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•Myopia(Nearsightedness)

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.

CAUSES

Myopia occurs if the eyeball is too long or the cornea (the clear front cover of the eye) is too curved. This causes light rays to focus at a point in front of the retina, rather than directly on the surface. As a result of this, the light entering the eye isn't focused correctly, and distant objects look blurred.

Myopia can be inherited because it tends to run in families. Its actual development may be affected by how a person uses his or her eyes. Individuals who spend considerable time reading, working at a computer, or doing other intense close visual work may be more likely to develop myopia.

Symptoms of myopia

- Blurred vision or distorted vision
- squinting or eye strain
- Headache

Symptoms of myopia may also be a sign of variations in blood sugar levels in people with diabetes or may be an early indication of a developing cataract.

TREATMENT

The treatment of myopia consists of device. They includes:

- Eyeglasses
- Contact lenses
- Surgery such as LASIK
- 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.

HYPEROPIA(FARSIGHTEDNESS)

Farsightedness (hyperopia) is a common vision condition in which you can see distant objects clearly, but objects nearby may be blurry.

Farsightedness usually is present at birth and tends to run in families.

CAUSES

This is due to the eyes not bending light properly as it focuses in front of the back of the eyes or the cornea has too little curvature. This occur when light focus behind the retina rather than directly on it.

SYMPTOMS

- Fatigue
- Eye squint or strain including burning eyes, and aching in or around the eyes
- Headaches

TREATMENT

- Eyeglasses: Farsightedness can be corrected with glasses or contact lenses to change the way light rays bend into the eyes.

Aspheric high-index lenses is a stronger prescriptions for the correction of farsightedness. This lenses helps to reduce the magnified "bug-eye" appearance eyeglasses for hyperopia often cause.

Also, photochromic lenses that automatically darken in response to sunlight

- Refractive surgery: such as LASIK or CK, is another option for correcting hyperopia. Surgery may reduce or eliminate your need to wear glasses or contact lenses.