



## How to use the VisionQuest Eyecare Myopia Screener

Parents or caregivers should complete it before their child's examination.

Generally, responses toward the red side of the arrow indicate a referral for myopia treatment is necessary (**Red = Refer**). The questions are listed in order of highest risk factors for progressing myopia with a "YES" response to the first question posing the highest risk.

More specifically:

If question 1 is answered "YES," refer the child for a myopia treatment consultation, regardless of the answers to other questions.

If the answers to *both* questions 1 and 2 are "No," an immediate referral is not indicated.

If question 3 or 4 are towards the red side of the arrow, more frequent follow up of the child is recommended. This is especially true for kids older than 7 and less hyperopic than +0.75 in either eye<sup>1</sup>. It is recommended these children are seen in six months, if not sooner.

For further information about his screener, please contact Treehouse Eyes.

### 1. Prediction of Juvenile-Onset Myopia

JAMA Ophthalmol. 2015 Jun;133(6):683-9. doi: 10.1001/jamaophthalmol.2015.0471.

Zadnik K<sup>1</sup>, Sinnott LT<sup>1</sup>, Cotter SA<sup>2</sup>, Jones-Jordan LA<sup>1</sup>, Kleinstejn RN<sup>3</sup>, Manny RE<sup>4</sup>, Twelker JD<sup>5</sup>, Mutti DO<sup>1</sup>; Collaborative Longitudinal Evaluation of Ethnicity and Refractive Error (CLEERE) Study Group.

# Childhood Myopia Screener

**Parents and caregivers:** Myopia (nearsightedness, blurry distance vision) is a growing problem among children. Recent research confirms the incidence of myopia in children is up 42% in the last thirty years, and over 10 million U.S. children are already myopic. While glasses compensate for the blurry vision from myopia, they do not treat the underlying issue—an eye that is growing too long. Most children that become myopic suffer deteriorating vision as their myopia gets worse. We now know that higher levels of myopia increase the risk of serious eye diseases, including retinal disease and glaucoma.

Our office is using this myopia screener to assess the risk level for developing myopia or of it getting worse in children ages 5-18. There are now treatments for myopia that can help slow or even stop its' progression in children. Please answer these questions and hand this form to the doctor to help determine if a referral for a consultation for myopia treatment may be needed.

1. Is your child already myopic (needs glasses or contact lenses to see clearly at a distance)?

YES / NO



2. Is an immediate family member (father, mother or sibling) myopic (select YES even if that family member has had LASIK or another refractive surgery procedure for myopia).

YES / NO



3. Approximately how many hours per day does your child spend on close work (reading, electronic devices, etc.) Include time at school.

More than 2 hours      1-2 hours      Less than 1 hour



4. Approximately how many hours per day does your child spend outdoors, including school recess/breaks?

Less than 2 hours      More than 2 hours

