Two Examinations per Year (for children at risk)

What we know: Studies have found that time spent outdoors can help prevent or delay the onset of myopia or halt or slow its progression.

Why?: While more research is ongoing, factors such as the 3D nature and bright light that come with time spent outdoors have a positive effect on the development and progression of myopia.

What to recommend: Mention that the more time spent outside the better the effect. Suggest a minimum of 2 hours per day of outdoor activity at any point during the day, including school time.

Two Examinations per Year (for children at risk)

What we know: It is important to provide comprehensive eye exams to children early to delay the onset or slow the progression of myopia. The signs of a child becoming myopic may already be evident in 4-year-olds.

Why?: Behavioral changes and optical interventions have the most impact when initiated as early as possible.

What to recommend:
• Encourage pre-school age children to come in for a comprehensive eye exam.
• Follow-up: Yearly examinations or twice a year for children at particular risk.

Two Hours Outside per Day

What we know: Studies have found that time spent outdoors can help prevent or delay the onset of myopia or halt or slow its progression.

Why?: While more research is ongoing, factors such as the 3D nature and bright light that come with time spent outdoors have a positive effect on the development and progression of myopia.

What to recommend: Mention that the more time spent outside the better the effect. Suggest a minimum of 2 hours per day of outdoor activity at any point during the day, including school time.

Two Hours Maximum of Device Time and Near Work per Day

What we know: Some studies have found a correlation between screen time and near work with the onset of myopia.

Why?: Further research is needed to understand why excess viewing on devices and near work may influence myopia, but eye care professionals have reported higher rates of myopia during the COVID-19 pandemic as more children have increased screen time due to remote schoolwork.

What to recommend: Encourage patients to follow the 20-20: for every 20 minutes spent looking at a screen take a break by looking into the distance for 20 seconds.