

# Hyperopia

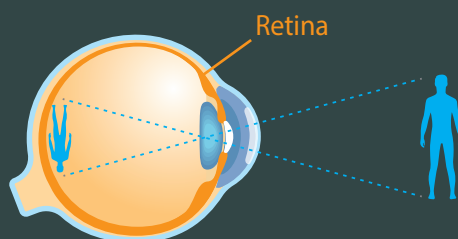


## Symptoms

People with mild hyperopia (long-sightedness) (below 200 degrees) may be asymptomatic because the eyes can accommodate to see both distant and near objects quite clearly. On the other hand, people may complain that both distant and near objects are blurred, especially near objects, and the eyes are uncomfortable or sore if they have severe hyperopia or eye strain resulting in diminished accommodation.

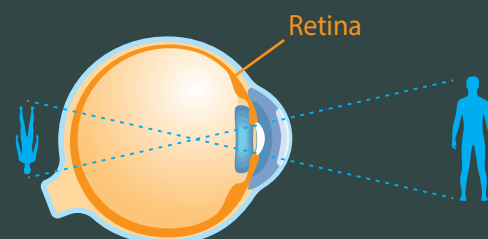
## Formation

Hyperopia results when the length of an eyeball is too short. The image of a distant object is focused behind instead of onto the retina, thus resulting in a blurred image. People with mild hyperopia can see clearly by the accommodation of the eyes to adjust the focus forward to the retina.



**Normal eye**

Image of a distant object is focused on the retina.



**Hyperopic eye**

Image of a distant object is focused behind the retina.

## Causes

Hyperopia is usually congenital. The severity of hyperopia seldom increases; on the contrary, it will most likely decrease with age.

## Prevalence

Hyperopia occurs in the Westerners more often than in the Orientals because of the different races. In Hong Kong, or even in Asia, the prevalence of hyperopia is far lower than that of myopia. One of the possible reasons may be because people with mild hyperopia are asymptomatic, so they do not have their vision checked.

## Preventive Methods

Since hyperopia is mainly a congenital condition, there are no specific preventive methods. Regular vision check may detect early hyperopia. If you have severe hyperopia that affects your daily life, you should wear glasses to correct your vision.

