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MARTIC NUMBER: 18/MHS02/015

EYES DEFECTS

1. Astigmatism

This defect is when the light rays do not come to a single focal point on the retina, instead some focus on the retina and some in front or behind the retina. This is usually caused by a non-uniform curvature of the cornea. A typical symptom of astigmatism is if one is looking at a pattern of lines placed at various angles and the lines running in one direction appear sharp whilst those in other directions appear blurred. Astigmatism can usually be corrected by using a special spherical cylindrical lens

Types of Astigmatism

The two main types of astigmatism are corneal and lenticular. A corneal astigmatism appears when the cornea is misshapen. A lenticular astigmatism happens when the lens is misshapen.

Causes of Astigmatism

What causes astigmatism is unknown but genetics is a big factor. It is often present at birth, but it may develop later in life. It may also occur as a result of an injury to the eye or after eye surgery. Astigmatism often occurs with nearsightedness or farsightedness

Symptoms of Astigmatism

- Blurry, distorted, or fuzzy vision at all distances (up close and far away)
- Difficulty seeing at night
- Eyestrain

- Eye irritation
- Headaches
- Squinting

Treatment for Astigmatism

- Corrective lens
- Surgery
- Orthokeratology (Ortho-k) : Ortho-k is a treatment that uses rigid contact lenses to temporarily correct the irregular curvature of the cornea

2. Myopia (nearsightedness)

This is a defect of vision in which far objects appear blurred but near objects are seen clearly. The image is focused in front of the retina rather than on it usually because the eyeball is too long or the refractive power of the eye's lens too strong. Myopia can be corrected by wearing glasses/contacts with concave lenses these help to focus on the retina.

Causes of Myopia

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

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

Symptoms of Myopia

- Blurry vision when looking at long distance objects
- Squinting
- Headaches caused by eyestrain
- Blink excessively

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