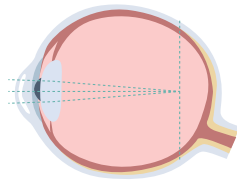


## What is short-sightedness?



Normal Vision



Myopia

Shortsightedness, also known as myopia, commonly occurs as the eyeball grows too long during childhood. The image is focused in front of the retina, leading to blurry distance vision if not corrected.

Heredity is one of the factors in myopia development. If both parents are myopic, their children are more likely to be myopic too. Environmental factors such as spending too much time on near work can also increase the risk of developing myopia.



## Why do we need to control myopia?

Once a child becomes myopic, their myopia will likely progress year after year.

High myopia (-6 diopters or more) increases the risk of eye complications such as earlier cataract, macular degeneration, retinal detachment and glaucoma.



Cataract



Myopic Maculopathy



Glaucoma

Myopia is therefore **not merely a refractive problem but also an eye health concern.**

Action should be taken to control myopia!

## Can myopia be prevented?

Research studies indicate that spending more time outdoors can reduce the risk of developing myopia. So, let your children go outdoors and play!



For more information or to make an appointment, please contact The Optometry Clinic, The Hong Kong Polytechnic University.



Enquiry: <https://polyu.hk/Fk1BM>

Tel: (852) 2766 5225

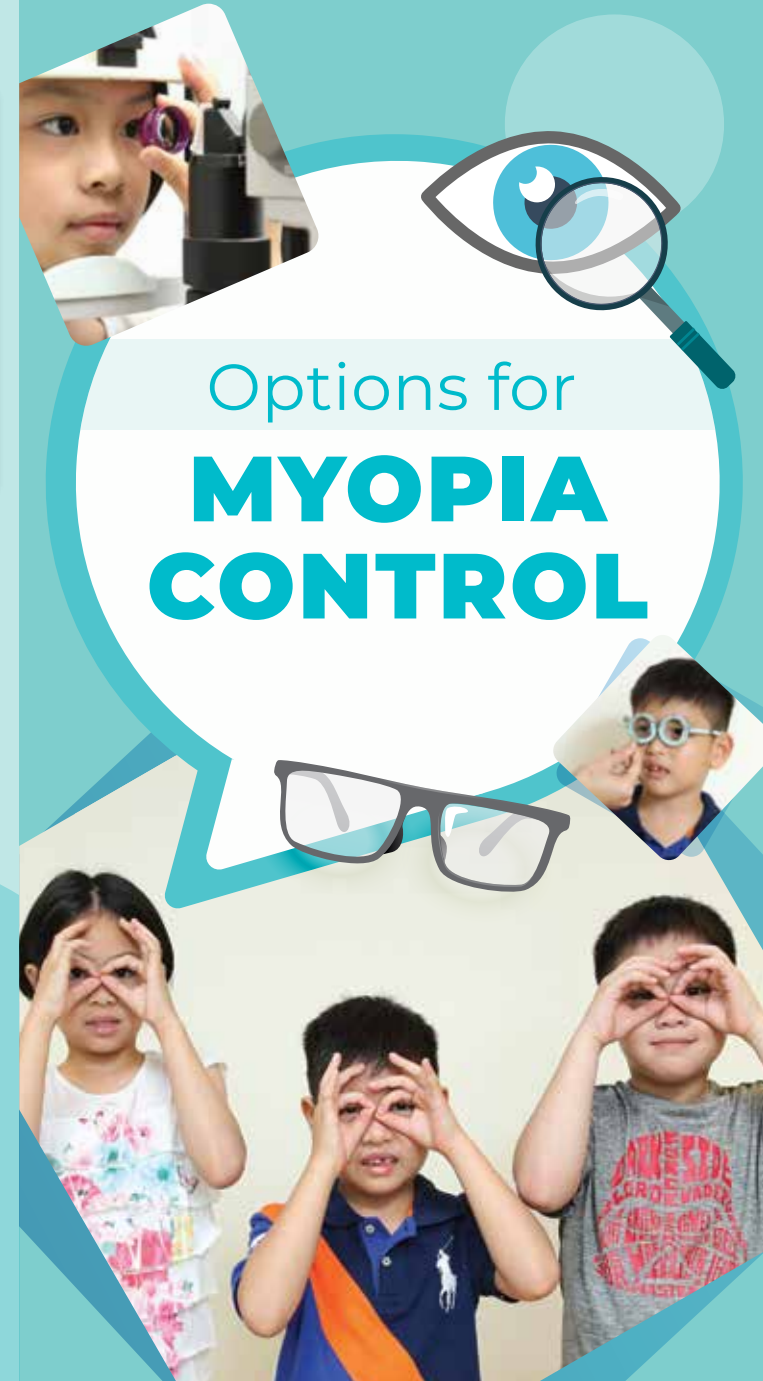
Address: A034, The Optometry Clinic,  
The Hong Kong  
Polytechnic University

Website: <https://www.polyu.edu.hk/so/>

Web booking: <https://ocwb.polyu.edu.hk>



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Options for  
**MYOPIA  
CONTROL**

# What can you do if your child becomes myopic?

Maintain good visual habits and proper reading distance.

Nowadays, there are several options that can be used to **slow down myopia progression** by reducing the excessive elongation of the eyeball.



## Options for myopia control

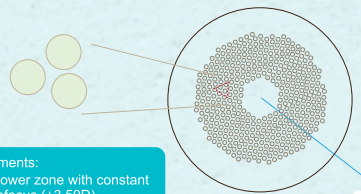
### METHOD 1 Myopia control spectacle lenses



- Includes prismatic bifocals, defocus incorporated multiple segments (DIMS) lens, etc.
- Optical method to inhibit the excessive elongation of eyeball.
- Non-invasive and relatively safe.
- Correct vision and control myopia at the same time.



Schematic diagram of MSMD spectacle lens



### METHOD 2 Orthokeratology



- Specially designed rigid gas permeable contact lenses for wearing during sleep at night.
- Temporarily alter the corneal shape and correct the vision during the period of therapy.
- Can eliminate the need for glasses-wearing in the daytime (depending on therapeutic effect).
- Alternating the optics of the cornea to reduce the excessive elongation of the eyeball.
- Should strictly follow the instructions, maintain good hygiene and attend regular follow up to reduce risks.



### METHOD 3 Soft myopia control contact lenses



- Specially designed soft lenses for wearing in the daytime.
- Correct vision and control myopia at the same time.
- Optical method to inhibit the excessive elongation of the eyeball.
- Should strictly follow the instructions, maintain good hygiene and attend regular follow up to reduce risks.



### METHOD 4 Eye drops



- Atropine, prescribed by doctors, with different dosages.
- Pharmaceutical method to control myopia.
- Photophobia and blurred near vision are the common side effects depending on the dosage.
- Still need to wear glasses or contact lens to correct vision in the daytime.



Attention: • Effectiveness of each myopia control option may vary between individuals.  
• Please consult an optometrist to select a suitable myopia management plan for your child.