

Sight Matters

FAQ Sheets

Long-Sightedness (Hyperopia)

Long-sighted people can see clearer in the long distance, but they have blur or eyestrain with close tasks.

Cause

Long-sightedness is vision that is out-of-focus because the eye shape is too short. The focal point therefore occurs behind the retina and is thus blurred on the retina.

The cause of long-sightedness is not known for certain, but there is a hereditary factor.

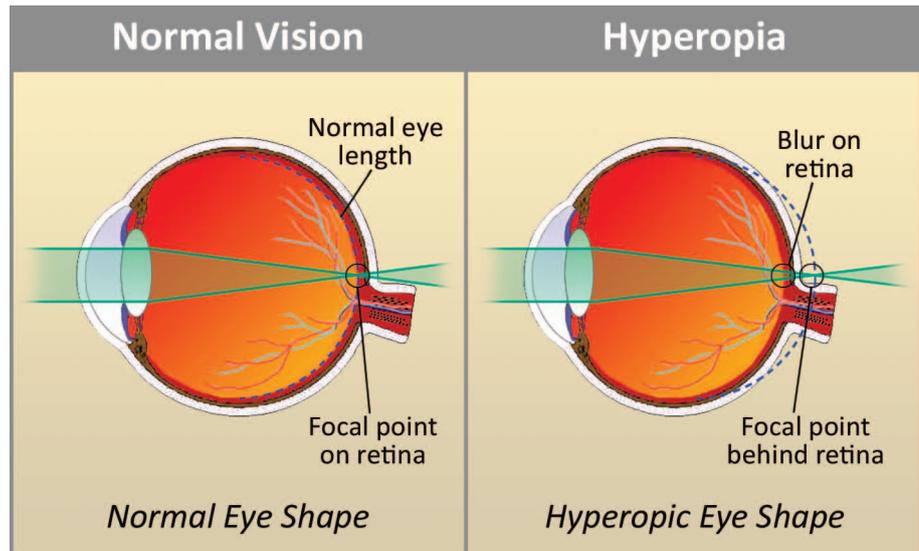
Most people are born long-sighted and then this reduces naturally as the eyes grow. Most school-age children are therefore a little long-sighted. This means they can see better at a distance than up close. They must exert an extra effort to bring their vision into sharp, clear focus for both far and near seeing.

This is no problem for most of them, but some 6% with higher degrees of longsightedness or muscle imbalance will suffer symptoms of strain which begin to interfere with their schoolwork. These children will often be able to pass an eye chart test with 6/6 (20/20) distance vision but still have very real visual problems with close work.

Symptoms

For young people the symptoms related to the strain of overcoming excessive long-sightedness include:

- Difficulty in concentrating when reading;
- Fatigue and/or headaches after close work;
- Aching or burning eyes;
- Nausea;
- Poor reading ability;
- Very close reading distance;
- Trouble maintaining a clear focus when doing sustained close work;
- Difficulty adjusting focus and
- Irritability after sustained concentration.



As long-sighted people get older the symptoms of eyestrain are replaced by blur and they are unable to see near tasks (reading, sewing, etc) clearly.

Treatment

For young people the prescription spectacles or contact lenses to alleviate longsightedness work by relieving the excessive strain from trying to overcome the condition. Often, children wearing them will not report clearer vision but rather a relief of the strain after sustained periods of concentrated close work.

For older patients, the prescription provides clearer vision rather than the relief of eyestrain.



Blurred near vision is corrected with a hyperopic prescription