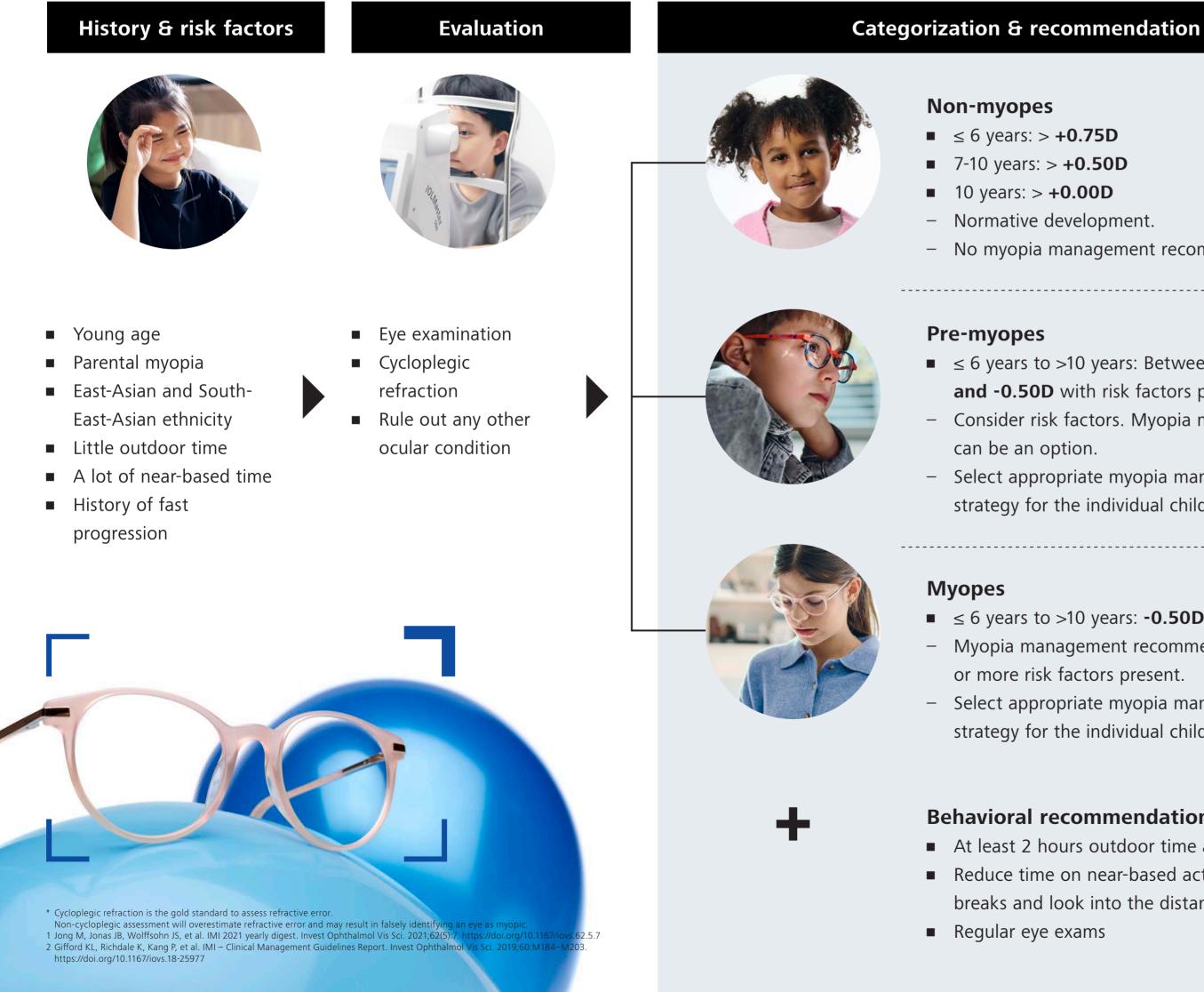
Myopia management guideline Risk factors and preventative measures





Seeing beyond

Monitoring

■ ≤ 6 years: > +0.75D ■ 7-10 years: > +0.50D Normative development. No myopia management recommended.

- \leq 6 years to >10 years: Between +**0.75D** and -0.50D with risk factors present. Consider risk factors. Myopia management
- Select appropriate myopia management strategy for the individual child.
- \leq 6 years to >10 years: **-0.50D or worse.** – Myopia management recommended if one or more risk factors present.
 - Select appropriate myopia management
 - strategy for the individual child.

Behavioral recommendations:

- At least 2 hours outdoor time a day Reduce time on near-based activities, take breaks and look into the distance

Yearly review

- Eye examination
- Cycloplegic refraction* ¹
- Evaluate risk of myopia onset

Closer follow-up

- Eye examination
- Cycloplegic refraction* 1
- Axial length measurement (recommended)
- Evaluate risk of myopia onset

First follow-up at 6 months

Later follow-ups can be longer based on progression.

- Eye examination
- Cycloplegic refraction* ¹
- Axial length measurement (recommended)
- Evaluate myopia progression
 - Slow: Continue treatment
 - Faster than expected at given age:² Closer monitoring, review & adapt treatment strategy