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Please note.

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When to implement myopia control strategies?

When it comes to eyesight, especially myopia (near-sightedness), early intervention is crucial for long-term eye health. Studies have shown that the sooner myopia appears, the more likely it is to progress [[1](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7708530/)]. Left unaddressed, myopia can lead to high levels of near-sightedness throughout childhood and teenage years, potentially resulting in serious eye conditions like detached retina, cataracts, glaucoma, or even blindness. To combat this issue, optometrists recommend taking action as soon as a child shows signs of myopia susceptibility. Regular and early eye checks play a vital role in identifying these signs, allowing for the timely implementation of myopia control strategies.

Identifying the Right Time for Intervention:

Children are generally long-sighted until around the age of six or seven, making this age a crucial time for observing any shifts in their eyesight [[2](https://www.eyecareconcepts.com.au/blog/what-age-to-start-myopia-control-treatment)]. If a child starts showing signs of becoming less long-sighted or even developing myopia, it is an indication that myopia control strategies should be initiated. Factors like heredity, excessive screen use, and lack of outdoor time can increase the risk of myopia development, making vigilance even more essential.

Myopia Control Strategies:

To effectively manage myopia, a range of options is available to optometrists. One notable approach involves using [MiSight](https://www.myopiafocus.org/soft-contact-lenses-myopia-management) contact lenses or similar alternatives. These lenses not only correct a child's vision but also influence how light enters the eye, creating conditions that can slow down the eye's growth and reduce myopia progression. Such strategies offer a dual purpose of vision correction and myopia management, making them an excellent choice for young patients.

Impact of Environmental Factors:

Recent studies have highlighted the impact of environmental factors on myopia development. Excessive indoor and screen time has been associated with a higher prevalence of myopia in young children, especially during lockdown periods [[3](https://jamanetwork.com/journals/jamaophthalmology/fullarticle/2774808)]. Early exposure to daylight has been suggested to have a beneficial impact on myopia development, making outdoor playtime even more crucial for children's eye health [[4](https://bjo.bmj.com/content/106/8/1104)].

Implementing myopia control strategies at an early age is paramount for ensuring lifelong eye health. Regular eye checks, early intervention, and adopting preventive measures like managing screen time, encouraging outdoor activities, and providing a balanced diet can significantly impact myopia progression. While not guaranteed prevention, these strategies offer promising benefits in delaying myopia onset or slowing its progression, leading to better eye health throughout a child's life.

**[Name of Business] is proud to support Myopia Focus**

Independent information on myopia and myopia management can be found on [myopiafocus.org](https://www.myopiafocus.org/what-is-childhood-myopia).

Please also consider signing this [change.org petition](https://chng.it/Ft25M75fpD) to get the NHS to recognise myopia as an ocular disease and improve funding for myopia management for children.

**Images:**

Please feel free to use the below image:

A person and a child smiling

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