

Myopia, and its increasing prevalence from early childhood, is giving rise to an increase in individuals with high myopia. Factors contributing to high myopia are parental myopia, age of onset and rapid progression of refractive error in the first year. Besides increasing the risk for several potentially sight threatening ocular conditions such as retinal detachments, glaucoma and cataracts, high myopia is also a health economic burden.

Epidemiological and interventional studies, especially over the course of the last decade have revealed a compelling connection between environmental factors and incidence and progression of myopia in children. Of these factors, time spent outdoors and engagement in near-work have been shown to be the most influential.

How can we as health care providers detect the children most at risk for developing high myopia and facilitate the correct treatment and follow-up for this growing patient population?