Logo creator

<https://placeit.net/>

free images

<https://unsplash.com/>

interactive graphs

<https://www.amcharts.com/>

code help

<https://www.w3schools.com/>

<https://stackoverflow.com/>

Website format

<https://www.wix.com/website-template/view/html/1449?originUrl=https%3A%2F%2Fwww.wix.com%2Fwebsite%2Ftemplates%3Fcriteria%3Dglasses&tpClick=view_button&esi=64110318-57c9-4f63-b030-6503b4278919>

<https://www.w3schools.com/w3css/tryit.asp?filename=tryw3css_templates_analytics&stacked=h>

Questions to ask

Screen time (computer /tv) vs myopia

Sports vs myopia

AL vs if they are positive or negative

If mom has it and dad does not will child have it

If dad has it and mom does not will child have it

If mom and dad have it will child have it

If mom and dad both do not have it will child have it

Boys vs girls to have myopia

What age has myopia the worse

Important attributes

SPHEQ,ACD,MOM.DAD.SPORT,READ,GENDER

Back history

What is myopia

<iframe width="560" height="315" src="https://www.youtube.com/embed/XuDZdE\_XrQM" title="YouTube video player" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

<iframe width="560" height="315" src="https://www.youtube.com/embed/CpFshbhWKrE" title="YouTube video player" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

### Myopia in children

### https://www.aao.org/eye-health/diseases/myopia-nearsightedness

[Myopia in children](https://www.aao.org/eye-health/treatments/myopia-control-in-children) can be inherited. If a parent has myopia their [child](https://www.aao.org/eye-health/tips-prevention/babies-children-teenagers) may get is as well. Myopia is often discovered in children when they are between ages 8 and 12 years old. During the teenage years, [when the body grows rapidly](https://www.aao.org/eye-health/tips-prevention/growth-hormone-children-vision-eyes-myopia), myopia may become worse. [Between the ages of 20 and 40](https://www.aao.org/eye-health/tips-prevention/young-adults), there is usually little change.

### High myopia and low myopia

Mild myopia is called low myopia. Severe myopia is called high myopia. High myopia will usually stabilize between the ages of 20-30 years old.  
  
People with myopia face a higher risk of having a [detached retina](https://www.aao.org/eye-health/diseases/detached-torn-retina). This is when the tissue lining the back of your eye lifts away or detaches from the eye wall. It is a serious eye problem that can cause blindness. It is important to visit an ophthalmologist regularly for exams to check the retina. Ask your ophthalmologist to discuss the warning signs of retinal detachment with you.

People with high myopia may also have a higher risk of developing [glaucoma](https://www.aao.org/eye-health/diseases/what-is-glaucoma) and [cataracts](https://www.aao.org/eye-health/diseases/what-are-cataracts).

Treatment for myopia

https://aapos.org/glossary/treatment-for-progressive-myopia

Many treatment options have been explored to try to slow the rate of increasing myopia. Current suggestions include:

* Low dose atropine eye drops:

Multiple studies worldwide have shown that low doses of atropine eye drops can slow the increase in myopia, though it is unclear how. Atropine eye drops are dilating eye drops usually used after eye surgery, eye injury, or eye inflammation and is also used in amblyopia treatment in children. For these purposes, the commercially available dose is 1% atropine, but this dose usually results in significant dilation of the pupil, light sensitivity, and blurred vision at near. More recent research has been focused on using lower doses of atropine eye drops to decrease the side effects caused by this medication. The lower dose of 0.01% atropine has consistently been shown to be effective at decreasing the rate of increasing myopia, with fewer side effects compared to the higher doses of atropine (i.e., less to no light sensitivity and blurred near vision). While previous studies have shown that stopping the higher (1%) dose of atropine can result in a rebound effect (significant worsening or increase in myopia after the eye drop was stopped), this effect was noted to be less after stopping the lower dose of atropine.

This use of atropine eye drops requires the use of eye drops every day, likely for at least 1-2 years. Because this is a lower than normal dose of atropine, it requires a special pharmacy to make the eye drops.

There are currently several ongoing clinical studies investigating low doses of atropine to determine the best dose of atropine to use to slow the increase in myopia. So, the dose of atropine that you may be recommended to use may be between 0.01% and 1%.

To build the SQL scheme

<https://www.quickdatabasediagrams.com/>

PK ID