



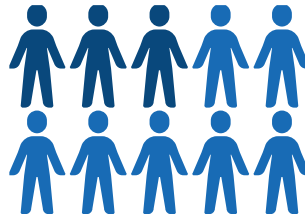
FOCUS ON EYE HEALTH

Managing Myopia: A Close Look at Nearsightedness



A Closer Look at Myopia

Myopia, more commonly known as nearsightedness, is a very common vision condition. In fact, it is experienced by nearly 30% of the U.S. population¹ and this rate is continuing to increase. By 2050, researchers estimate that half the population will have myopia.²



Breaking Down Myopia vs. High Myopia

Myopia






- Close objects appear clearly, but objects in the distance appear blurry¹
- Indicated on the prescription with a minus sign³
- Prevents light from bending properly, causing light to be aimed in front of the retina instead of on the retina²

High Myopia

- Also known as severe nearsightedness, where a person's prescription is -6.00 diopters or more⁴
- People with high myopia are at a greater risk of blindness⁵
- Defined when the eye elongates beyond 26.5mm⁵

Common Risks Factors of Myopia

In most cases, myopia develops between the ages of eight and 12 years old and worsens during the teenage years.² It can, however, appear later in adult years as a result of visual stress or health conditions like diabetes.¹ Some other risk factors that can lead to myopia are:

<p>Limited Time Outside</p>  <p>Spending less than 90-120 minutes per day outside is linked with a 2-3X increased risk for the onset of myopia.⁶</p>	<p>Prolonged Screen Time</p>  <p>Research suggests a correlation between the increase of myopia in children and more time spent using digital devices.⁷</p>	<p>Genetic History</p>  <p>If one parent is myopic, the child is at 2X the risk to develop myopia, and 5X the risk if both parents are myopic.⁸</p>	<p>Family Heritage</p>  <p>Increased prevalence and rates of progression have been observed in children of East Asian descent versus Caucasian children.⁹</p>	<p>Refractive Error</p>  <p>If a child is less hyperopic than +0.75D at age 6, they are at increased risk of becoming myopic.¹⁰</p>
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Symptoms of Myopia²

- Blurry vision when looking at objects from a distance
- Squinting to see clearly
- Headaches
- Eye strain

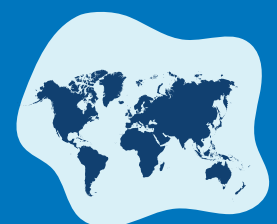
Did You Know?



If a child needs new lenses with significant correction changes a few times per year, it could be an indicator of high myopia.



People with high myopia may be at greater risk of developing eye conditions like retinal detachment, glaucoma and cataracts.¹¹



With the continued increase of myopia cases worldwide, it is referred to as an epidemic.¹²

Treatment Options For Managing Myopia

Eyeglasses or Contacts¹



Typically, glasses and/or contact lenses are a simple solution for correcting myopia. For most, a single vision lens will be prescribed. Even better? These solutions are often covered by vision benefits.

Patients over the age of 40 or with a stronger case of myopia may need a bifocal or progressive lens.

MiSight Lenses¹³



In 2019, Cooper Vision launched the first FDA-Approved daily wear, disposable contact lens* for myopia control. The dual-focus design of this contact lens creates myopic defocus to inhibit myopia progression. (PPT).

Contact Lens Material Allowance can be used towards the cost of MiSight contact lenses.

Corneal Refractive Therapy¹



Corneal Refractive Therapy (CRT) is a non-surgical procedure in which the patient wears a series of specially designed rigid contact lenses.

This process will gradually reshape the curvature of the cornea, changing the way light is focused. Patients may be able to receive partial reimbursement from their vision plan. They can check with their vision plan for more information.

Atropine Drops¹⁴



Atropine drops are effective and easy to implement for parents of young children. The drops act on the retina or sclera to inhibit elongation and prevent eye growth.

Atropine drops are not approved by the FDA for myopia control. Off label prescriptions are generally not covered by medical insurance.

Laser Procedures¹



LASIK and PRK are both options that can treat myopia in adults. The laser beam of light will reshape the cornea by removing a small portion of corneal tissue.

The amount of myopia corrected is dependent on the amount of tissue that can be safely removed.

Specialty Eyeglass Lenses

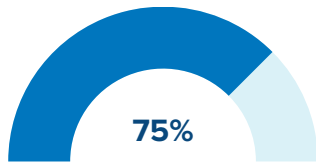


There are specialty eyeglass lenses available outside the U.S. that are currently pending FDA approval. These lenses are designed to slow the progression of myopia in children.

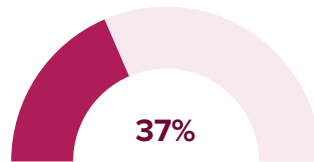
Major lens manufacturers are working to get these lenses approved for sale in the U.S.

Understanding Myopia: A Parent's Perspective¹⁵

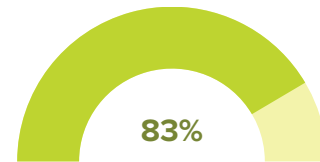
Knowing if a child is at risk for myopia starts with regular vision care exams. Optometrists and parents can then work together to determine if lifestyle factors add additional risks or concerns. From there, they can find a treatment option that fits within their budget and meets the child's visual needs. By offering an enhanced vision plan, you can make quality vision care more accessible for families.



of parents that are familiar with myopia have not been made aware of the myopia epidemic.



of parents are aware that vision loss can be a complication of myopia.



of parents feel the treatment of their child's myopia is effective.

When it comes to preventing and managing myopia, it's important for parents to be aware of its prevalence and warning signs. While parents may be aware of myopia, they may not be aware of the myopia epidemic or the risks associated with high myopia.

Enhance Your Vision Plan With Myopia Solutions

At VBA, we work to design plans that keep the whole family's vision health in mind. You can help your team manage myopia by offering a vision plan with:

- ✓ **Increased Allowances** - more flexibility in selecting a lens for high myopia
- ✓ **Calendar Year Materials Frequency** - allows parents and their kids to get new glasses every 12-months
- ✓ **Calendar Year Exam Frequency** - allows parents and their kids to get a vision care exam every 12-months



VBA offers plans that provide easier access to vision care. **To learn more, visit vbaplans.com.**

The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. American Optometric Association (<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/myopia?ss=y>) 2. American Academy of Ophthalmology (<https://www.aoa.org/eye-health/diseases/myopia-nearsightedness>) 3. American Academy of Ophthalmology (<https://www.aoa.org/eye-health/glasses-contacts/how-to-read-eyeglasses-prescription>) 4. American Academy of Ophthalmology (<https://eyewiki.org/Myopia>) 5. American Academy of Ophthalmology ([https://eyewiki.org/Pathologic_Myopia_\(Myopic_Degeneration\)](https://eyewiki.org/Pathologic_Myopia_(Myopic_Degeneration))) 6. Review of Myopia Management (<https://reviewofmm.com/the-great-outdoors/>) 7. American Academy of Ophthalmology (<https://www.aoa.org/eye-health/tips-prevention/digital-devices-your-eyes>) 8. National Library of Medicine (<https://pubmed.ncbi.nlm.nih.gov/articles/PMC10532298/>) 9. National Library of Medicine (<https://pubmed.ncbi.nlm.nih.gov/articles/PMC4941141/>) 10. National Library of Medicine (<https://pubmed.ncbi.nlm.nih.gov/articles/PMC10491088/>) 11. Mayo Clinic (<https://www.mayoclinic.org/diseases-conditions/nearsightedness/symptoms-causes/syc-20375556#:~:text=Severe%20nearsightedness%20puts%20you%20at,and%20other%20serious%20eye%20conditions>) 12. American Academy of Ophthalmology (<https://www.aoa.org/eyenet/article/facing-the-myopia-epidemic>) 13. Cooper Vision (<https://coopervision.com/practitioner/our-products/misight-1-day/misight-1-day>) 14. Review of Ophthalmology (<https://www.reviewofophthalmology.com/article/a-review-of-advances-in-myopia-management>) 15. The Vision Council (<https://thevisioncouncil.org/blog/vision-council-unveils-focused-insights-2023-parental-perspectives-myopia#:~:text=Report%20Highlights%3A,and%20genetics%20as%20risk%20factors>)