Farsightedness (Hyperopia)

What is Farsightedness (Hyperopia)?
Farsightedness (Hyperopia) is a condition in which light that enters the eye is focused behind the retina instead of on the retina. This can occur when the eyeball is too short or when the cornea is misshapen. People diagnosed with hyperopia can see distant objects more clearly than objects that are up close. Children with parents who have hyperopia are more likely to develop the condition.

Symptoms of Hyperopia
Common symptoms include:
- Headaches
- Eye strain or eye fatigue
- Blurry vision when viewing objects up close

Diagnosis of Hyperopia
Through a complete eye exam, the eye doctor (an optometrist or an ophthalmologist) can detect hyperopia. It is important to identify vision problems early, especially in children, because the ability to see clearly can affect learning and development.

Treatment of Hyperopia
Hyperopia can be treated in several ways:
- Eyeglasses or Contact Lenses– Either option can easily correct hyperopia when prescribed by an eye doctor.
- Refractive Surgery – Surgery is the only permanent solution for hyperopia but may involve some risks. Possible complications include infection, dry eyes, or improper vision correction. The most common surgical procedure is laser-assisted in-situ keratomileusis (LASIK). LASIK uses laser technology to change the curvature of the cornea so that light can be refracted properly onto the retina. This enables light entering the eyes to focus on the retina rather than behind the retina.

Although hyperopia cannot be prevented, there are ways to ensure good vision health. Get a complete eye exam every 2 to 4 years if you are under age 65, and every 1 to 2 years if you are over age 65. For those with existing vision problems, it is important to continue regular follow up with the eye doctor. Remember to take breaks throughout the day especially if you are constantly looking at a computer or phone screen. Give the eyes a break from the screen approximately every 30 minutes. Resting your eyes can help relieve eye strains and headaches when viewing objects up close for long periods of time.

For more information about eye health, consult with your eye care professional or visit:
Prevent Blindness Northern California [https://northerncalifornia.preventblindness.org/](https://northerncalifornia.preventblindness.org/)

References:
National Eye Institute [https://nei.nih.gov/health/errors/hyperopia](https://nei.nih.gov/health/errors/hyperopia)

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