

# A PARENTS' GUIDE FOR YOUR CHILD'S VISION

HOYA

MiYOSMART



Dear Parents,

Your child's sight is precious. This is why Hoya Vision Care, in collaboration with its research partner the Hong Kong Polytechnic University, have developed MiyoSmart; an innovative, non-invasive solution that is effective in controlling the progression of myopia.

After carrying out a two year clinical study\* in Asia, we were able to demonstrate that MiyoSmart lenses can slow the progression of myopia **by an average of 60%** compared to children wearing conventional single vision lenses.

Thanks to MiyoSmart lenses, you can help your child to slow the progression of myopia so they can enjoy life to the fullest through clearer and sharper vision.

In an effort to support parents, we have included this beneficial guide to help you and your child make the most of the MiyoSmart treatment plan. Feel free to bring this along with each visit to your Eye Care Professional to log your child's progress and take notes.

Thank you for choosing MiyoSmart.

\* 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



# Table of Contents

Our recommendations on how to take care of your child’s vision ..... 4

Follow-up Visits ..... 5

Adaptation Recommendations ..... 6

Follow-up Questionnaire - 2 Week Visit ..... 7

Follow-up Questionnaire - 6 Month Visit ..... 8

Follow-up Questionnaire - 12 Month Visit ..... 9

Follow-up Questionnaire - 18 Month Visit ..... 10

Follow-up Questionnaire - 24 Month Visit ..... 11

Parents’ Notes ..... 12

Optometrist’s Notes - 6 & 12 Month Follow-up ..... 13

Optometrist’s Notes - 18 & 24 Month Follow-up ..... 14

Optician’s Notes ..... 15

How to Wear Your Glasses Properly? ..... 16

How to Take Care of Your Glasses? ..... 17

What Parents Need to Know About Myopia ..... 18

MiyoSmarties™ Kids Club ..... 19

# Our recommendations on how to take care of your child's vision.



**Spend more time outdoors**, minimum 2 hours per day.



**Take breaks** during prolonged and intense near activity (ideally take a visual pause of 20 seconds every 20 minutes).



**Think about visual ergonomics.**

Appropriate lighting, good posture and respect for recommended reading distance are essential to keep their eyes healthy during up-close activities.



**Have their eyes checked** to make sure that myopia, or other visual problems are detected and treated at an early stage. The frequency of follow-up should be regular to reduce the risk of worsening myopia and its potential complications.

## Activities

What is your child's situation?

	WEARING GLASSES		HOURS/DAY*
<b>Near Vision &lt; 40 cm</b> Reading, homework, tablet, phone	YES	NO	
<b>Distance Vision &gt; 2 m</b> TV, outdoors	YES	NO	
<b>Outdoor Activities</b>	YES	NO	
<b>Indoor Activities</b>	YES	NO	
<b>Hours of Sleep</b>	YES	NO	

\* Daily Avg.

## Follow-up Visits

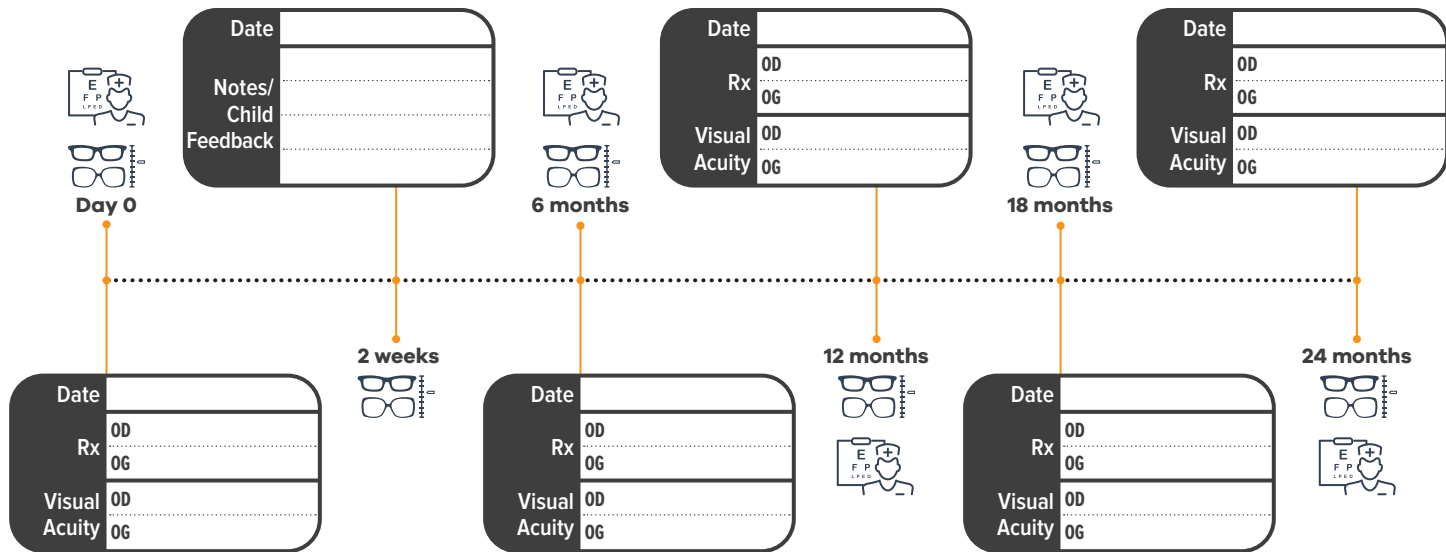
it is recommended to schedule regular appointments with your Eye Care Professional to determine the effectiveness of your child's treatment.



See the  
Optometrist



See the  
Optician



# Adaptation Recommendations

Important information to consider during the adaptation period (1-2 weeks).

1

During the adaptation period, which depends on each child, it is recommended to avoid wearing your MiYOSMART glasses during the following activities:



Intense sport activities  
(Soccer, jogging)



Riding  
(Bike, scooter)



Physical activities  
(Yoga, dancing)



Places containing different  
heights (Stairs, climbing)

2

If your child feels any discomfort following the adaption period of one to two weeks, contact your Eye Care Professional.



## Follow-up Questionnaire

Evaluate the situations below using the emojis

### Time to Focus:

Does it take you time to see clearly when you switch from afar (television) to close-up (book) and / or vice versa?



Never Rarely Sometimes Often Always

1 2 3 4 5

### Blurry Vision:

Do you have blurry vision?

1 2 3 4 5

### Double Vision:

Do you see two images?

1 2 3 4 5

### Visual Comfort:

Are your eyes pulling? Stinging? Tearing up?

1 2 3 4 5

### Stability:

Do you feel like your head is spinning?

1 2 3 4 5

### Headaches:

Do you get headaches?

1 2 3 4 5

## 2 Week Visit

DATE:

RIGHT:

VA:

LEFT:

VA:



Perfect Good Ok Not great Poor

1 2 3 4 5

### Distance Vision: > 2 m

How do you see the TV / the scenery in a car or bus / the movie at the theater?

### Intermediate Vision: between

40 cm and 1.50 m

How do you see your desktop computer, your music sheet?

1 2 3 4 5

### Near Vision: < 40 cm

How do you see when using your phone / tablet or reading? When you write / draw?

1 2 3 4 5

### Visual Stability:

How do you see when you go down or up the stairs?

1 2 3 4 5

### Vision in Outdoor Activities:

Do you see well when you play sports outside, play games?

1 2 3 4 5

### Ease of Adaptation to Glasses:

Did you see well right away with your glasses?

1 2 3 4 5

### Satisfaction:

Do you feel good with your new glasses?

1 2 3 4 5

## Follow-up Questionnaire

Evaluate the situations below using the emojis

### Time to Focus:

Does it take you time to see clearly when you switch from afar (television) to close-up (book) and / or vice versa?



1 2 3 4 5

### Blurry Vision:

Do you have blurry vision?

1 2 3 4 5

### Double Vision:

Do you see two images?

1 2 3 4 5

### Visual Comfort:

Are you eyes pulling? Stinging? Tearing up?

1 2 3 4 5

### Stability:

Do you feel like your head is spinning?

1 2 3 4 5

### Headaches:

Do you get headaches?

1 2 3 4 5

## 6 Month Visit

DATE:

RIGHT:

VA:

LEFT:

VA:



1 2 3 4 5

### Distance Vision: > 2 m

How do you see the TV / the scenery in a car or bus / the movie at the theater?

### Intermediate Vision: between 40 cm and 1.50 m

How do you see your desktop computer, your music sheet?

1 2 3 4 5

### Near Vision: < 40 cm

How do you see when using your phone / tablet or reading? When you write / draw?

1 2 3 4 5

### Visual Stability:

How do you see when you go down or up the stairs?

1 2 3 4 5

### Vision in Outdoor Activities:

Do you see well when you play sports outside, play games?

1 2 3 4 5

### Ease of Adaptation to Glasses:

Did you see well right away with your glasses?

1 2 3 4 5

### Satisfaction:

Do you feel good with your new glasses?

1 2 3 4 5



## Follow-up Questionnaire

Evaluate the situations below using the emojis

### Time to Focus:

Does it take you time to see clearly when you switch from afar (television) to close-up (book) and / or vice versa?



1 2 3 4 5

### Blurry Vision:

Do you have blurry vision?

1 2 3 4 5

### Double Vision:

Do you see two images?

1 2 3 4 5

### Visual Comfort:

Are your eyes pulling? Stinging? Tearing up?

1 2 3 4 5

### Stability:

Do you feel like your head is spinning?

1 2 3 4 5

### Headaches:

Do you get headaches?

1 2 3 4 5

## 12 Month Visit

DATE:

RIGHT:

VA:

LEFT:

VA:



1 2 3 4 5

### Distance Vision: > 2 m

How do you see the TV / the scenery in a car or bus / the movie at the theater?

### Intermediate Vision: between 40 cm and 1.50 m

How do you see your desktop computer, your music sheet?

1 2 3 4 5

### Near Vision: < 40 cm

How do you see when using your phone / tablet or reading? When you write / draw?

1 2 3 4 5

### Visual Stability:

How do you see when you go down or up the stairs?

1 2 3 4 5

### Vision in Outdoor Activities:

Do you see well when you play sports outside, play games?

1 2 3 4 5

### Ease of Adaptation to Glasses:

Did you see well right away with your glasses?

1 2 3 4 5

### Satisfaction:

Do you feel good with your new glasses?

1 2 3 4 5

## Follow-up Questionnaire

Evaluate the situations below using the emojis

### Time to Focus:

Does it take you time to see clearly when you switch from afar (television) to close-up (book) and / or vice versa?



1 2 3 4 5

### Blurry Vision:

Do you have blurry vision?

1 2 3 4 5

### Double Vision:

Do you see two images?

1 2 3 4 5

### Visual Comfort:

Are your eyes pulling? Stinging? Tearing up?

1 2 3 4 5

### Stability:

Do you feel like your head is spinning?

1 2 3 4 5

### Headaches:

Do you get headaches?

1 2 3 4 5

## 18 Month Visit

DATE:

RIGHT:

VA:

LEFT:

VA:



1 2 3 4 5

### Distance Vision: > 2 m

How do you see the TV / the scenery in a car or bus / the movie at the theater?

### Intermediate Vision: between 40 cm and 1.50 m

How do you see your desktop computer, your music sheet?

1 2 3 4 5

### Near Vision: < 40 cm

How do you see when using your phone / tablet or reading? When you write / draw?

1 2 3 4 5

### Visual Stability:

How do you see when you go down or up the stairs?

1 2 3 4 5

### Vision in Outdoor Activities:

Do you see well when you play sports outside, play games?

1 2 3 4 5

### Ease of Adaptation to Glasses:

Did you see well right away with your glasses?

1 2 3 4 5

### Satisfaction:

Do you feel good with your new glasses?

1 2 3 4 5

## Follow-up Questionnaire

Evaluate the situations below using the emojis

### Time to Focus:

Does it take you time to see clearly when you switch from afar (television) to close-up (book) and / or vice versa?



1 2 3 4 5

### Blurry Vision:

Do you have blurry vision?

1 2 3 4 5

### Double Vision:

Do you see two images?

1 2 3 4 5

### Visual Comfort:

Are your eyes pulling? Stinging? Tearing up?

1 2 3 4 5

### Stability:

Do you feel like your head is spinning?

1 2 3 4 5

### Headaches:

Do you get headaches?

1 2 3 4 5

## 24 Month Visit

DATE:

RIGHT:

VA:

LEFT:

VA:



1 2 3 4 5

### Distance Vision: > 2 m

How do you see the TV / the scenery in a car or bus / the movie at the theater?

### Intermediate Vision: between 40 cm and 1.50 m

How do you see your desktop computer, your music sheet?

1 2 3 4 5

### Near Vision: < 40 cm

How do you see when using your phone / tablet or reading? When you write / draw?

1 2 3 4 5

### Visual Stability:

How do you see when you go down or up the stairs?

1 2 3 4 5

### Vision in Outdoor Activities:

Do you see well when you play sports outside, play games?

1 2 3 4 5

### Ease of Adaptation to Glasses:

Did you see well right away with your glasses?

1 2 3 4 5

### Satisfaction:

Do you feel good with your new glasses?

1 2 3 4 5

## Parents' Notes

Note here all incidents related to the wear of your child's new glasses  
(E.g. Suddenly stops wearing glasses, occasional discomfort, etc.)



.....

.....

.....

.....

.....

.....

.....

.....

# Optometrist's Notes



## 6 Month Follow-up

## 12 Month Follow-up

## Optometrist's Notes



### 18 Month Follow-up

### 24 Month Follow-up

# Optician's Notes



Eight horizontal dotted lines for writing notes.

## How to Wear Your Glasses Properly?



To put on or take off your glasses, hold them from each side to avoid bending or loosening them.



Don't wear your glasses if the lens is chipped or broken.



It is recommended to have your glasses adjusted regularly by your optician.



Avoid looking directly at the sun.





## How to Take Care of Your Glasses?



Keep your glasses in a case when you are not wearing them. Remember to clean them before storing in the case.



Never put your glasses in direct contact with a hard surface to avoid scratching them.



Dirty glasses should always be rinsed with water before wiping, because dry wiping can cause scratches.



Do not use chemical products, solvents or certain hygiene products as they can damage your glasses.



Always use a lens cleaning cloth to clean your glasses. Dry them gently to make sure you don't damage the glasses.



Do not leave your glasses behind glass or a car windshield because temperatures above 15° C may damage the surface of your lenses.

## What Parents Need to Know About Myopia

61% of parents said their children's use of video games has increased, and 44% said their children spend four hours or more on electronic devices each day — including television or handheld devices, completing schoolwork on a computer or playing video games. This increased screen time means a greater risk of developing conditions such as myopia.

### What can parents do?

If you're concerned about your child's screen time and want to prevent eye problems, here are some actions you can take:

- **Limit screen time** - As difficult as it is when everyone's social lives, work and study have moved online, try to limit screen time as appropriate for your child's age. Ask your optometrist for recommendations for your child's screen time. Tip: It helps to keep electronic devices out of your child's bedrooms.
- **Take breaks** - Schedule regular breaks away from digital devices. Encourage your child to engage in different types of activities during their breaks, including physical activity. Frequent breaks improve focus and productivity when you do return to work or study.
- **Get outside** - Spend some time outdoors. Time outside can be healthier for everyone's eyes, as well as their bodies. Aim to have children spend two hours a day outdoors whenever possible.
- **Get creative** - In an effort to take your child away from digital devices, try to be creative with a replacement option or activity. Challenging your child to try something new can be exciting. Try to get involved and work together to determine what options are best.

Source: WHAT EVERY PARENT NEEDS TO KNOW ABOUT MYOPIA - PUBLISHED ON JUL 23, 2020 - <https://www.pasadenanow.com/weekendr/what-every-parent-needs-to-know-about-myopia/?fbclid=IwAR16prxm52Gf-OwsQDRnXq30-zOW0szoZ3l4zKUUpOZHYziwgAptaHjvm5Q>

Hooray! Your child is now a member of the MiyoSmarties™ Kids Club!\*

Don't forget to have them bring their Vision Tracker for each follow-up appointment. They'll collect 1 of 4 stickers and get exciting MiyoSmarties™ gifts!

Once they collect all 4 stickers, your child can give their completed Vision Tracker to their Eye Care Professional to be entered into a draw for a chance to win a grand prize!†

Go MiyoSmarties™!

\*MiyoSmarties™ Kids Club is not available in the province of Quebec.

†One ballot per patient. Some conditions may apply. For complete Terms and Conditions, please contact your Hoya Territory Manager.



## + My Child's Optometrist +



.....

.....

.....



## My Child's Optician



.....

.....

.....



MiYOSMART

# hoyavision.ca

Follow us on:



# H OYA