

Houston Eye Clinic Introduces Comprehensive Myopia Management Program for School-Age Patients

HOUSTON, TX, UNITED STATES, February 10, 2026 /EINPresswire.com/ -- As more children in Houston are diagnosed with nearsightedness at younger ages, Texas State Optical (TSO) Briargrove is introducing a comprehensive [myopia management program](#) focused on early care and long-term vision health for school-age patients.

Myopia, often called nearsightedness, affects a growing number of children and can make it difficult to see classroom boards, street signs, or distant objects clearly. While glasses and contact lenses can correct blurry vision, they do not slow the progression of the condition. According to [Houston optometrist](#) Dr. Ayesha Butt of TSO Briargrove, early intervention plays a key role in protecting a child's eyesight as they grow.

"Many parents think frequent prescription changes are just part of growing up," Dr. Butt said. "But myopia tends to progress quickly during childhood, and higher levels of myopia later in life are linked to more serious eye health risks. When we manage it early, we can help reduce those risks and support healthier vision over time."

TSO Briargrove's new Myopia Management program begins with a comprehensive eye exam that looks beyond basic vision screening. Using advanced diagnostic tools, the clinic evaluates how a



child's eyes are developing and identifies patterns that may indicate faster myopia progression. Based on those findings, doctors create a personalized care plan designed to fit each child's needs, routines, and comfort level.

Management options may include orthokeratology, commonly known as Ortho-K, which uses custom lenses

worn overnight to gently reshape the cornea and provide clear vision during the day. Low-dose atropine eye drops may also be recommended to help reduce eye strain and slow the progression of nearsightedness. The latest addition to the clinic's myopia management toolbox is FDA-approved spectacle lenses called Stellest by Essilor, designed specifically to slow myopia progression while allowing children to wear glasses during the day.

Dr. Butt noted that lifestyle factors are also part of the conversation. Increased screen time and reduced outdoor activity have become common among students, especially during the school year. "We talk with families about habits that support eye health," she said. "While myopia can't be reversed, the right care plan can make a meaningful difference."

The program is designed to be family-friendly and ongoing, with regular follow-up visits to monitor changes and adjust treatment as needed. Pediatric eye exams are available for children as young as five, allowing parents to address vision concerns early rather than waiting for symptoms to worsen.

For more than two decades, TSO Briargrove has provided personalized eye care to Houston families. The clinic is conveniently located off Westheimer Road near Fountain View Drive and offers flexible scheduling, including Saturday appointments. Most vision insurance plans are accepted, and uninsured patients can take advantage of the TSO Vision Plan for savings on exams and eyewear.

"Children don't always know how to explain vision problems," Dr. Butt added. "A comprehensive eye exam gives parents clarity and peace of mind." Families interested in learning more about childhood myopia or enrolling in the program are encouraged to [Schedule an eye exam](#) to explore appropriate care options.

TSO Briargrove is located at 6100 Westheimer Rd, Ste 136A, Houston, TX 77057 in the Briargrove Shopping Plaza. The clinic is near the Briargrove and Tanglewood neighborhoods and just minutes from the Galleria. To schedule an appointment, call (713) 785-2022 or visit www.tsobriargrove.com



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