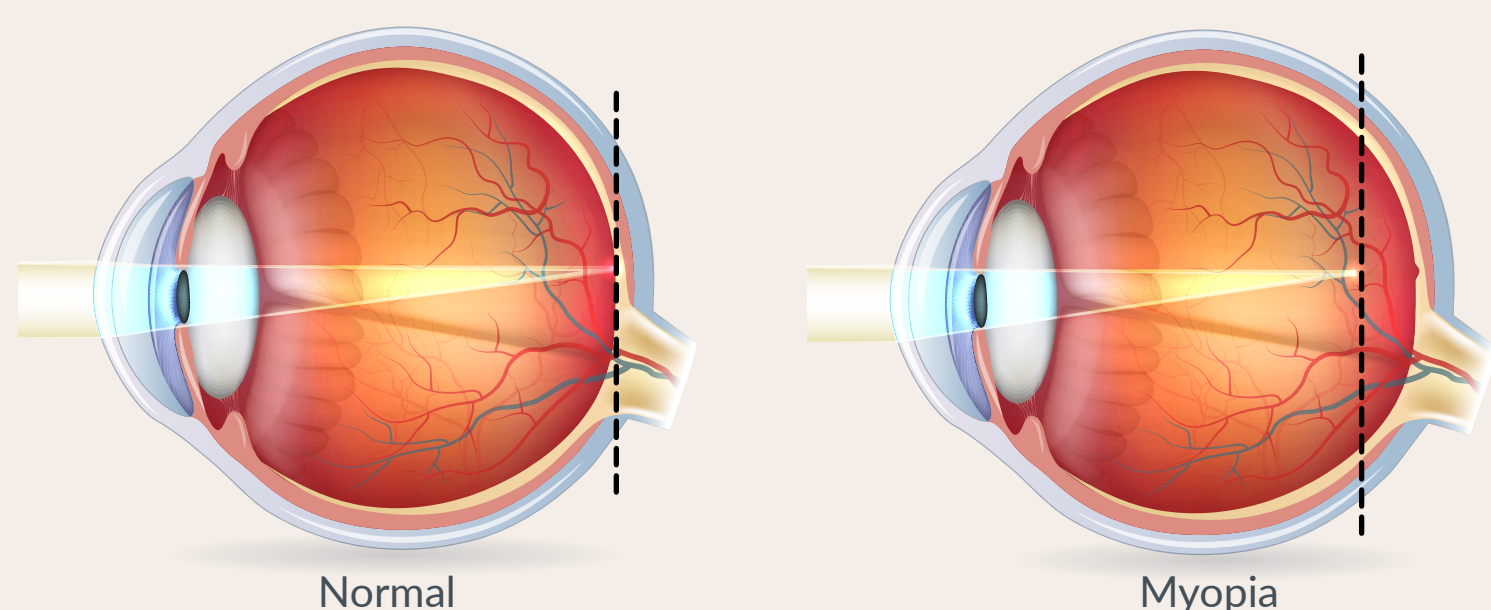


When the world's a blur

IN CONSULTATION WITH DR JOEY WAI, FAMILY PHYSICIAN, PIONEER POLYCLINIC, NATIONAL UNIVERSITY POLYCLINICS

What is myopia?

Myopia or short-sightedness **causes objects in the distance to appear blurry**



Normal

Myopia

In myopia, the eye **grows too long or the cornea is too curved.**

This causes light and image data to fall 'short' of theseeing part of the eye (the retina), so the image is not in focus.

What causes myopia in children



Increased time on screens and near work

7 hours/week triples the risk of myopia



Less time outdoors

Low exposure to natural sunlight increases myopia risk



Myopic parents

One myopic parent **increases the chance of myopia by 25%**, the chance doubles if both parents are myopic

Why is myopia prevention & management important?



The earlier myopia sets in, the **greater likelihood of vision loss later in life**



Untreated myopia in young children can lead to **amblyopia (lazy eye) and vision loss**



High myopia is also a **risk factor for cataracts, glaucoma, retinal detachment and macular degeneration**

Singapore has one of the **highest rates of myopia in the world**



65%

of children are myopic by 12 years old



83%

of young adults are myopic



80%-90%

of adults above 18 will be myopic by 2050



15%-20%

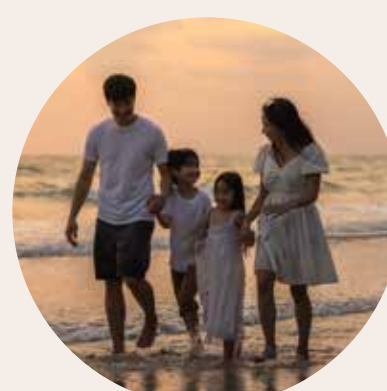
will have high myopia

Glasses can help improve vision **but they do not slow down the progression of myopia.** Prevent myopia with:



Less screen time

Take frequent breaks from close work and screens



More outdoor time

Two hours or more outdoors prevents myopia progression by 10% to 20%