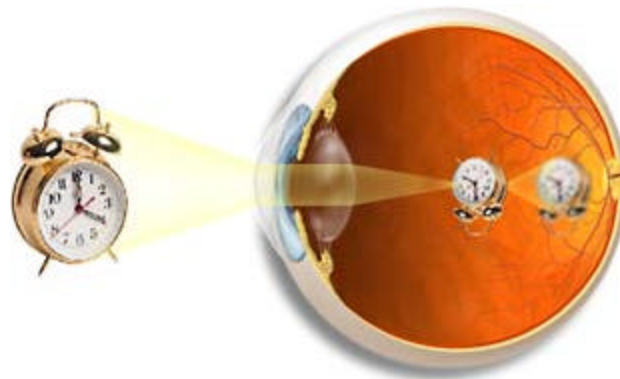


Nearsightedness (Myopia)

Overview

Nearsightedness or myopia, occurs when light entering the eye focuses in front of the **retina** instead of directly on it. This is caused by a **cornea** that is steeper, or an eye that is longer, than a normal eye. Nearsighted people typically see well up close, but have difficulty seeing far away.

This problem is often discovered in school-age children who report having trouble seeing the chalkboard. Near-sightedness usually becomes progressively worse through adolescence and stabilizes in early adulthood. It is an inherited problem.



Nearsighted Eye

Signs and Symptoms

- Blurry distance vision
- Vision seems clearer when squinting

Detection and Diagnosis

Nearsightedness is detected with a **vision test** and **refraction**.

Treatment

The treatment for nearsightedness depends on several factors such as the patient's age, activities, and occupation. Vision can be corrected with glasses, contacts, or surgery. **Refractive procedures** such as **LASIK** can be considered for adults when the prescription has remained stable for at least one year.