

What are the Symptoms?

A person who is farsighted may have trouble concentrating or focusing on objects close up such as a book or newspaper. After long periods of time, blurred vision, nervousness, tension and irritability can occur. A person simply may not enjoy reading, or if the person is a child, poor reading ability may be the result.

Hyperopia causes the eyes to exert extra effort to see objects nearby and causes the eyes to strain in order to see great distances. That extra effort causes tension and discomfort. If the lens of the eye cannot bring objects into focus after additional expended effort, blurred vision is the result.

How Is It Diagnosed?

Unlike some eye problems hyperopia is seldom diagnosed in eye-screening tests. Most screenings involve an eye chart hanging on a wall 20 feet away representing distance vision without regard to near vision which is affected by hyperopia.



Hyperopia must be diagnosed with a comprehensive eye examination and often involving eye drops to dilate the eyes.

How Is Hyperopia Treated?

Corrective lenses (eyeglasses or contact lenses) are usually prescribed to treat hyperopia. You may need only to wear glasses for reading or other tasks done at close range. The best option for you depends on your lifestyle, occupation, types of recreational activities, your general health and other individual characteristics. Working with your Optometrist will help assure that your corrective lenses contribute to clear sight and general comfort.



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Hyperopia (Farsightedness)

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What Is Hyperopia?

Hyperopia, or farsightedness, is one of a group of conditions known as refractive errors. Refractive errors interfere with the way light rays are focused within the eye. If you are farsighted, you can focus well on distant objects but not as well on nearby objects.

What Causes Hyperopia?

The most common cause of hyperopia is a normal variation in the shape of the eyeball; the length of the eyeball is too short. In other words, the eyeball is shorter from front to back than is normal, thereby causing the light rays to focus behind the retina. In some cases, hyperopia may be caused by having too flat of a curvature of the cornea (front window of the eye). The exact cause of this eyeball shape variation is not known, but the tendency for farsightedness is inherited. Some people are more prone to developing this condition than others. It may also be caused by factors other than heredity, but to a lesser degree.



Hyperopia is not a disease, nor does it mean that you have “bad eyes.” It simply means that you have a normal variation in the shape of your eyeball. There are few perfectly shaped eyeballs, just as most sets of teeth are not perfectly shaped or aligned. There are many presentations that are considered within normal limits. The degree of variation from the ideal determines whether or not you will need corrective lenses.

The human eye can focus light rays, and depending on the degree of farsightedness, you may be able to focus clearly without the help of corrective lenses. However if you are having eye-strain, eye turns, headaches or blurred vision when reading you need corrective lenses because you are focusing a lot more than someone else who is not farsighted. This causes muscle fatigue and subsequent discomfort and blurred vision.

How Does Hyperopia Affect Sight?

To fully understand why hyperopia causes a disturbance in sight, it is helpful to understand the process by which sight occurs.

For clear vision to occur, the lens of the eye directs light rays towards the retina. The light rays must come together in a fine point and must strike the retina in exactly the right place. If the eyeball is too short, the “point of light source” focuses on a location behind the retina, instead of its correct position, right on the retina. So, instead of a fine point focused on the retina, we have a large blur circle of light that causes blurred vision.

Convex lenses are prescribed to bend light rays more sharply (as close to a point as possible) on the retina.

Who is Affected by Hyperopia?

Many people have a degree of farsightedness, yet it is only a problem if it significantly affects the ability to see well. Over half of the people who wear glasses do so because of hyperopia or presbyopia (another problem of focusing at near).

