

Myo' Drop

MANAGING MYOPIA

Myopia, also known as short-sightedness, causes the eyeball to grow longer than expected during childhood. It causes far away objects to appear blurred.

As myopia progresses, and the eyeball grows longer, the vision becomes more and more blurred. This also puts your child at a higher risk of developing sight-threatening eye conditions such as retinal detachments and myopic maculopathy.

Myopia control aims to slow down the growth of the eye to minimise these risks and to minimise the need to change glasses and contact lenses as often.

Based on your discussion with your Optometrist, the best option for your child is [ATROPINE EYE DROPS](#). **50% SUCCESS RATE IN SLOWING PROGRESSION OF MYOPIA.**

WHAT IS ATROPINE?

Atropine eye drops are a prescribed medication that signal to the eye to slow down its growth.

The Atropine eye drops available at pharmacies are a 1% concentration which is too strong for this purpose. Therefore, the drops must be specially made by a compounding pharmacy at a much lower concentration. The nearest compounding pharmacy to Port Augusta is in Adelaide.



Your optometrist can easily send your prescription to a compounding pharmacy who will contact you for payment and send out two bottles of compounded Atropine to your address. Each bottle must be discarded one month after opening.

The drops are to be used in both eyes every night before sleep. This option does not correct the blurred vision associated with myopia so contact lenses and/or glasses are still necessary to improve sight.

MYO' DROP PACKAGE

Here at Gulf and Ranges Optometrists we aim to simplify the process of myopia control. To assist you we have developed a package tailored to suit your needs.

As part of the Myo' Drop Package you will receive:

- Prescription glasses from the billbase optical range.
- Your choice of:
 - Back-up glasses.
 - Prescription sunglasses from the billbase sun range.
 - Re-make of prescription lenses within 9 months if prescription changes significantly.
- Six follow up appointments with your optometrist and four scans to track eyeball growth.



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WHAT HAPPENS NOW

- Our staff will arrange for your prescription glasses to be made.
- Your optometrist will forward your Atropine prescription to a compounding pharmacy who will contact you for payment and to arrange postage.
- Our staff will arrange review appointments at the following time frames after initiation of the drops:
 - 1 week
 - 1 month
 - 3 months
 - 6 months
 - 9 months
 - 12 months

WE ENCOURAGE YOU TO DO THE FOLLOWING AT HOME

- Spend a minimum of two hours a day outdoors with sun protection.
- Practice the 20:20:20 rule – after 20 minutes of near work take a break for 20 seconds and look 20 feet (6 meters or further) away.
- Limit screen time at home to less than 2 hours per day.
- If you would like to learn more about Atropine:
 - <https://www.ebs.tga.gov.au/ebs/picmi/picmirepository.nsf/pdf?OpenAgent&id=CP-2018-CMI-01359-1&d=202007291016933> *please note this is for higher concentration before compounding.
 - Myopia Profile: <https://www.myopiaprofile.com/>
 - My Kids Vision: <https://www.mykidsvision.org/en-us>
 - Myopia Institute: <https://www.myopiainstitute.org/>

