BRILLIANT FUTURES™

WITH MiSight® 1 day

Your child and short-sightedness

Don't let their prescription limit their ambition

CooperVision®

What is short-sightedness?

Short-sightedness, or myopia, typically starts in childhood and usually requires glasses or contact lenses to see the detail on a whiteboard or the TV, for example.[1]

Normal vision

Short-sighted vision

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

How short-sightedness progresses

A child with short-sightedness may need a stronger prescription as they continue to grow.[2] Prescription changes happen at a different rate for each child, so regular eye examinations are important to ensure they can see clearly.

Stronger prescriptions mean thicker glasses and children will become more and more reliant on them to see. While this is inconvenient, it may also lead to an increased risk of future eye health problems such as retinal detachments and myopic macular degeneration.[3]

Children are becoming short-sighted at an earlier age[4]

Short-sightedness in 10–16-year olds has more than doubled in the last 60 years[4]

Causes of short-sightedness

Short-sightedness is most commonly caused by the eye growing too long. Certain factors make a child more likely to become short-sighted, such as:[5]

Family history

Children who have short-sighted parents are more likely to inherit the condition. In fact, if both parents are short-sighted, there's a **50% chance** their children will be short-sighted too.[6]

Not enough time outdoors

Spending more time outdoors may help delay the onset of short-sightedness.[5] Sunlight stimulates the production of vitamin D and dopamine, which are linked to healthy eye development.[7,8] Experts recommend a minimum of 10 hours outdoors each week - about 90 minutes a day.[9]

Too much time focusing on nearby objects

Modern lifestyles mean we spend more time focusing our eyes on nearby objects such as phones and tablets. It's important to be mindful that activities such as computer use, reading and watching TV increase the chance of developing short-sightedness.[5,10]

Now you can slow down short-sightedness

While traditional glasses and contact lenses provide clear vision, they don't slow down the rate at which short-sightedness progresses. If your child is already short-sighted, there are some clinically proven options that can slow the rate of progression.[11]

Orthokeratology lenses

Ortho-K contact lenses are worn overnight while sleeping to gently flatten the front surface of the eye, which temporarily reduces the short-sightedness. When removed each morning they can provide clear vision throughout the day, without glasses or contact lenses.

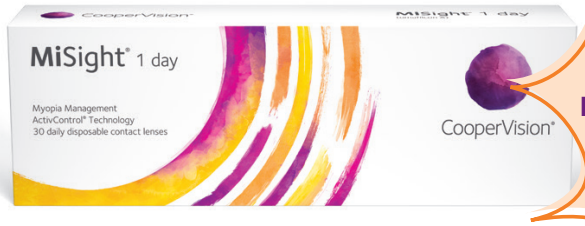
Dual focus contact lenses

Dual focus contact lenses, such as MiSight® 1 day are worn during the day to correct vision and slow down the progression of short-sightedness in children. MiSight® 1 day is just like a soft daily disposable contact lens but with a special optical design, proven to slow down the speed at which short-sightedness progresses.

It's important to speak with your eye care professional about which option may best suit your child and their lifestyle.

Contact lenses designed for children

MiSight® 1 day is a daily disposable contact lens designed for children so they can get the dual benefit of clear, spectacle-free vision and the possibility of slowing down prescription changes.



PROVEN TO SLOW DOWN SHORT-SIGHTEDNESS PROGRESSION IN CHILDREN BY

59%

ON AVERAGE [12†]

Children as young as 8 can successfully wear contact lenses[12*] and tell us they:[13]

- **Feel more competent when taking part in sport and other physical activities**
- **Feel better about their appearance**
- **Feel better about fitting in with their friends**

*95% of children were successfully fit with MiSight® 1 day or Proclear® 1 day. † Over 3 years, compared to a single vision 1 day lens.

MiSight® 1 day: what the research says

59%
Reduction

Over 3 years, **MiSight® 1 day** reduced short-sightedness progression in children by 59% on average[12†]

9 in 10
Preferred

children strongly preferred[‡] **MiSight® 1 day** contact lenses to glasses[14]

90%
Happy

of parents said their children were happy with the experience of wearing contact lenses[12]

[‡] How much do you like wearing your contact lenses?' 87/97 (90%) Top box 'I like contact lenses the best' Subjective response @60M. [†] Over 3 years, compared to a single vision 1 day lens.

Kyen

Age: 10

Hobbies: Football and martial arts

Time wearing MiSight® 1 day: 6 months

Favourite thing about wearing contact lenses: Being able to play freely without glasses

I don't have to worry about wearing glasses when I play football now. I can carry on playing with my friends as normal.

Kyen has really taken to wearing MiSight® 1 day contact lenses. He feels comfortable wearing them, and I feel comfortable that he can carry on with his normal life.

King (Kyen's dad)

Maddy

Age: 9

Hobbies: Cheerleading and playing netball

Time wearing MiSight® 1 day: 12 months

Favourite thing about wearing contact lenses: Feeling more confident and not worrying about my glasses falling off or getting rain on them!

I like that I can put contact lenses in by myself. I can do all the things my brother and sister do without my glasses getting in the way and I can tumble in cheerleading and still see!

I find it so rewarding witnessing the positive quality of life changes children experience with contact lenses and I've seen how capable children are at handling their lenses. With MiSight® 1 day I know I'm doing all I can to slow down their prescription changes.

Indie Grewal, Optometrist

The Brilliant Futures™ Myopia Management Programme from CooperVision

Brilliant Futures™ includes the proven MiSight® 1 day contact lenses, information, support and regular assessments with your eye care professional. The programme is specially designed to maximise the success of slowing down your child's short-sightedness.

Ask your eye care professional about Brilliant Futures™ with MiSight® 1 day **coopervision.co.uk/misight**

References

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