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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. The American Academy of Ophthalmology recommends adults with no symptoms or risk factors for eye disease to undergo baseline eye disease screening at age 40 and to receive eye exams every 1 to 2 years for those over age 60. 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:
The National Eye Institute
http://www.nei.nih.gov/
Prevent Blindness Northern California
https://northerncalifornia.preventblindness.org/

References:
National Eye Institute
https://nei.nih.gov/health/errors/hyperopia
American Optometric Association
https://www.aoa.org/patients-and-public