

Myo' Specs

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 [MIYOSMART SPECTACLE LENSES](#) APPROXIMATELY 60% SUCCESS RATE IN SLOWING PROGRESSION OF MYOPIA.

WHAT ARE MIYOSMART SPECTACLE LENSES?

MiyoSmart spectacle lenses are prescription lenses that are to be worn full time. They correct short-sightedness by helping your child see clearly.

These specialty lenses differ from regular glasses as they also aim to slow down myopia progression. The lens is designed to promote good central vision and reduce the impact peripheral vision (side vision) has on eye growth.



MYO' SPECS 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' Specs Package you will receive:

- 2 pairs of MiyoSmart spectacle lenses into Billbass optical frames.
- 2-year warranty on spectacle frame breakage due to manufacturing faults.
- Re-make of prescription lenses within 9 months if prescription changes significantly.
- Four follow up appointments with your optometrist throughout the year with four scans to track eyeball growth.

WHAT HAPPENS NOW

- Our staff will help you select a suitable frame for the MiyoSmart lenses to be fitted to and we will contact you when they are ready for collection.
- There may be an adaption period required of 1-2 weeks.
- Our staff will arrange review appointments with your optometrist at the following time intervals:
 - • 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 the Hoya MiyoSmart spectacle lenses please visit:
 - <https://www.hoyavision.com/au/discover-products/for-eye-care-professionals/special-lenses2/myopia-management/>
- The research behind the MiyoSmart lenses is reported in:
 - Lam CSY, Tang WC, Tse DY, Lee RPK, Chun RKM, Hasegawa K, Qi H, Hatanaka T, To Ch. Defocus Incorporated Multiple Segments (DIMS) spectacle lenses slow myopia progression: a 2-year randomised clinical trial. British Journal of Ophthalmology. Published Online First: 29 May 2019. doi: 10.1136/bjophthalmol-2018-313739.
- Other helpful resources:
 - Myopia Profile: <https://www.myopiaprofile.com/>
 - My Kids Vision: <https://www.mykidsvision.org/en-us>
 - Myopia Institute: <https://www.myopiainstitute.org/>