

# Myopia

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This material will help you understand myopia and how it is treated.

## **What is myopia?**

Myopia is a common condition that is also known as nearsightedness. People with myopia can see close objects clearly, but distant objects seem blurry.

## **What causes myopia?**

A nearsighted eye is either longer than normal, or its cornea is too steep. (The cornea is the clear cover over the front of the eye.) Because of this, the eye does not bend light normally. This is called a refractive error.

Myopia is often inherited. People at any age can be nearsighted. However, it commonly develops in children between 8 and 12 years old. During the teenage years, the condition may worsen. There is usually little change in eyesight from 20 to 40 years old.

## **How is myopia diagnosed?**

An eye doctor can diagnose myopia during a normal eye exam. As part of the exam, the doctor has you do a vision test. The doctor also looks at your eyes with special devices. This helps the doctor determine the severity of your myopia and how to correct it.

## **How is myopia treated?**

Glasses and contact lenses are the most common treatments for myopia. They work by refocusing light on your retina. This helps you see normally. Refractive surgery (like LASIK surgery) may also be a treatment option. During surgery, a doctor reshapes the surface of the eye. Talk to your doctor about which treatment is best for you.

**For more information, scan these codes with your smartphone or visit the websites listed.**



<http://www.kellogg.umich.edu/patientcare/conditions/myopia.html>



<http://www.geteyesmart.org/eyesmart/diseases/myopia-nearsightedness/index.cfm>

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