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MYOPIA CONTROL FOR PATIENTS

People are generally born slightly farsighted (hyperopic), and from then until the early-to-mid 20's become less farsighted and sometimes nearsighted (myopic.) So the bad news is, if you are at or below this age and are already nearsighted, you can expect it to become worse. However, you can help control how much worse.

There is evidence that the amount of near work we do (reading, computers, sewing, etc.) relates to the rate of myopic progression, especially in school-aged individuals.

There are certain steps you can take to slow the progression of myopia. This does not necessarily mean halting or reversing it, but it will keep your vision without glasses as sharp as possible, keep changes to a minimum, and also allow for a weaker, thinner, more cosmetically appealing lens prescription.

Some steps you can follow are:

- 1) Don't wear your distance glasses for near work if you can do this comfortably without straining, squinting or holding material excessively close, and the print is clear.
- 2) Take focus breaks when doing sustained near work by looking across the room and concentrating on distant objects, looking out a window, or walking around every 15 minutes.
- 3) Hold reading material no closer than the distance between your knuckles and elbow (16 inches or 40 cm.)
- 4) Always read in good lighting to avoid straining and over-focusing.
- 5) Avoid reading in bed where material is generally held too close and lighting is dim.