

Myopia

Fact or fiction

Eating more carrots will improve my vision

A well-balanced diet is vital for eye health but no amount of carrots is going to make myopia disappear.

Pinhole glasses will cure nearsightedness

Wearing pinhole glasses creates an optical effect which can make vision slightly less blurry but pinhole glasses do not restore vision or cure myopia. They can be dangerous to wear as they block almost all of your peripheral vision.

Wearing weaker glasses will stop myopia getting worse

Studies have shown that wearing weaker glasses makes no difference to how myopia progresses.

Questions

What is myopia?

Myopia, or short-sightedness as it is commonly known, is an eye condition where you do not see distant objects clearly. Myopia is a very common eye condition that usually begins in school-age children and can continue to progress until the eye stops growing. Adults can also develop myopia.

What causes myopia?

If the cornea, the clear window at the front of the eye, is too curved or your eye is too long, the light that enters your eye will not focus correctly. Studies of myopia indicate myopia is hereditary. Theories also suggest that environmental factors like staying indoors and excessive amounts of close work and eye strain are linked to myopia.

Can myopia be cured?

There is no cure for myopia. Properly prescribed glasses or contact lenses will help you to see clearly but will not cure your short-sightedness. Laser surgery to reshape your cornea and refocus light can correct myopia in some people and eliminate the need for glasses or contact lenses.

Will I have to wear glasses?

Your optometrist will tell you if you need to wear glasses full-time or part-time to enable you to see clearly. Sometimes you will need them only for some activities such as driving, going to the movies or in the classroom.

Many short-sighted people use both glasses and contact lenses to help them see clearly. Glasses are used not only to correct vision, they also make a fashion statement and come in many shapes, sizes and colours. Contact lenses are worn on the eyes. They may provide better vision and are great for people with an active lifestyle.

How can I tell if I am short-sighted?

Short-sighted people will see distant objects as a blur. Some people do not realise that they cannot see clearly but an eye examination by an optometrist will test for myopia.

Optometrists use an eye chart to test your visual acuity, or how well you see in the distance, and place different lenses in front of your eyes to find the lenses that give you the clearest vision on the eye chart. Using these results and other tests, your optometrist can tell if you are short-sighted.

For more information and help to select the treatments that meet all your eye care and lifestyle needs, ask your optometrist or visit goodvisionforlife.com.au

Your optometrist

