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SAOJI vision care

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KIDS WEARING GLASSES



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Hello Parents,

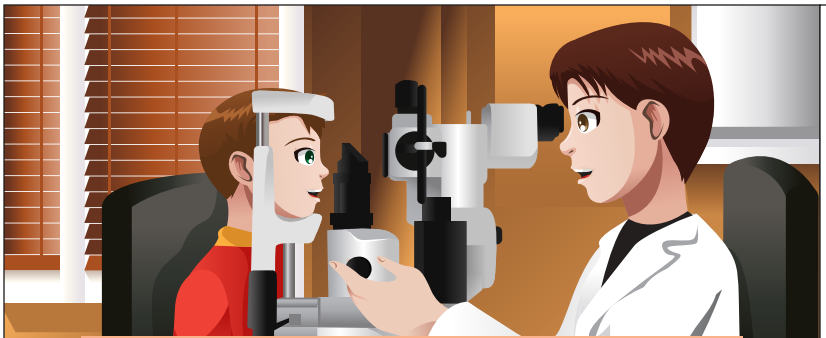
With many kids needing eyeglasses these days, it is clear that Myopia is on the rise. It is expected that by 2050 half of the world would be Myopic, if we do not work on its prevention and control, Myopia may be associated with sight threatening complications and hence it is best to try and prevent these problems

Saoji Vision Care is happy to present to you a very useful booklet, on Myopia control, which may be important for your child's good vision and eye health.

Do read it and email us if you have any further doubts



Yeshwant Saoji
Consultant Optometrist



MYOPIA CONTROL CLINIC

Saoji Vision Care is one of the first Optometry clinic in India to have a Myopia control facility. It is being done most professionally and with the best instruments

With excessive near work and very less outdoor play the incidence of Myopia (short sight or minus spectacle prescription) is on the rise.

The speed at which this is becoming epidemic can be judged from the fact that more and more school children are wearing spectacle these days

When a child becomes Myopic, other than the Psychological issues associated with it, there are many vision threatening complications that may happen in the late adulthood. The probability of developing these complications multiplies with the higher amount of minus prescription required. Hence it is essential control the Myopia from progressing. With various methods and frequently a combination of lifestyle changes Myopia can be controlled from 40% up to 90%

The Complications of Myopia could be Glaucoma, Retinal detachment, Cataract and Myopic Maculopathy. All these can leave a permanent damage to the vision with the exception of Cataract. Hence it is strongly recommended to get the Myopia profiling done

What is Myopia?

Myopia or short sight is type of vision defect of the eye where patient can see clearly at close but far objects are blurred. Having a minus power in the prescription indicates that you have myopia

Why Myopia occurs?

a) Family history of myopia is one of the reasons. If one parent is a Myope, the risk of child developing Myopia is 3 times and if both are Myopes then the risk is 6 times.



b) Environmental factors such as lack of sunlight exposure, reduced Vitamin D, less time spent outdoors can increase Myopic progression.

c) Increased near activities such as reading, writing, using smartphones, tablets, laptops, etc. can lead to Myopia progressing faster.

d) Small degree of squint (esp. hidden squint) can also influence the development of myopia.

e) Faulty posture of reading and writing, improper lighting can lead to increase in Myopia.

Can normal spectacle lenses control myopia?



Normal spectacle lenses can correct myopia but do not control its progression and in fact can increase the Myopia.

What is Myopia progression?

Constant increase in the minus power is known as myopia progression. Some amount of increase in the power and length of the eye ball is normal, but when this increase is more than the normal range, the chances for future eye problems multiply by a huge number.

What are the risks / complications of Myopia?



Myopia occurs when the eyeball elongates too quickly in childhood. This elongation of the eyes put the delicate structures inside at risk of developing complications, greater the eyeball length, higher is the risk

The table below indicates that higher the Myopia, higher is the risk of complications in the eyes. Now a days more than the glasses prescription, eye ball length is proven to be a better predictor of Myopia related risks.

Zero Power	Cataract (PSCC)	Retinal Detachment	Myopic Maculopathy
-1.00 to -3.00	2.1	3.1	2.2
-3.00 to -6.00	3.1	9.0	9.7
-6.00 to -8.00	5.5	21.5	40.6



Let us understand the future complications of Myopia

Retinal detachment

If the eye ball elongates more than normal, as in high Myopic powers, the Retina at the back part of the eye gets stretched. It is a delicate membrane susceptible to damage, if stretched beyond a point

Myopic maculopathy

It's a condition where the most important part of the retina which is responsible for central vision is damaged. As a result when the affected person tries to see any object, the vision exactly ahead is blurred and peripheral vision is better.

Glaucoma

Its often called as a silent thief! Glaucoma gradually robs the eyesight, if not controlled. With eye drops and sometimes surgery it can be slowed down and controlled well. Patients may have to use eye drops life long.

Cataract

It's a very common condition and happens to almost everyone. But it happens more and at a younger age in Myopes, esp high Myopes. With new technology Cataract surgery is one of the most successful surgeries of the eye, restoring vision to 100% most often. Hence not much of worry for this complication

To prevent these complications absolutely essential that we control your child's Myopia as soon as possible. Please remember we can only achieve control and not completely stop Myopia from Progressing.

How can you help your child in Myopia prevention or Control?



- Get Myopia profiling done and discuss with your Optometrist about the various suitable options required for Myopia prevention or control.

- Spend 2 hours (at least 90 min) out doors esp. if Myopia has not set in yet.
- Read in natural lighting rather than tube lights, prefer to study in the mornings rather than evenings or nights.
- Always read at 'Harmon' distance.
- Ask your Optometrist about what spectacles should you wear in case Myopia Control methods are not opted for.
- Though UV rays are harmful, some amount of UV is required for better myopia control. Enquire about the type of spectacle lenses to be worn.
- Avoid blue control spectacles lenses.
- Eat healthy food and maintain good health.
- Spread the word and help others lead a better quality of life by informing them about Myopia control.

Who should get the Myopia profiling done?

- If one or both the parents of the child are Myopic or if the child has excessive near work with very less outdoor time, or the child is already wearing spectacles, then Myopia profiling is strongly recommended.
- You may visit us for a complimentary counseling session to understand the risk of Myopia in your child and also get the Myopia Risk Assessment (MRA) done. It will help to keep your child's eyes safe.

What can I expect in Myopia profiling?

- Lifestyle related questionnaire.
- Detailed eye exam for refractive error (Spectacle prescription).
- Complete workup of assessing the eye muscle strength and other details.
- Myopia risk assessment on Eye Suits Myopia.
- Corneal mapping.
- Retinal photography.
- And few more tests.
- Options for Myopia control would be discussed.

How much time is required?

- Generally 90 min to 120 min may be required. Hence prior appointment is a must.
- Follow up examinations are most important for assessing your eye health and for plotting your Myopia progression graph.

- **What are the options for Myopia control?**

Orthokeratology lenses are wonders of modern technology; these lenses temporarily correct your eye powers on wearing at night so that you do not require spectacles or contact lenses

during the day. They as very safe to wear and many designs are approved by the US FDA, but are used for myopia control as off label therapy. It can be compared to charging the mobiles phone at night so that you can use it during the day. Multiple options are available. On checking your eyes, the safest one would be recommended.

Safety

It is natural to be concerened about sleeping with the lenses on. These are special design lenses and have been US FDA approved after extensive studies for safety. Also various studies have proved that they are as safe as day wear lenses.

- **Low dose Atropine** eye drops are considered to be a safe option for myopia control. However recent studies indicate that they control the Myopia but may not aid in preventing the future problems due to Myopia. Long-term side effects are a concern.

Safety

Though Atropine is having side effects, they are very few with so much of dilution and easily managable if the patient maintains a regular follow up with an ophthalmologist.

- **Soft multifocal** day wear contact lenses **(special design)** work as good Myopia control lenses, are now available in India.

Safety

Contact lenses have been safetly worn by millions across the globe and with very few complications. Most of these complications are due to improper usage of the lenses and not because of actual wearing lenses.

- **Special design spectacle lenses** for myopia control are worn instead of regular spectacles. They slow down the increasing Minus number.

Safety

These would be very safe and effective, giving 60% Control.

- **Eye exercises** may be prescribed for few children who are diagnosed to be having muscle weakness during Myopia profiling. Few of these weakness can contribute to Myopia increase and hence vision therapy may be recommended.

Safety

Very safe however works only in specific cases and most often used in addition to other options.

- **Lifestyle modifications** are must for all kids who are either Myopic or are at a high risk of developing Myopia. We shall guide you in detail what lifestyle modifications may be required for your child.

At the present time Orthokeratology contact lenses are considered to be the safest and best option for Myopia control in most of the cases

"What needs to be remembered if the chance of Myopia related complication in a high Myope is 4 times more as compared to chance of Contact lens related complication"

Disclaimer :

Myopia control is an ongoing research and multiple researchers are working on it, as a result the few percentages, opinions and suggestions may vary

This compilation is to the best of authors understanding about Myopia control on the present date. As and when new research findings are released options and suggestion may be updated

No method is best and the child would be examined and depending on various factors and after counseling session we would recommend the best one for your child

If you require any further information, please contact us personally or email us on yeshwantsaoji@gmail.com

Dear Parents,

Did you find the book useful?

Would you like us to send this book to some one who would benefit from it?

Give us the addresses and we shall send this as a gift on your behalf

You can whatsapp their name, address, phone no & email id on + 91 9373772654

Thank You!

Have you checked your childs Eye Ball Length ?

It is one of the strong indicators for Myopia Management

Book your appointment today!

Call : 9373772654

for latest updates and free councelling session on Myopia Control!