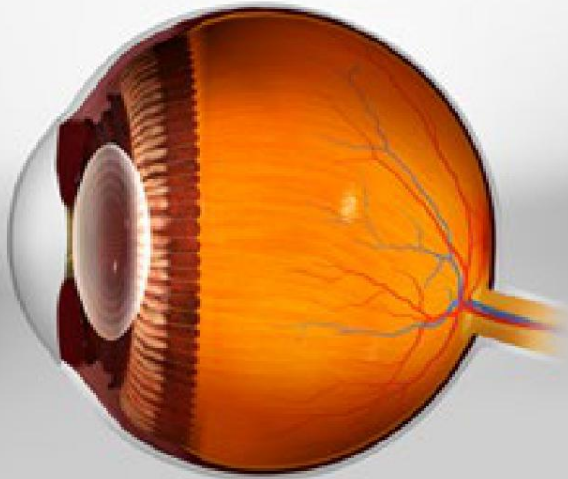


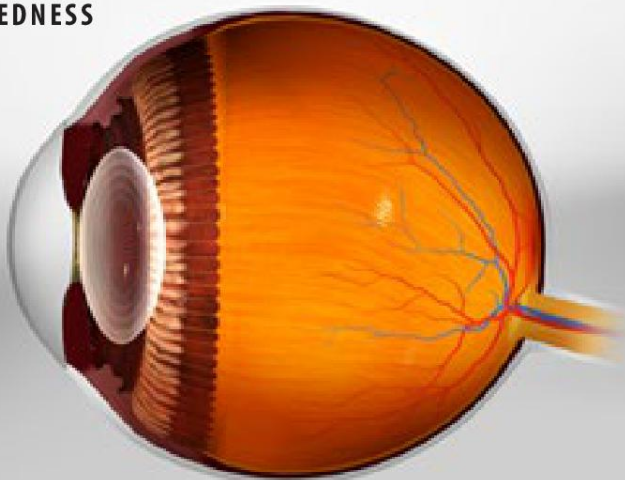


Nearsightedness (Myopia)

HEALTHY EYE



NEARSIGHTEDNESS



Overview

This is a common vision problem that can affect one or both eyes. With it, light isn't focused properly on the retina. Instead, the focus is in front of the retina. With nearsightedness, things in the distance look blurry. But things that are up close look sharp.

Causes

What causes nearsightedness? Well, it can happen if the shape of your eyeball is longer than normal. It may also be linked to a poorly-shaped cornea or lens. You can be born with nearsightedness, and it can run in families. It can develop quickly or gradually. Your risk for it may be higher if you do a lot of reading or up-close work. And, it may be linked to other factors.

Symptoms

If you have nearsightedness, your distance vision is blurry. You may find that you have to squint your eyes to see clearly. This is uncomfortable, and it can cause headaches. And, you may have trouble seeing at night.

Treatment

Nearsightedness is treated with eyeglasses or contact lenses. It can also be treated with laser surgery. And, researchers are studying ways to keep it from getting worse. Your doctor will let you know the best way to treat your vision problem.

