



Washington Eye Doctors Launches Awareness Campaign Due to Rising Myopia Cases

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Chevy Chase, MD ? Washington Eye Doctors has announced that they are intensifying their focus on myopia, or nearsightedness, to help combat the growing number of children suffering from the condition in the United States. This information campaign is meant to widely inform the public on the dangers of letting myopia go untreated and teach people the kinds of medical options that offer accurate root-cause treatment.

?Early intervention is key when treating a child?s nearsightedness,? said acclaimed optometrist Dr. Michael Rosenblatt, O.D. ?The earlier that we catch and treat myopia, the more damage we can prevent. Our understanding of nearsightedness and the tools we have in our toolbox is so much better today than last generation?s eye doctors. It?s important that parents know what our profession has learned so they can take proper care of their children?s eyesight.?

Myopia occurs when the eye elongates, losing its spherical shape and taking on an olive-like appearance. This change in shape causes light to focus in front of the retina rather than directly on it, leading to blurred vision. This change in shape usually progresses throughout childhood and adolescence, with stabilization occurring around the age of 20.

The prevalence of myopia has dramatically increased in recent years, with over 2 billion people affected globally. In the United States, the rate of nearsightedness has risen from 25% in 1971 to more than 40% today.

Alarming, studies have shown that spending excessive time on close-up tasks, like reading or using digital devices, may contribute to this rise. The most significant cause of myopia? Spending too much time indoors. The biggest headache for parents is that untreated myopia can lead to more severe eye conditions later in life, such as retinal detachment and glaucoma.

"I have been treating patients for nearly 35 years, and in that time, I've noticed an uptick in the number of myopia patients we treat," said Dr. Rosenblatt. "It has become an epidemic, and it isn't just in the D.C. area; my colleagues report that this trend is happening nationwide. If we want kids to be successful and protect their long-term vision, steps need to be taken now that guarantee better eye health outcomes."

Preventing the eye from changing shape while a child is still growing is crucial in reducing the permanent damage caused by myopia. Eyeglasses correct vision, but they sit on the bridge of the nose rather than directly on the eyes, meaning they don't prevent eye elongation.

In contrast, specialty contacts like Ortho-K offer genuine root cause treatment due to their rigid structure. This allows the lenses to sit directly on the cornea and help the eye maintain its proper shape. Depending on the child, hard lenses that help reshape the eye may even help reduce or eliminate myopia's progression.

Washington Eye Doctors is committed to combating myopia. They were part of the inaugural class of Change Agents – an exclusive designation overseen by the Myopia Collective, which is only awarded to the optometry practices around the country who have been identified for their outstanding and customized myopia treatment plans, their commitment to public education, and internal continuous training.

Washington Eye Doctors is currently accepting new and existing patients. People who would like to schedule an eye exam or a myopia assessment for their child should call their Arlington location at (703) 468-4352, Chevy Chase at (301) 965-1879, or their downtown D.C. office at (202) 972-7738.

About Washington Eye Doctors

Washington Eye Doctors is a three-location, full-service eye care practice with offices in Chevy Chase, MD, Washington, D.C., and Arlington, VA. They strive to offer patients the best in everything, from professional expertise to the cutting-edge tech they use to the personal bonds they form with patients. They offer hundreds of frames in every shape and style; for any individual patient, the quality frames and personalized

shopping experience result in custom, curated eyewear that matches their preferences perfectly. Appointments aren't blocks on a digital schedule; they're a chance to customize a patient's experience and improve their quality of life. Patients love what they see at Washington Eye Doctors; their professional minimums are considered premium everywhere else.

To learn more, visit <https://www.washingtoneyedoctors.com/>.

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For more information about Washington Eye Doctors - Chevy Chase, contact the company here: Washington Eye Doctors - Chevy Chase Dr. Rosenblatt (301) 965-1879 admin@washingtoneyedoctors.com 21 Wisconsin Circle Chevy Chase, MD 20815

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Washington Eye Doctors is an independent eye care practice serving patients and their families in Chevy Chase, MD.

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