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**EYE DEFECTS**

**1.MYOPIA**

Nearsightedness, or myopia, as it is medically termed, is a vision condition in which people can see close objects clearly, but objects farther away appear blurred. People with myopia can have difficulty clearly seeing a movie or TV screen, a whiteboard in school or while driving.

Myopia occurs if the eyeball is too long or the cornea (the clear front cover of the eye) is too curved. As a result, the light entering the eye isn't focused correctly, and distant objects look blurred.

People with myopia have several options available to regain clear distance vision. They include:

Eyeglasses: For most people with myopia, eyeglasses are the primary choice for correction. Depending on the amount of myopia, you may only need to wear glasses for certain activities, like watching a movie or driving a car. Or, if you are very nearsighted, you may need to wear them all the time.

Contact lenses:For some individuals, contact lenses offer clearer vision and a wider field of view than eyeglasses. However, since contact lenses are worn directly on the eyes, they require proper care to safeguard eye health.

Ortho-k or CRT: Another option for treating myopia is orthokeratology (ortho-k), also known as corneal refractive therapy (CRT). In this nonsurgical procedure, you wear a series of specially designed rigid contact lenses to gradually reshape the curvature of your cornea, the front outer surface of the eye. The lenses place pressure on the cornea to flatten it. This changes how light entering the eye is focused. You wear the contact lenses for limited periods, such as overnight, and then remove them. People with mild myopia may be able to temporarily obtain clear vision for most of their daily activities.

Laser procedures: Laser procedures such as LASIK (laser in situ keratomileusis) or PRK (photorefractive keratectomy) are also possible treatment options for myopia in adults. A laser beam of light reshapes the cornea by removing a small amount of eye tissue. The amount of myopia that PRK or LASIK can correct is limited by the amount of corneal tissue that can be safely removed.

**2.ASTIGMATISM**

Astigmatism is a condition in which one’s eye isn’t completely round. Ideally, an eyeball is shaped like a perfectly round ball. Light comes into it and bends evenly, which gives one a clear view. But if one’s eye is shaped more like a football, light gets bent more in one direction than another. That means only part of an object is in focus. Things at a distance may look blurry and wavy.

It’s common to have astigmatism along with nearsightedness (myopia) or farsightedness (hyperopia). These three conditions are called refractive errors because they involve how your eyes bend (refract) light.

Astigmatism is fairly easy for an eye doctor to fix with glasses, contacts, or surgery.

Astigmatism Symptoms

Symptoms of astigmatism may include:

Blurry or distorted vision

Eyestrain

Headaches

Trouble seeing at night

**CAUSES OF ASTIGMATISM**

Most people are born with it,One can also get it after an eye injury, an eye disease, or surgery.

Rarely, a condition called keratoconus can cause astigmatism by making the clear front part of your eye (your cornea) thinner and more cone-shaped. You’ll probably need contacts (but not glasses) to see clearly.

**ASTIGMATISM TREATMENT**

There are two treatments for the common levels of astigmatism:

Corrective lenses: That means glasses or contacts. If one have astigmatism, the doctor will probably prescribe a special type of soft contact lenses called toric lenses. They can bend light more in one direction than the other. If one’s case is more severe, one might get gas-permeable rigid contact lenses for a procedure called orthokeratology. One wear the lenses while you sleep, and they reshape your cornea. One will need to keep wearing the lenses to hold this new shape, but one won’t have to wear them as often.

Refractive surgery: Laser surgery also changes the shape of one’s cornea. Types of refractive surgery include LASIK and PRK. One will need to have otherwise healthy eyes with no retina problems or corneal scars.