

Hyperopia or Long-sightedness

Hyperopia or long-sightedness is a common condition that occurs due to the power of the cornea and lens, or shorter length of the eye, causing image of what you are looking at to focus behind the retina. Whilst the name suggests objects up close are blurry, this is not always the case, especially in children, as in many cases our visual system can cope well enough to do the focusing and keep the image on the retina. Symptoms associated with long-sightedness typically occur when the degree of error is large; when we get older and lose flexibility of our focusing, or if we do long extended periods of close work and our focusing becomes fatigued due to the extra work our eyes are doing.

It is important for parents to realise that if your child is long-sighted it is not the end of the world. You should always ask how long-sighted your child is, as children can easily cope with up 1.50 dioptries of hyperopia without the need for spectacle correction. SO being long-sighted or hyperopic isn't necessarily a need for glasses.

If there are greater degrees of hyperopia, often an associated problem is over-convergence. This essentially means the eyes become "crossed" from working too hard, and a glasses correction often corrects both problems easily. (See "convergence excess for more information about convergence.)

As you age and you lose your ability to focus due to the lens inside the eye hardening. Some people find that they need glasses to read – and this is simply the aging process called presbyopia, however if you are long-sighted you will find that you will eventually need a glasses correction to see clearly both in the distance and up close.

There are various options for correcting hyperopia or long-sightedness. While glasses are an easy option, contact lenses and even refractive surgery are options and you should consider these options. At Eyeman we are only too happy to discuss all your options with you and come up with a solution that best suits your lifestyle.