



HYPEROPIA

Information about Farsightedness

What Is Hyperopia?

Hyperopia, otherwise known as farsightedness, is a vision condition in which distant objects are usually clearly in focus while near objects are not. Children who are farsighted, as well as some adults, can compensate by over focusing the muscles of their eyes to bring near objects into focus. While the extra focusing does not cause any permanent damage, it can cause discomfort. Farsightedness can cause blurred vision, fluctuating vision, eye strain and fatigue, headaches, and difficulty concentrating. Some individuals will also experience red eyes, a burning sensation, or dryness. In children, undetected hyperopia can lead to amblyopia (or “lazy eye”), an eye turning inward, or it can contribute to learning difficulties.

What Causes Farsightedness?

If the eyeball is too short or the cornea has too flat of a curvature, the light rays entering the eye will not focus properly. The light rays will actually focus behind the eye causing a blurred image on the back inside surface of the eye (the retina). Hyperopia is not a disease and it does not mean that you have “bad eyes.” Just as every human being is different in size and shape, hyperopia is just a result of a variation in the shape of your eyeball. The degree of variation and any associated visual discomfort determines whether or not you will need a vision correction. Most scientific evidence suggests that hyperopia is hereditary, like most of our other physical characteristics.

Who gets Hyperopia?

Farsightedness, or hyperopia, is one of the most common vision conditions affecting children. Many of us are born with a small amount of hyperopia that will diminish as we grow. Young adults can often focus, or accommodate, to compensate for their hyperopia. Older adults who are farsighted may also begin to experience blurred vision far away, as they are not able to accommodate as well as children. Adults over the age of 40 should not confuse hyperopia with the normal age related loss of focusing ability when reading, known as presbyopia.

How is Hyperopia Diagnosed?

Since young healthy children have strong focusing muscles, hyperopia is often missed during routine vision screenings. Parents and teachers often notice that a child is having more difficulty with school work, especially reading comprehension. In order to detect vision disorders, the American Optometric Association and the American Academy of Ophthalmology both agree that children should have a complete eye examination before the age of 5.



Many farsighted adults will complain of chronic fatigue, “tension” headaches, blurred vision, difficulty at the computer, or difficulty changing focus from near to far objects.

A comprehensive dilated eye health and vision examination will detect hyperopia. A dilated or cycloplegic examination is especially important in children, when hyperopia is suspected. Regular follow-up examinations, as recommended by the doctor, will detect any changes that are required in the prescription.

How Is Hyperopia Treated?

Currently, there are no proven cures for hyperopia. As with other vision conditions, eyeglasses or contact lenses optically correct hyperopia by refocusing light rays onto the retina. Depending on the age of the individual, the degree of hyperopia and how much it impairs daily activities, glasses and/or contact lenses may only be needed part-time.

Although refractive surgery (i.e.: LASIK) is now available for correction of farsightedness, it is generally not as successful as surgery for nearsightedness. Laser surgery does not eliminate the need for reading glasses in adults over the age of 40.

For more information about Hyperopia, or other vision conditions, please contact our office at (248) 427-9620.