

UNDERSTANDING MYOPIA

Children have a higher chance of developing myopia if one or both parents are nearsighted.

Myopia, often referred to as nearsightedness, is a common condition usually diagnosed before age 20. People with myopia can see close objects clearly but have difficulty seeing objects further away. Myopia generally begins in childhood and progresses until late teens or early adulthood.

01 | Causes and Symptoms

Myopia is caused by the eye not focusing light correctly onto the retina. This is often because the eyeball is too long or the cornea is too curved. Eye care providers can diagnose myopia using standard eye exams:

- Faraway items look blurred or fuzzy
- Close items appear clear
- Headaches
- Eyestrain
- Squinting to see clearly

02 | Risk Factors

Risk factors for myopia include:

- A family history of myopia
- Spending a lot of time doing “close-up” activities like reading and using cellphones or laptops.

Some studies support the idea that not spending enough time outdoors may also increase the risk of developing myopia.

03 | Treatment

Treating nearsightedness involves improving vision by helping focus light on the retina. Some treatments include:

- Wearing prescription corrective lenses like eyeglasses or contact lenses
- Rigid contact lenses worn at night temporarily reshape the cornea to slow its progression
- Refractive surgery to reshape the cornea

Surgical treatments may not be an option for everyone who has myopia. It is only recommended when nearsightedness does not progress further.

For more information on myopia and supportive resources, visit <https://my.clevelandclinic.org/health/diseases/8579-myopia-nearsightedness>.

Did You Know?

Individuals with myopia are at higher risk of developing eye diseases like glaucoma and cataracts in the future.

References

<https://www.mayoclinic.org/diseases-conditions/nearsightedness/diagnosis-treatment/drc-20375561>

<https://my.clevelandclinic.org/health/diseases/8579-myopia-nearsightedness>

<https://www.aao.org/eye-health/diseases/myopia-control-in-children>