

Shortsightedness: What is Myopia?



Myopia is a common vision condition that causes nearby objects to appear clear, while objects at a distance appear blurry. This occurs due to the shape of the eyes. Certain eye shapes cause light rays to refract inaccurately, focusing the rays on the front of the retina rather than the back.

This condition typically develops during childhood and adolescence, and becomes stable in individuals aged 20 to 40. Myopia can stem from various environmental factors, two of which include:

1. Night myopia: This factor affects individuals who struggle with seeing distant objects, especially at night.
2. "Pseudo" myopia: This arises when individuals engage in prolonged near-vision tasks, straining their eyes and causing difficulty in clear focusing due to overuse.

Symptoms accompanying myopia comprise headaches, eyestrain, the need to squint for clear vision, and blurred vision when looking at distant objects. While children with myopia might not directly express their visual struggles, signs include excessive blinking, frequent eye rubbing, sitting close to the TV, or frequently rubbing their eyes.

Among adults, signs involve difficulty reading signs on streets or in stores, experiencing blurry vision in low light or during nighttime driving despite clear daytime vision. Several treatment avenues exist for myopia, including glasses, contact lenses, laser procedures like photorefractive keratectomy (PRK), and corneal refractive therapy (CRT). Numerous options and resources are available to assist those with myopia in addressing their clarity issues.

Consulting with an optometrist can aid in selecting the appropriate treatment tailored to individual visual needs.

