

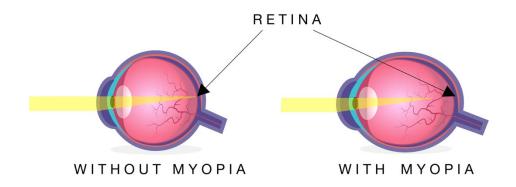
Myopia

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Myopia also known as short-sightedness is a common eye condition that causes distance vision to appear blurred. This is because the light that travels through the eye doesn't reach the retina (back of the eye) which prevents the person from seeing a clear image. Myopia is commonly picked up in children and can be controlled with the use of glasses, contact lenses and eventually laser surgery. Generally the younger a child is when they develop myopia the more it evolves and progresses.

What causes Myopia?

There's no specific cause for Myopia but it has been said that it occurs when the eyeball grows too long from front to back or when there problems with the overall shape of the eye. When you have normal vision, light travels through the cornea, lens of the eye and through to the retina. When you have myopia the light doesn't quite reach the retina, leaving you with blurry distance vision. Myopia has been linked to prolonged activities like reading, computer use and school work while not spending time outdoors. Myopia can also be inherited from your parents. Myopia typical develops in school-age children and as the eye continues to grow adolescence, it progresses in adulthood. However, Myopia can also develop in adults due to Visual Stress or health conditions like Diabetes.



Signs and symptoms of Myopia:

- Squinting eyes to see distant objects
- Difficulty seeing whiteboard at school
- Poor posture while reading
- Lack of interest in playing outdoors
- Headaches and sore eyes (eye rubbing)
- Blurred distance vision at night

Myopia cannot be "cured" however after an extensive eye health evaluation an optometrist is able to prescribe glasses or contact lenses to help stop or slow the myopia progression. Glasses can be

worn either full time or for specific activities like driving or watching television. Some patients that are middle-aged or children who have myopia as a result of visual stress need progressive or bifocal lenses. These lens styles provide different powers throughout the lens to allow clarity for distance and near vision. Laser surgery to reshape the front surface of the eye can also help some adults with myopia, but there is a set criteria a patient needs to meet to be a suitable candidate. Another option is Orthokeratology (Ortho-K) lenses. Ortho-K lenses are a type of contact lens that gradually reshapes the cornea, to change the way light enters the eye. The lenses are worn overnight as you sleep and are removed in the morning. Myopia patients have managed to gain temporary clear vision for most of their daily tasks. For further information on Ortho-K lenses please find our Overnight vision correction page on our website, listed in our services.



Overall Myopia is when the eye isn't receiving light properly, leaving the patient with blurred distance vision. Though Myopia isn't curable, there are many interventions that can be used to correct vision and slow the progression of the symptoms. If you think you or your child may have Myopia, contact our friendly team today to schedule an eye examination.