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PHS 212

Assignment: write short notes on any two side effects

Answer:

1. **Astigmatism:** What Is Astigmatism?

Astigmatism is a condition in which your eye isn't completely round. Almost all of us have it to some degree.

Ideally, an eyeball is shaped like a perfectly round ball. Light comes into it and bends evenly, which gives you a clear view. But if your 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

Astigmatism Causes

Most people are born with it, but experts don't know why. You 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.

You can't get astigmatism from reading in low light or sitting too close to the TV.

Astigmatism Diagnosis

Astigmatism symptoms come on slowly. Go to an eye doctor if you notice changes in your vision. You'll need a complete eye exam. Your doctor will test the sharpness of your eyesight by asking you to read an eye chart. They'll also use tools to measure your vision, including:

- **Phoropter.** You look through a series of lenses to find the ones that give you the clearest vision.
- **Keratometer/topographer.** This machine uses a circle of light to measure the curve of your cornea.
- **Autorefractor.** This device shines light into your eye and measures how it changes as it bounces off the back. This gives your doctor an idea of which lenses you need.

2. **Myopia:** 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