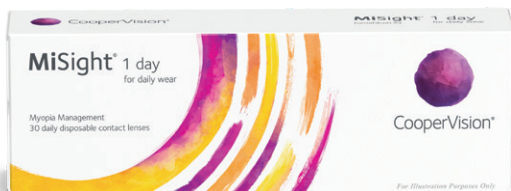




Act early to help slow the
worsening of your child's
short-sightedness^{1*}



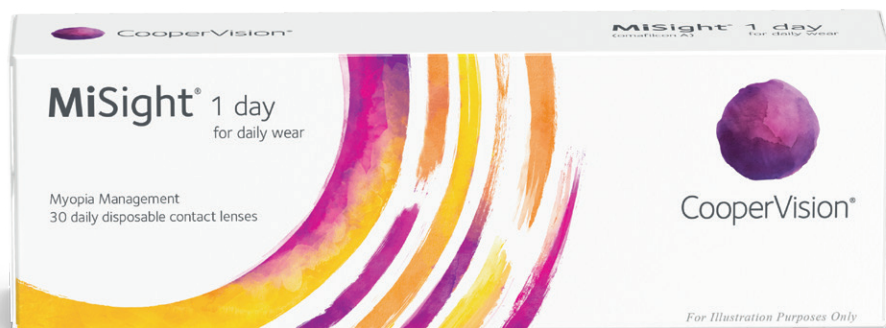
¹Children ages 8 to 15 when starting MiSight 1 day treatment experienced a slowing of myopia progression.

What do I need to know?

Myopia (short-sightedness) is becoming a prevalent issue for children and young people.² It causes **blurry vision**, can affect quality of life and **poses a risk to future eye health**.³⁻⁵

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

Contact lenses make it **easy for children** to achieve the wearing time required for **maximum myopia control**.^{7,8}



Why is myopia management important?

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

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

Normal
vision



Short-sighted
vision

(objects further away
are blurrier 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>

What causes myopia?

Myopia is becoming more common.² There is a link to modern lifestyles, near-vision activities and increased screen time – but genetics also plays a part.⁹⁻¹⁰



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 maculopathy¹¹
- retinal detachment¹²
- glaucoma¹³
- cataracts¹⁴



It often worsens faster **in younger children**, so it is important to start treatment **at the first sign of myopia**.⁶

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



*Children aged 8–15 experienced a slowing of myopia progression when starting MiSight® 1 day treatment.

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

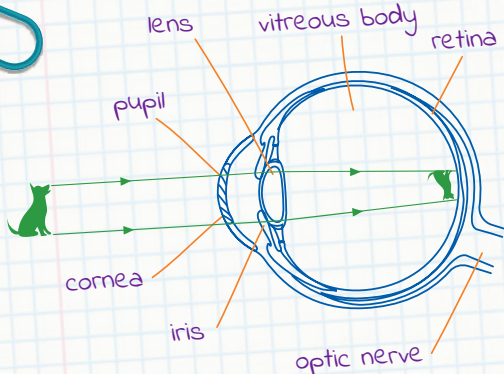
→ Your eyes can distinguish approximately **10 million different colours.**²

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

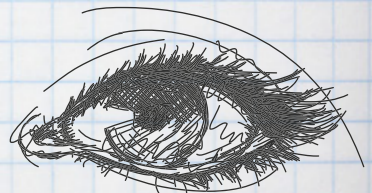
What exactly is short-sightedness (aka myopia)?

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

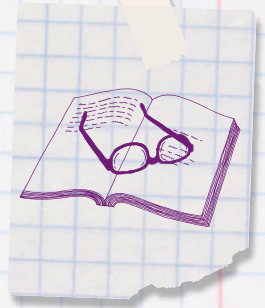


Myopia is typically caused by your eye growing slightly too long.⁶ You might also find that your chances of being short-sighted are more likely if members of your family also have myopia.⁵



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!



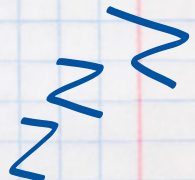
4. Special myopia management contact lenses and glasses

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.



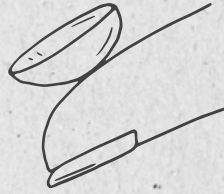
5. Soak up the sleep

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.coopervision.co.za/misight-1-day



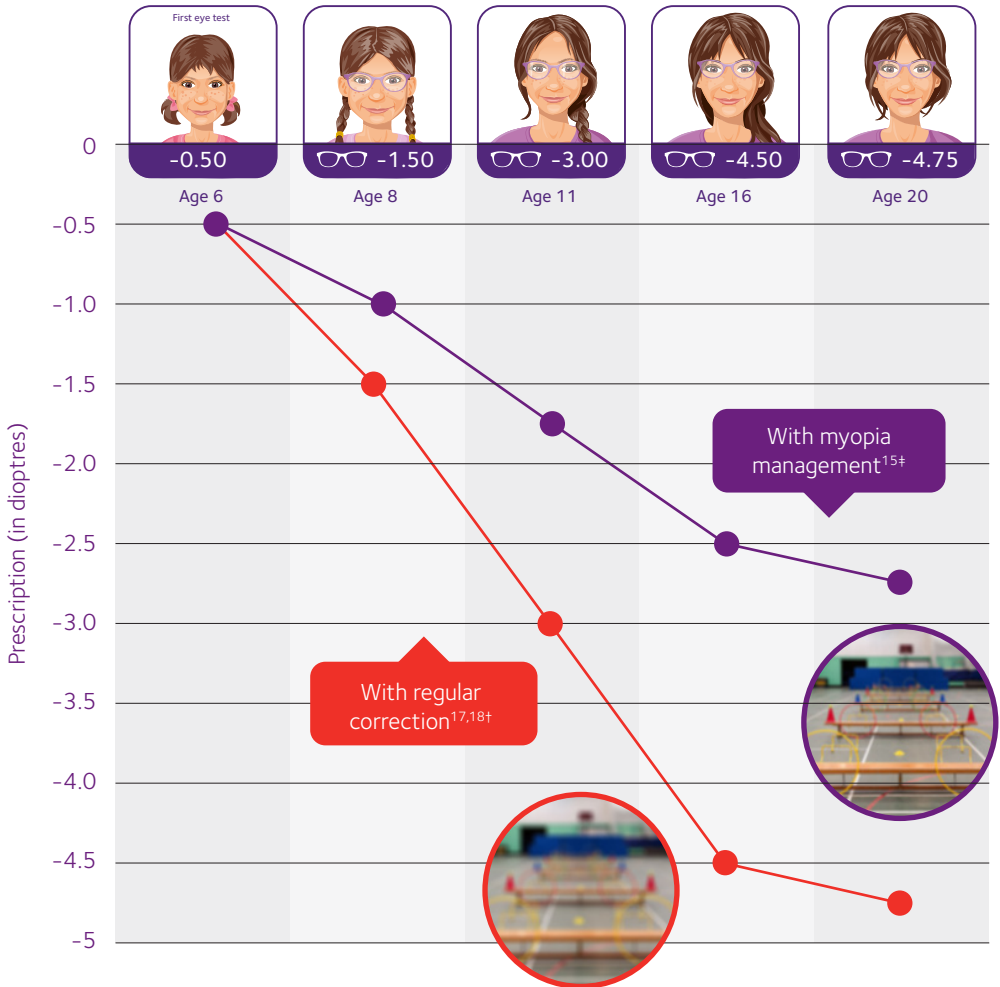
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Myopia management treatment provides clear vision whilst aiming to slow the worsening of myopia over time.¹⁵

Just one dioptre saved can reduce future eye health issues by **up to 40%**¹⁶ e.g., -3.00 to -2.00

Estimated progression of myopia; for illustrative purposes only.



[†]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**.¹⁹ 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 worn during the day
- Ideal for active children
- Clinically proven for children aged 8–15^{1,15,17,20}
- Proven to retain myopia control benefits after treatment has ended^{17,21†}



Myopia management spectacle lenses

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

Orthokeratology contact lenses

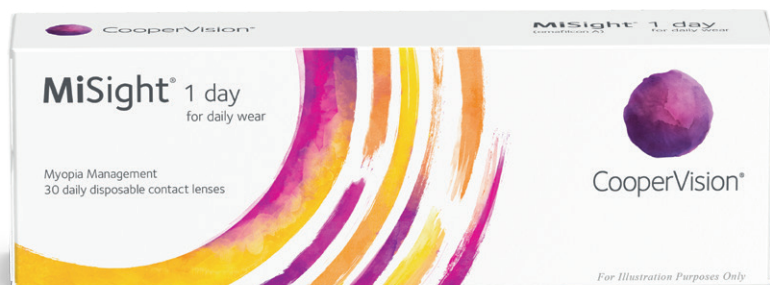
- Hard contact lenses worn overnight
- Lens-free during daytime
- Ideal for children who frequently enjoy swimming and water sports where spectacles and soft contact lenses may not be suitable



*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.

†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.

MiSight® 1 day contact lenses



Works for **nearly all children** with myopia, with 90% of eyes responding to treatment.^{20*}



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



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



Supported by rigorous, scientific evidence from a 7-year clinical trial.¹⁷

Worn by over **250,000 children** worldwide¹⁸



Ask your eye care professional about **MiSight® 1 day**
Or for more information please see
www.misight.co.uk

*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.

Your appointment details

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