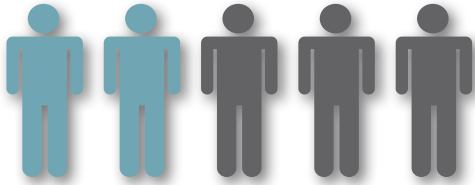


9 Quick Tips to **STOP** Your Child's Myopia



2 in every 5 people develop myopia.

Myopia, also known as nearsightedness, is a very common problem that makes it hard to see things across the room and far away. Usually, myopia occurs because the eyeball grows too long during childhood.

1.

THE 20/20/20 RULE

Every 20 minutes, look away at 20 feet for 20 seconds. This reduces the strain of extended near work on your eyes. Focusing at near for more than 20 minutes is training your eyes at near only, thus, you get blurry vision far away.

2.

DON'T WEAR EYEGLASSES TOO STRONG OR TOO WEAK

Studies show that wearing the correct prescriptions will reduce the progression of your nearsightedness. Glasses too strong make your eyes work too hard, while glasses too weak make your vision blurry.



3.

PROPER POSTURE: DON'T READ IN BED

Reading in bed causes you to focus at odd angles which puts excessive strain on your visual system. People that play the violin often have very different prescriptions in each eye due to the odd posture of playing the violin and focusing at an odd angle.

4.

PROPER LIGHTING

The use of proper lighting is important because poor lighting allows your pupils to dilate, which makes your vision less clear, which makes your eyes work harder. That additional work encourages your eyes to become more myopic.



5.

GET THE RIGHT KIND OF SLEEP

Proper sleep in a fully dark room (don't fall asleep with the TV on or have night lights in the room) has been shown to reduce myopic progression in children. A good night's sleep also encourages the proper balance of growth hormone for your child's optimal development.



6.

REDUCE COMPETITION AND STRESS

Excessive stress increases cortisol levels in the body which can also effect your child's visual development. This usually goes hand-in-hand with lack of sleep because the body doesn't have time to fully rest.

7.

PLAY OUTDOORS MORE

Studies show that children who spend more time outdoors have a lower myopic prescription. This may be due to increased levels of Vitamin D, frequent breaks of looking at long distance things, and increased spatial development.



8.

REDUCE "WHITE" FOODS

A healthy diet, and reducing the amounts of white sugar flour and white rice will allow your child to have healthier eyes by increasing the amount of vital nutrients needed for their eyes to develop properly. Increasing fruits, vegetables, and healthy proteins will help ensure optimal vision development.

9.

TALK TO US TODAY

We can tell you about proven, in-office therapy programs designed to **STOP** your child's myopia.

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