

AN EYE ON YOUR HEALTH:
WHAT YOUR SYMPTOMS MEAN

Unblurring the lines to corrected vision

Roughly 75 percent of Americans experience vision symptoms that require eyeglasses, contact lenses or other care, according to the Vision Council of America.¹ That means most of us are finding it harder to read restaurant menus or find a good seat in the theater.

If you're finding the world a little out of focus, take comfort in knowing you're not alone. Researchers and doctors are constantly working to find better ways to pinpoint the causes of eye conditions and remedy them.

So don't fret the seat or the entrée list. Resolving eyesight issues is a straightforward process; it just takes a little understanding of what eye symptoms mean and then working with your eye doctor to choose the right lenses for that condition.

Check out this list of prevalent eye conditions, vision symptoms and the best lenses to correct the problem for happy eye health.

FARSIGHTEDNESS

Anyone who can read the subtitles on a movie screen but cannot read the headlines on his or her computer is familiar with farsightedness. It is a vision condition that makes nearby objects appear as blurry as pond water, while faraway objects remain clear. Farsightedness usually occurs at birth and tends to be hereditary. Happily, the condition is easily corrected with eyeglasses or contact lenses prescribed by a doctor.²

NEARSIGHTEDNESS

The opposite of farsightedness, nearsightedness is a condition that inhibits one's ability to see objects that are far away, such as that highway exit sign or a performer on stage. Also a condition that tends to run in families, nearsightedness, or myopia, often worsens during childhood or adolescence. Like farsightedness, it can be corrected easily with eyeglasses or contact lenses.³

The logo for eyeMed, featuring the word "eye" in a lowercase, rounded font above the word "Med" in a similar font, both in green.

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PRESBYOPIA

Presbyopia is often accused of arriving at our doorstep the day we turn 40. Like farsightedness, it refers to the eyes' diminishing ability to focus on objects that are close to us. It often becomes noticeable in our early 40s and unfortunately worsens until about age 65. A simple eye exam can diagnose presbyopia, and it can be readily fixed with eyeglasses or contacts.⁴

ASTIGMATISM

Consider it the curve that blurs the landscape. Astigmatism occurs when the cornea on the surface of the eye or the lens inside the eye curves differently from one direction to the other. The result is blurriness at all distances and possibly eye strain and headaches. Those who have an astigmatism often are born with it. Astigmatism can be diagnosed with a vision test and a painless exam to check the curvature of the cornea.⁵

Fortunately, most people younger than 60 can have their vision problems corrected with glasses or contact lenses. The key is seeing an eye doctor as soon as objects get fuzzy, and then simply enjoying life through a new lens.

SEE THE GOOD STUFF

For more articles to keep your vision healthy and sharp, visit eyesiteonwellness.com

¹"US optical overview and outlook," The Vision Council (December 2015). Accessed December 2019.

²Diseases and Conditions, Farsightedness, Mayo Clinic, <http://www.mayoclinic.org/diseases-conditions/farsightedness/basics/definition/CON-20027486>

³Diseases and Conditions, Nearsightedness, Mayo Clinic, <http://www.mayoclinic.org/diseases-conditions/farsightedness/basics/definition/CON-20027486>

⁴Diseases and Conditions, Presbyopia, Mayo Clinic, <http://www.mayoclinic.org/diseases-conditions/presbyopia/basics/definition/con-20032261>

⁵Diseases and Conditions, Astigmatism, Mayo Clinic, <http://www.mayoclinic.org/diseases-conditions/astigmatism/basics/definition/con-20022003>

