

# Hypermetropia

(Farsightedness)

الطرح (طول النظر)



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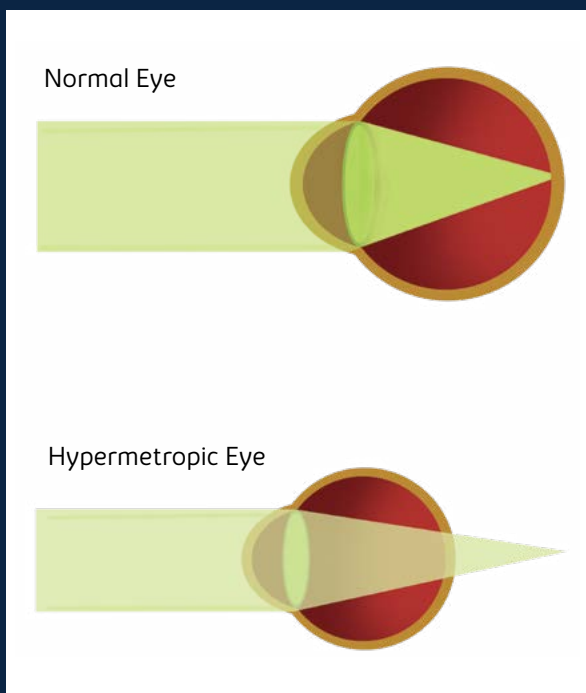
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# Facts

A refractive condition of the eye in which vision is better for distant objects than for near objects.

Also called farsightedness, longsighted or hyperopia.

It results from the eyeball being smaller than average, causing images to be focused behind the retina.



# Symptoms

- ▶ Blurred vision
- ▶ Asthenopia (eye strain)
- ▶ Accommodative dysfunction
- ▶ Binocular dysfunction
- ▶ Amblyopia
- ▶ Strabismus

## In mild hypermetropia

Symptoms are vague and occasional, and may include any of the following:

- ▶ Headache
- ▶ Eye strain
- ▶ Occasional difficulty reading
- ▶ Fatigue
- ▶ Difficulty changing focus from near to far
- ▶ Watery, uncomfortable eyes
- ▶ Excessive blinking
- ▶ Squinting to read



# Diagnosis

Hypermetropia should be diagnosed by a qualified Optometrist and/or Ophthalmologist.

A full Optometric Examination should be performed to assess the degree and extent of the problem.

Children and young adults should ideally have their pupils widened with eye drops before being tested (refracted) as weak levels of hypermetropia may be compensated by the “accommodation strain” in other words, by increasing the refracting power of the natural lens. In this case it is a question of hidden hypermetropia.

Beware that the effect of the eye drops, which will blur your vision.



# Treatment

The treatment options depend on several factors such as the patient's age, level of physical activity, and occupation. Most people with farsightedness (hyperopia) don't require treatment.

Glasses or contact lenses can improve vision if needed. Corrective lenses refocus light on the retina.

Eyeglasses and contact lenses are the treatment of choice for most people with far sightedness.

It is important to note that eyeglasses that correct for farsightedness may not necessarily improve your vision, but they may relieve your other symptoms.

Refractive surgery can successfully correct some forms of hyperopia.



## Moorfields Dubai



# Moorfields Eye Hospital Dubai

A branch of Moorfields London

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### Opening hours:

Saturday to Thursday, 8.30am to 5.30pm,  
for information and advice on eye conditions and  
treatments from experienced ophthalmic trained staff.



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