

Myopia (Nearsightedness)

Myopia is the medical term for nearsightedness, which means you see things close up well but do not see things that are far away very well.

Myopia can begin early in childhood and is often diagnosed when children begin school and complain of not being able to see the chalkboard well. The condition often becomes progressively worse through adolescence but stabilizes in early adulthood.

Symptoms

If you have myopia, your distance vision is blurry, but seems clearer if you squint. Close-up vision is normal.

Causes

Your eyes work somewhat like a camera. Light enters through the cornea, the pupil and the transparent fluid in the front of the eye onto the lens, which bends the light so that an image is focused on the retina in the back of your eye. Your retina, optic nerve and brain use these focused images to form vision.

When you are myopic, the light entering your eye focuses in front of the retina, instead of on it.

Treatment

Myopia is diagnosed with a comprehensive vision exam.

The treatment we recommend will depend on your age, lifestyle and occupation. We can correct your vision with glasses, contacts or surgery. Many different surgical options for the correction of myopia, such as LASIK, are available today and are an option for patients who wish to reduce their dependence on glasses or contacts.