

## Myopia or Short-sightedness

Myopia, short-sightedness, or near-sightedness, is a condition of the eye that simply means a person's has an inability to see objects in the distance clearly. People who are myopic have blurry distance vision, and clear close vision.

If you have this condition, well you're not alone - in 2010 it was estimated that there were over 1.4 billion people worldwide with myopia. The incidence seem to be increasing, with more recent research show that in the south-east Asia region more than 80% of children leaving high school are short-sighted.

**What causes myopia?** Myopia occurs when the eyeball grows too long in relation to the power of the lens and cornea of the eye. This causes light rays to focus in front of the retina, rather than directly at its surface. The exact cause is still debatable; however there are some things we do know for sure:

Firstly a family history is a strong indicator that someone might develop myopia. If 1 parent has myopia, then children are 2 times more likely to develop the condition, however if both parents are myopic then the child is 6 times more likely to become myopic! So it definitely runs in families.

Secondly there also seems to be environmental factors at play with near work often indicated. However the indications are not universal and at Eyeman we endeavour to structure a treatment plan specific to your vision as it is today and address problems that we think could lead to you developing short-sightedness or that could lead to your short-sightedness becoming worse.

It is important that parents are aware that with increasing levels of myopia, there is a doubling of the risk of serious ocular health problems such as retinal detachment, cataract and glaucoma and that these conditions can all cause loss of sight. It is for these very reasons that here at Eyeman we are serious about trying to control the onset and progression of myopia.

Current research indicates that the best way to minimise or stop the progression of myopia is through the use of either Orthokeratology contact lenses or multi-focal contact lenses. Have a look at our information about these lenses and feel free to contact us if you have any questions.