

Myo' Lens

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.

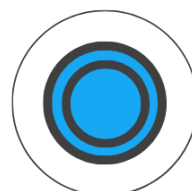
Based on your discussion with your Optometrist, the best option for your child is [SOFT MULTIFOCAL CONTACT LENSES](#). **50% SUCCESS RATE IN SLOWING PROGRESSION OF MYOPIA.**

WHAT ARE SOFT CONTACT LENSES?

There are currently many types of soft contact lenses available, but they are all different in their design and purpose.

Two options we offer for myopia control include daily disposable and monthly disposable lenses. They are both to be worn during waking hours and will correct myopia giving clear vision at all distances.

These contact lenses are designed with a ring of defocus in the peripheral part of the contact lens which puts a ring of mild blur in your far peripheral vision. This is usually unnoticeable by the wearer. This ring of defocus changes the signals received by the brain and in turn slows down growth of the eyeballs.



MYO' LENS 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.



Gulf & Ranges
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As part of the Myo' Lens Package you will receive:

- 12-month supply of daily disposable or monthly disposable soft contact lenses.
- Contact lens teaching sessions to learn how to use and care for your lenses.
- Prescription glasses.
- Your choice of:
 - Back-up glasses from the billbass optical range.
 - Non-prescription sunglasses from the billbass sun range.
 - Re-make of prescription lenses within 9 months if prescription changes significantly.
- Five follow up appointments with your optometrist and four scans to track eyeball growth.

WHAT HAPPENS NOW

- Our staff will schedule you an appointment for an initial contact lens fitting where you will learn how to insert, remove, and care for your contact lenses.
After this you will be able to trial your contact lenses at home before buying.
- Our staff will arrange for your prescription glasses to be made.
- Our staff will arrange review appointments with your optometrist at the following time intervals:
 - • 2 weeks • 1 month • 3 months • 6 months • 9 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 Soft Contact Lenses & Myopia:
- See Gulf & Ranges Optometrists Contact Lens Wearers Guide.
<https://coopervision.net.au/contact-lenses/misight-1-day/misight-1-day>
 - Myopia Profile: <https://www.myopiaprofile.com/>
 - My Kids Vision: <https://www.mykidsvision.org/en-us>
 - Myopia Institute: <https://www.myopiainstitute.org/>