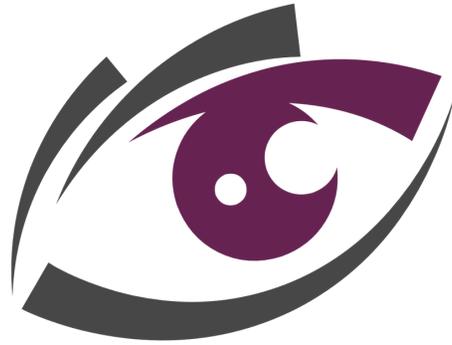


Dr Alicia Claire How

Dr Alicia How is a Ministry of Health-accredited Ophthalmologist with more than 20 years of medical experience.

She is an eye surgeon in Cataract and Comprehensive Ophthalmology. Dr Alicia sub-specializes in Glaucoma, Cataract, Anterior Segment Eye Surgery and General Ophthalmology.



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Managing Myopia

a growing global epidemic

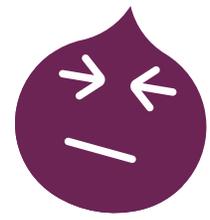


What is Myopia?

Myopia (short-sightedness) is the most common refractive error in children. It is currently a growing global epidemic and is estimated to affect about half of the global population by 2050.

It affects 30% of 5-year old children and up to 80% of 18-year old in Singapore. Singapore has one of the highest incidence rates of myopia in the world.

Symptoms of Myopia



- 1 Blur vision**
Distant objects will appear blurry, but you still will be able to see nearby objects clearly. This is why Myopia is also known as "short-sightedness."
- 2 "Squinting"**
An instinctive reaction to reduce the amount of light entering your eye to see clearly, also creating a "pinhole-effect".
- 3 Eye strain**
Blurred vision may cause you to focus intently on an object, indirectly causing eye strain.
- 4 Headache**
Headaches are caused by the eyestrain created by the blurred vision and the squinting that a myopic person typically does to attempt to see things clearly.



Complications of Myopia

Retina Detachment/Tear

As myopia progresses and the eye is excessively elongated, the retina becomes thinner. This puts the eye in a greater risk of developing a retina tear, hole or detachment.

Glaucoma

Glaucoma is associated with increased fluid pressure within the eyeball. It is often symptomless; causing poor vision gradually.



Cataract

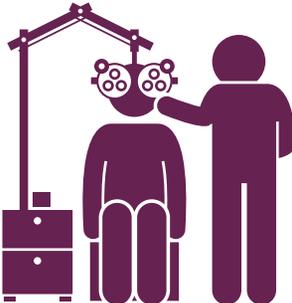
Myopia is associated with earlier onset of cataract, which is opacity or clouding of the lens that causes blurring of vision.

Myopic Macular Degeneration

The macula is the central part of the retina that contributes to clear vision. In high myopia, the eye structures may be stretched, causing structural damage.



Risk factors of Myopia

- 1 Parental Myopia**
- one or both parents myopic 
- 2 Refractive Error**
- more myopic than age normal
- 3 Ethnicity**
- East Asian
- 4 Near work**
- excessive screen time 
- 5 Outdoor time**
- limited



Managing Myopia

Comprehensive eye exam
- attend regular eye tests

Prescriptive correction
- glasses or contact lenses can correct blurry vision caused by myopia.



Increased risk of progression

- 1 Age**
- onset 9 years or less
- 2 Parental Myopia**
- one of both parents myopic
- 3 Refractive Error**
- more myopic than age normal or progression $> -0.75D/\text{year}$
- 4 Ethnicity**
- East Asian
- 5 Near work**
- excessive screen time
- 6 Outdoor time**
- limited

references: Brien Holden Vision Institute, Johnson & Johnson Vision

Reducing Myopia Progression

Reduce near work time

Keep near work to 30 minutes. Take frequent breaks by looking out into the far distance.



Increase outdoor time

Encourage and engage your child in more outdoor activities to train the eye to relax and focus for distance.

Myopia Control

Atropine 0.01% is available in our clinic.



Review

A follow up every 6 months is required to ensure that your child's myopia is stable.

Myopia treatment may be altered accordingly during the course of review.

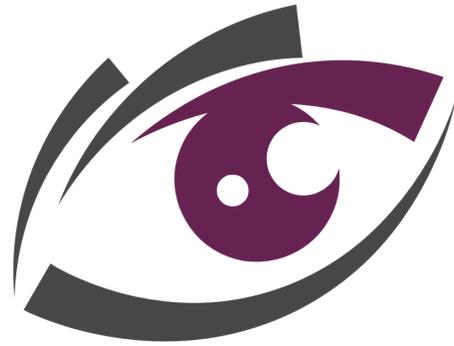


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Managing Myopia

with Atropine eye drops





What is Atropine?

Atropine is the first line treatment in slowing down myopia progression.

The suggested dosage of 0.01% atropine has minimal effects on your child's pupil size, accommodation, and near vision.

Low dose Atropine (0.01%/0.05%) is available in our clinic.

How does Atropine work?

Atropine relaxes the eyes' focusing mechanisms.

Evidence-based myopia studies has suggested that low dose Atropine (0.01%/0.05%) has shown to be consistently effective in slowing down myopia progression.



Guide to instilling Atropine

- 1** Instruct your child to lie down or sit with their chin tilted upwards.
- 2** Pull down your child's lower eyelid and ask them to look up.
- 3** Instill one drop into the exposed lower eyelid of each eye every night.



Adjusting to Atropine

Allergy Reaction?

These are signs that your child may be allergic to the eye drops:

- Red Eyes
- Swollen Eyelids
- Rash on Eyelids

If you suspect your child is having an allergic reaction or you may have given an overdose of the eye drops, stop the medication immediately and contact our clinic at 64798887.



Review

A follow up every 6 months is required to ensure that your child's myopia is stable.

The frequency or the dosage of atropine may be altered accordingly.