

NNAM PRECIOUS CHINONYE

19/MHS02/131

NURSING SCIENCE

200 LEVEL

PHS 212

Write short notes on any two eye defects

MYOPIA (NEAR-SIGHTEDNESS)

Nearsightedness (myopia) is a common vision condition in which you can see objects near to you clearly, but objects farther away are blurry. It occurs when the shape of your eye causes light rays to bend (refract) incorrectly, focusing images in front of your retina instead of on your retina.

Nearsightedness may develop gradually or rapidly, often worsening during childhood and adolescence. Nearsightedness tends to run in families.

A basic eye exam can confirm nearsightedness. You can compensate for the blur with eyeglasses, contact lenses or refractive surgery.

Symptoms

Nearsightedness symptoms may include:

- *Blurry vision when looking at distant objects
- *The need to squint or partially close the eyelids to see clearly
- *Headaches caused by eyestrain
- *Difficulty seeing while driving a vehicle, especially at night (night myopia)

Nearsightedness is often first detected during childhood and is commonly diagnosed between the early school years through the teens. A child with nearsightedness may:

- *Persistently squint

*Need to sit closer to the television, movie screen or the front of the classroom

*Seem to be unaware of distant objects

*Blink excessively

*Rub his or her eyes frequently

CAUSES

Nearsightedness usually occurs when your eyeball is longer than normal or your cornea is curved too steeply. Instead of being focused precisely on your retina, light is focused in front of your retina, resulting in a blurry appearance for distant objects.

long-sightedness (hyperopia)

Normally, light is focussed by the cornea and lens to form a sharp image on the retina. Long-sightedness occurs when the eyeball is slightly too short so that the focus point is behind the retina at the back of the eye. If you are long-sighted, you find it more difficult to see clearly objects that are close to you. For example, words on a page or your phone screen may seem blurred.

Who is affected by long-sightedness

Long-sightedness affects people of all ages.

symptoms of long-sightedness

*see distant objects clearly, but nearby objects look blurred or fuzzy

*need to screw up their eyes to see clearly

*have tired eyes or headaches after reading and writing, working on the computer or other close up activities.

Children who are long-sighted may not experience these problems, but you may notice one eye turning inwards (towards their nose) as the child tries to focus. This is called a squint and may be more noticeable when the child is tired or unwell. If this happens they may develop a lazy eye, so you should take them to an optometrist without delay.

Treatment of long-sightedness

Long-sightedness can be corrected by glasses or contact lenses.