

Myopia Control Options for Kids

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Why Treatment Matters

When kids are nearsighted, their eyes stretch and grow too long. Leaving this untreated leads to thicker glasses and a much higher risk of serious eye diseases as adults.

The good news: We can slow down that eye growth with safe, proven treatments.

Option Comparison

Treatment	How It Works	Best For	Things to Keep in Mind
MiSight® Lenses	Soft contact lenses thrown away at the end of each day.	Kids 8 and up who want daytime contacts without cleaning routines.	Must wear them every day to get results; ongoing lens costs.
Ortho-K (CRT)	Custom hard contact lenses worn only while sleeping to reshape the eye.	Active kids, sports players, and children with some astigmatism.	Worn every night; requires careful cleaning before bed.
Atropine Drops	A single low-dose eye drop put in before bed.	Younger kids, beginners, or those who dislike contacts.	Requires a special pharmacy; can cause mild light sensitivity.
Stellest™ Lenses	Special spectacle lenses that look like standard glasses.	Kids who are not ready for contacts or drops yet.	Needs to be worn full-time during the day to work best.

Next Steps & Consultation

Your child's **Myopia Control Consultation** with Dr. Hamamoto will help determine which option—or combination of options—she recommends for their unique eyes. During the visit, our optician will also meet with you to review treatment fees, insurance options, and payment plans.