

Myopia: Its Effects On The Sight And Its Treatment

Myopia, also known as nearsightedness, is a common vision condition that affects people of all ages. It occurs when the eyeball is too long or the cornea is too curved, causing light to focus in front of the retina instead of on it. This results in blurred vision for distant objects, while near objects appear clear.

The exact cause of myopia is unknown, but it is thought to be caused by a combination of genetic and environmental factors. Some of the risk factors for myopia include:

- **Family history:** People with a family history of myopia are more likely to develop the condition.
- **Excessive near work:** Spending a lot of time ng near work, such as reading, writing, or working on a computer, can increase the risk of myopia.
- **Poor lighting:** Reading or working in dim light can also increase the risk of myopia.

The most common symptom of myopia is blurred vision for distant objects. Other symptoms may include:

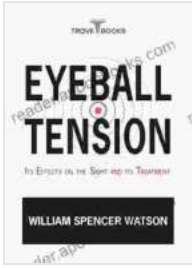
Eyeball-Tension: Its Effects on the Sight and its

Treatment by Kenneth Kee

★★★★★ 5 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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- Squinting
- Headaches
- Eye strain
- Difficulty seeing at night

Myopia is diagnosed with a comprehensive eye exam. During the exam, the doctor will ask about your symptoms and family history. The doctor will also perform a variety of tests to measure your vision, including:

- **Visual acuity test:** This test measures how well you can see objects at different distances.
- **Retinoscopy:** This test uses a lighted instrument to measure the refractive error of your eyes.
- **Autorefraction:** This test uses a machine to measure the refractive error of your eyes.

There are a number of ways to correct myopia, including:

- **Eyeglasses:** Eyeglasses are the most common way to correct myopia. They work by bending light to focus it on the retina.

- **Contact lenses:** Contact lenses are another option for correcting myopia. They are thin, plastic lenses that fit over the surface of the eye.
- **Refractive surgery:** Refractive surgery is a permanent way to correct myopia. It involves using a laser to reshape the cornea so that light focuses properly on the retina.

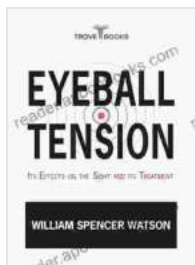
Myopia is a relatively common condition, but it can lead to serious vision problems if it is not treated. Some of the potential risks of myopia include:

- **Macular degeneration:** Myopia is a risk factor for macular degeneration, a leading cause of blindness in older adults.
- **Retinal detachment:** Myopia is also a risk factor for retinal detachment, a serious condition that can lead to blindness.
- **Glaucoma:** Myopia is a risk factor for glaucoma, a condition that can damage the optic nerve and lead to blindness.

There is no sure way to prevent myopia, but there are some things you can do to reduce your risk, such as:

- **Get regular eye exams:** Regular eye exams can help to detect myopia early on, when it is easier to treat.
- **Take breaks from near work:** If you spend a lot of time doing near work, be sure to take breaks every 20-30 minutes to look at something far away.
- **Use good lighting:** When reading or working, be sure to use good lighting. This will help to reduce eye strain and fatigue.

Myopia is a common vision condition that can affect people of all ages. It is important to get regular eye exams to detect myopia early on, when it is easier to treat. There are a number of ways to correct myopia, including eyeglasses, contact lenses, and refractive surgery.

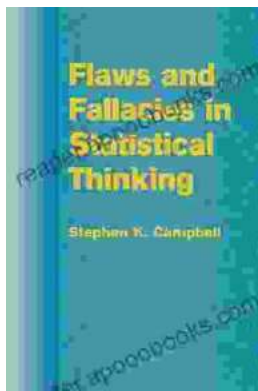


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