

## EYE DEFECTS

### MYOPIA

Myopia is the inability to see things clearly unless they're relatively close to your eyes. Also called nearsightedness or shortsightedness, myopia is the most common refractive error among children and young adults.

Myopia occurs when the eyeball is too long, relative to the focusing power of the cornea and lens of the eye. This causes light rays to focus at a point in front of the retina, rather than directly on its surface.

Nearsightedness can also be caused by the cornea or lens being too curved for the length of the eyeball. In some cases, myopia occurs due to a combination of these factors.

Myopia typically begins in childhood, and you may have a higher risk if your parents are nearsighted. In most cases, nearsightedness stabilizes in early adulthood but sometimes it continues to progress with age.

Nearsightedness can be corrected with eyeglasses, contact lenses or refractive surgery.

### PRESBYOPIA

Presbyopia is the gradual loss of your eyes' ability to focus on nearby objects. It's a natural, often annoying part of aging.

A basic eye exam can confirm presbyopia.

The goal of treatment is to compensate for the inability of your eyes to focus on nearby objects. Treatment options include wearing corrective eyeglasses (spectacle lenses) or contact lenses, undergoing refractive surgery, or getting lens implants for presbyopia.

Presbyopia is a degenerative eye condition, so the quality of your up-close reading vision will deteriorate with time. This also means you will need to replace your eyeglasses with new ones more frequently, as it can cause your vision to worsen.

Another name for Presbyopia is “old sight.”