Learn more about short-sightedness and what you can do to slow its progression in your child.

For more information about myopia control research, or to get involved, please email ceri@tudublin.ie
To improve quality of life, and reduce the risk of future eye problems, specific initiatives are now available which help slow the progression of myopia. This is known as myopia control. The treatment options include special contact lenses and atropine eye drops. Atropine is the most effective treatment currently available.

WHAT IS MYOPIA?

Myopia occurs when the eye grows too long causing blurred distance vision commonly known as short-sightedness. It is the fastest spreading condition in the world.

Just 60-80 years ago, only 10–20% of the Asian population was short-sighted, but today myopia affects up to 96% of teenagers and young adults in parts of Asia. The prevalence of myopia has recently doubled in Europe and now affects 50% of young adults. By 2050, it is estimated that 1 in every 2 persons worldwide will be myopic, with some regions like Europe and the USA at risk of following the dramatic increases observed in Asia.

WHY IS IT HAPPENING?

Myopia results from a combination of genetic and lifestyle factors. Lifestyle choices such as increasing time spent in education, more near work including screens, and limited time spent playing outdoors are all believed to be key factors driving the global myopia epidemic.

WHY CARE?

Higher myopia results in the need for thicker glasses and, most importantly, increases the risk of certain eye conditions such as glaucoma (2 - 3 times higher risk), cataract (2 - 6 times higher risk), retinal detachment (3 - 44 times higher risk) and myopic maculopathy (2 - 127 times higher risk). See table below.

![Graph showing the progression of myopia](image)

WHAT CAN BE DONE?

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What is atropine and does it work?

Atropine is an eye drop that has been used safely for decades to treat other eye disorders in children. A very low dose of atropine has been proven in Asia to slow down progression of myopia by 59% when children use one drop in each eye per night.

![Graph showing the percentage reduction in progression of myopia with atropine](image)

CAN I GET INVOLVED?

YES. We are currently recruiting participants. If your child is aged between 6-16 years old inclusive and short-sighted, contact the team at CERI.

Further Information on myopia control
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