

Hyperopia

Fact or fiction

It is better to wear weaker glasses and make my eyes work harder

This is not true. Long-sighted people have trouble reading because the muscles in their eyes over focus. Properly prescribed glasses or contact lenses from your optometrist will help your eyes to focus normally.

Contact lenses will not correct long-sightedness

Contact lenses are a great option for both adults and children with high levels of hyperopia, as they can provide clear, comfortable vision all day.

Contact lenses are better than glasses

Many long-sighted people use both glasses and contact lenses to treat their long-sightedness.

Information

What is hyperopia?

Hyperopia, or long-sightedness as it is commonly known, is an eye condition where you have difficulty seeing clearly when reading books or looking at the computer screen. People who are long-sighted often experience eyestrain and headaches and may feel tired at the end of the day.

Hyperopia is a very common eye condition affecting almost half of the Australian population.

What causes hyperopia?

The size and shape of your eye is largely responsible for this condition which is usually hereditary. If the cornea, the clear window at the front of the eye, is not sufficiently curved or your eye is too short, the light that enters your eye will not focus correctly.

Can hyperopia be cured?

Properly prescribed glasses or contact lenses will make tasks much easier by improving how clearly you see and making it more comfortable for your eyes, but hyperopia cannot be cured.

Will I have to wear glasses?

Your optometrist will tell you if you need to wear glasses full-time or part-time to help you see clearly. You are likely to need to wear glasses when you are reading books and magazines, using computers and performing other tasks that require you to focus up close.

Glasses are a good option for vision correction. They make a fashion statement and come in many shapes, sizes and colours. Contact lenses worn on the eyes are also a great option and may provide better vision, particularly if you lead an active lifestyle.

How can I tell if I am long-sighted?

People with hyperopia can often see clearly when looking at distant objects and may not realise they need glasses.

It is important to have an eye examination by an optometrist who will be able to test how well you see up close by placing different lenses in front of your eyes. Using this information and other tests, the optometrist can tell if you are long-sighted and prescribe lenses that give you the clearest and most comfortable vision.

How does hyperopia affect me?

If you have mild hyperopia, you may not notice any problems but in other cases your optometrist may prescribe glasses or contact lenses that will help enhance your vision.

For more information and help to select the treatments that meet all your eye care and lifestyle needs, ask your optometrist or visit goodvisionforlife.com.au

Your optometrist

