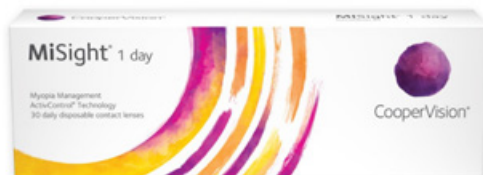




Your child and short-sightedness

Act early to help slow the worsening of your child's short-sightedness¹



The **key things** you should know

Myopia (short-sightedness) is increasing.² It causes **blurry vision**, can affect quality of life and **increases the risk to future eye health**.^{3,4,5}

Myopia can **rapidly worsen**, particularly in younger children, so it's important to start a myopia management treatment as soon as possible.⁶

MiSight® 1 day contact lenses are dual-purpose: they provide **clear vision** and help to slow the **worsening** of myopia.⁷



What is short-sightedness?

Short-sightedness, or **myopia**, typically occurs when the eyeball grows too quickly in childhood. Myopia can rapidly worsen, particularly in younger children, because their eyes are growing at a faster rate.^{6,8} The prevalence and severity of myopia is growing, it's expected to affect more than 50% of the world's population by 2050.²

Myopia causes blurry vision and usually **requires glasses or contact lenses** to see details, for instance on a whiteboard or the TV.⁹ As myopia increases so does the reliance on vision correction for everyday activities and there is also an increased risk to future eye health.^{3,4,5}

Normal
vision



Short-sighted
vision

(objects further away
are more blurry than
objects nearby)

Try our
online vision
simulator



The image presented is an artistic interpretation of short-sightedness as experienced without spectacles or contact lenses.

<https://coopervision.co.uk/myopia-simulator>

Why is this happening?

There is a link to modern lifestyles, near-vision activities and increased screen time – but genetics also plays a part.¹⁰⁻¹⁶



More
screen time



Less
outside time



Educational
demands



Urbanisation



Genetics

How myopia affects your child today

As myopia gets worse, it can impact quality of life. This is because children become increasingly dependent on vision correction to fully participate in school, sports, and other daily activities.^{3,4}

How myopia could affect your child's future

Myopia can lead to **more serious eye health problems** later in life.⁵ Including:

- myopic maculopathy¹⁷
- retinal detachment¹⁸
- glaucoma¹⁹
- cataracts²⁰



Myopia often worsens faster **in younger children**, so it is important to start treatment as **soon as possible**⁶

You can act now to help **slow down the worsening of your child's myopia**^{1*}



*Children ages 8 to 15 when starting MiSight 1 day treatment experienced a slowing of myopia progression.



Keeping an eye

on your eyes

Eye-watering facts

→ Scientists believe that on average a fully grown eye will be **0.5 mm longer for a boy than for a girl.**¹

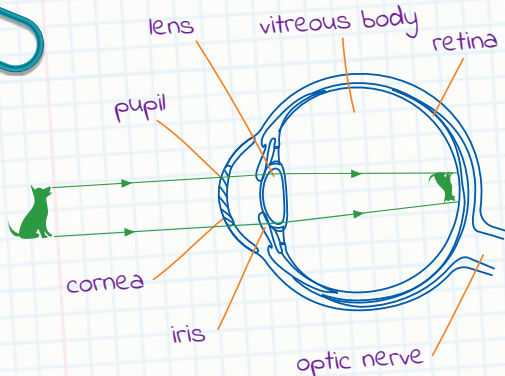
→ Your eyes can distinguish approximately **10 million different colours.**²

↓
On average, you blink **15-20 times a minute and over 5 million times in a year.**³

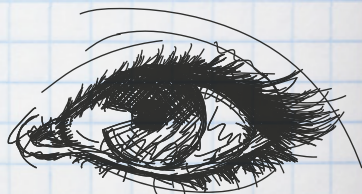
What exactly is short-sightedness (aka myopia)?

Short-sightedness, also known as **'myopia'**, can make seeing things at a distance blurry. If your eyes are myopic, you may find it tricky reading the whiteboard or watching your favourite TV show from far away.⁴

Anatomy of a normal eye

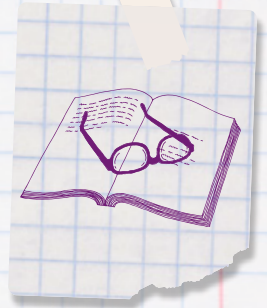


Myopia is typically caused by your eye growing slightly too long.⁶ You might also find that your chances of being short-sighted are more likely if members of your family also have myopia.⁵



Spot the signs of short-sightedness⁶

- ✓ Headaches
- ✓ Tired eyes
- ✓ Regularly rubbing your eyes
- ✓ Needing to sit close to screens, such as the TV
- ✓ Struggling to see the whiteboard from a distance



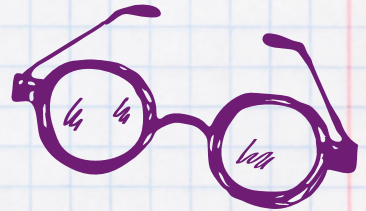
Tips and tricks to help your eyes:

1. Go outside!

From going to the park to riding your bike, looking at objects far away in the distance



gives your eyes a chance to relax.⁶



2. Screen-free time!

All that time spent in front of bright screens can strain your eyes.⁷ It's time to step away from the tablet... and the computer, and the TV, oh and your smartphone too. Sorry. Your eyes will thank you!



3. Keep objects at a distance

We know it's tempting to curl up close to your screen but there is some evidence that this could increase the chance of short-sightedness.⁸ We suggest keeping devices and books at least the same distance as your knuckle to your elbow.⁹ Go on, give it a try!



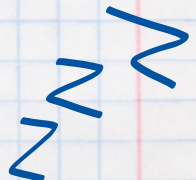
4. Special myopia management contact lenses and glasses

Did you know you can get special contact lenses and glasses that not only help you to see clearly, but can slow down how quickly your sight may change.¹⁰ Your optometrist can chat to you about this and explain how they work.



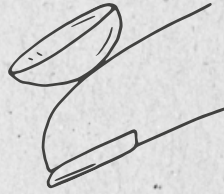
5. Soak up the sleep

Having a good quality night's sleep can help with myopia,¹¹ so make sure you're getting enough shut-eye.



Do you need regular eye exams?

Just like you grow with every birthday, your eyes continue to change as you get older. Regular eye exams help to spot any changes that could make it hard for you to see, and can help **keep your eyes healthy** for the future.



What about my future?

Myopia can be easily managed with a few simple steps so you can still do lots of exciting things when you grow up, whether that's becoming a professional athlete, studying the stars or taking care of others.

If you notice any **changes to your vision** as you get older, make sure to tell an adult. The earlier you spot changes to your eyes, the sooner your optometrist can help you to treat and manage it.

Want to find out more?
Visit: www.misight.co.uk



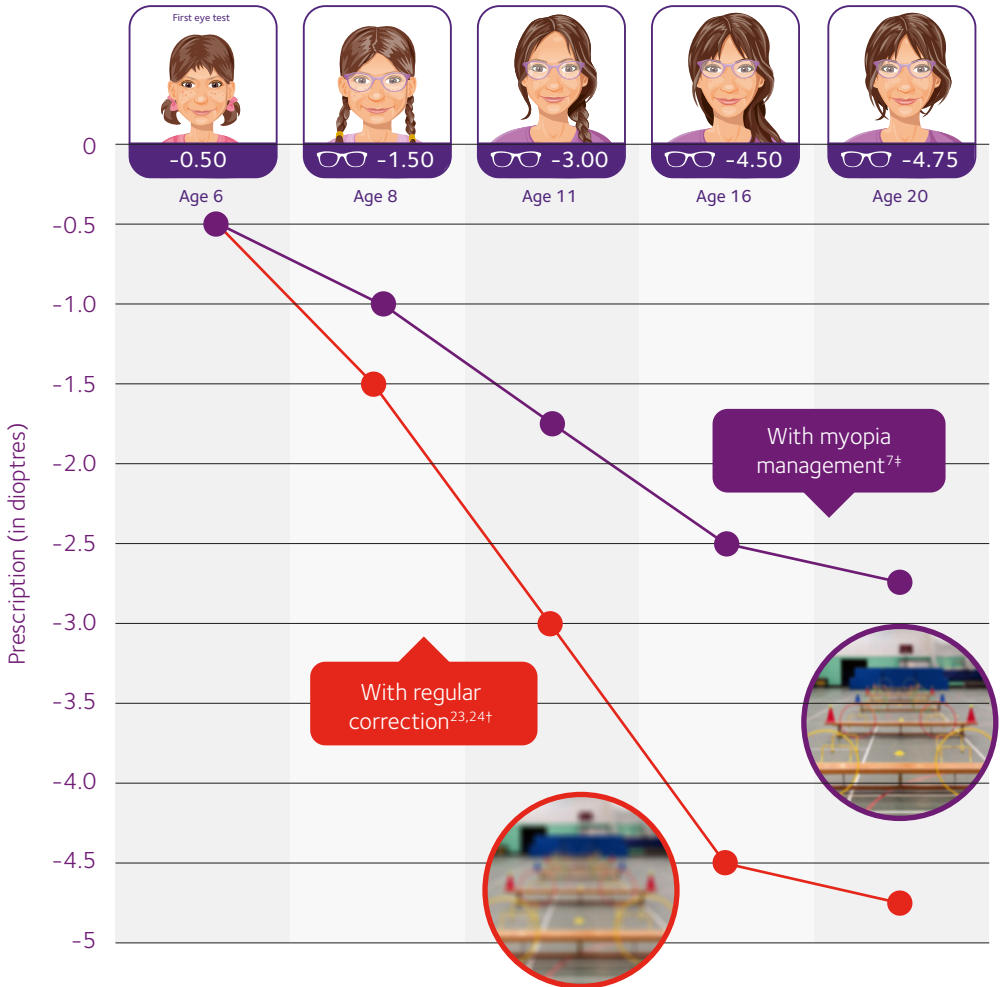
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Myopia management technology provides clear vision whilst aiming to slow the worsening of myopia over time.^{21*}

This can reduce future eye health issues by **up to 40%** for every dioptre saved²² e.g. -3.00 to -2.00

Estimated progression of myopia; for illustrative purposes only.



*Children ages 8 to 15 when starting MiSight 1 day treatment experienced a slowing of myopia progression.

†Estimated progression of myopia; for illustrative purposes only.

‡Based on average published progression data, assuming a 50% treatment effect.

Options for your child

If your child has been diagnosed with myopia, there are some clinically effective options that can **slow the worsening of myopia**.²⁵

Discuss the best option for your child with your eye care professional.

Dual-focus myopia management: MiSight® 1 day contact lenses

- One day soft contact lenses which are worn during the day
- Ideal for active children
- Clinically proven for children aged 8+^{1,7,26,27*}
- Feel more competent when taking part in sport and other physical activities²⁸



Myopia management glasses lenses

- Worn during the day
- A good choice if your child diligently wears their glasses
- Ideal for younger children

Orthokeratology contact lenses

- Hard contact lenses worn overnight
- Lens-free during daytime
- Ideal for children who frequently enjoy swimming and water sports where glasses and soft contact lenses may not be suitable



*Children with myopia fit with MiSight® 1 day contact lenses ages 8-15 continued to experience slowed myopia progression as long as they remained in treatment.

MiSight® 1 day contact lenses

The most clinically-tested myopia management optical technology.^{7,26,27}



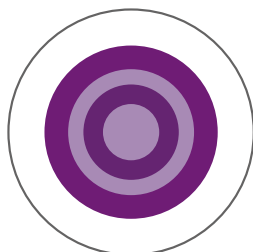
Approved for use in many countries around the world



7 year clinical study



Tested in children aged 8-18



ActivControl® Technology in MiSight® 1 day contact lenses is a special optical design that can provide clear vision while also reducing the signal that's telling the eye to grow too long.⁷

- Correction zones for clear vision
- Treatment zones



Works for **nearly all children** with myopia^{21*}



Cuts the worsening of myopia **by half**^{1†}



Works at any age the child starts treatment^{1‡}



Benefits are **proven to last** after treatment has ended^{27,29§}

Easy for children to apply, wear and remove.³⁰

*90% of myopic eyes respond to MiSight® 1 day treatment; ages 11-15 at start of wear, n=90.

†Using measured and modeled data, pooled across ages (8-17), MiSight® 1 day slowed myopia progression by an average of approximately 50%.

‡Children with myopia fit with MiSight® 1 day contact lenses ages 8-15 continued to experience slowed myopia progression as long as they remained in treatment.

§12 months post-treatment, evidence indicates that no accumulated myopia control benefits were lost following 3 or 6-years of MiSight® 1 day wear (on average, for children aged 8-15 at start of wear). Instead, eye growth reverted to expected, age-normal rates.

Your appointment details

Ask your eye care professional about MiSight® 1 day



Or for more information please see
www.misight.co.uk

Nothing in this leaflet is to be construed as medical advice, nor is it intended to replace the recommendations of your eye care professional.

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MiSight® 1 day contact lenses



MiSight® 1 day