

Too much screen time has been linked to myopia, or nearsightedness, which can affect your child's vision and lead to an increased risk of developing serious eye health conditions in adulthood.^{2,3}

Here are
3 simple things
you can do to
protect your
child's vision.

Our focus is on you

Talk to us about myopia
screening for children.

By detecting myopia early, we can
recommend interventions effective
in managing progression.

**Ask us about myopia
screening today!**

1. Screen time and Children. MedlinePlus. U.S. National Library of Medicine. May 17, 2019. <https://medlineplus.gov/ency/patientinstructions/000355.htm>
2. How too much screen time affects kid's eyes. Children's Hospital of Philadelphia. December 11, 2018. www.chop.edu/news/health-tip/how-too-much-screen-time-affects-kids-eyes
3. Myopia (Nearsightedness). Cleveland Clinic. July 14, 2020. <https://my.clevelandclinic.org/health/diseases/8579-myopia-nearsightedness>
4. Why outdoor time matters in myopia development. Myopia Profile. Dr. Paul Gifford. www.myopiaprofile.com/why-outdoor-time-matters-in-myopia-development/

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 **TOPCON** Healthcare
SEEING EYE HEALTH DIFFERENTLY

Did you know?

Kids spend
an average of

5 to 7

hours a day
viewing screens¹

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1. Limit screen time

Options to consider:

- No phones in bedrooms after bedtime.
- No screens during meal times.
- Plan family activities away from screens.
- Set a good example by limiting your own screen time.

2. Increase outdoor time to a total of around two hours per day⁴

Being active outside is not only an effective way to get away from screens, but evidence suggests that exposure to outdoor light can help slow the onset and progression of myopia.

3. Have your child screened for myopia risk factors

Our practice provides a quick and easy screening test to see if your child is at risk of developing progressive myopia. It involves family history and lifestyle questions along with measuring the length of your child's eyes.