

Myopia

(Shortsightedness)

قصر النظر

World leading
experts in
eye care



Moorfields
Eye Hospital Dubai
A branch of Moorfields London

King's

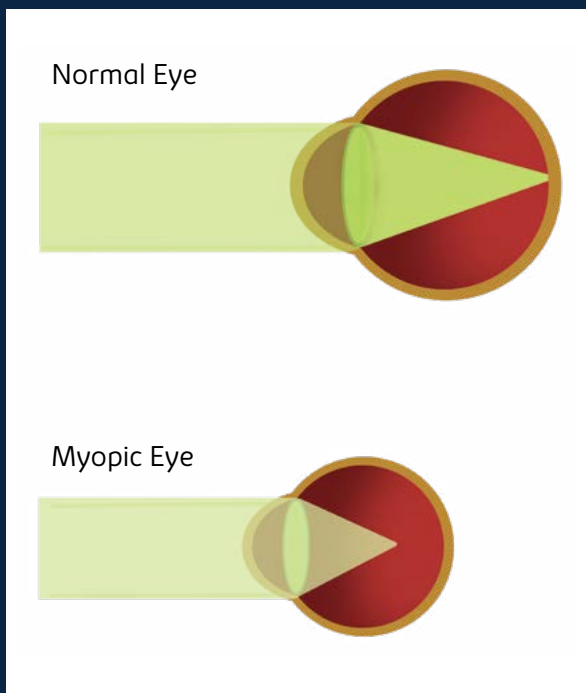
مستشفى كينجز كوليدج لندن
King's College Hospital London

Facts

Myopia is a common refractive condition.

Myopic individuals are nearsighted/shortsighted: they see near objects clearly, but distant objects are blurry.

Myopia occurs when the cornea and lens focus the light in front of the retina instead of exactly on it.



Symptoms

- ▶ Difficulty seeing distant objects
- ▶ Squinting frequently
- ▶ Holding books or other objects very close to the face
- ▶ Difficulty seeing writing on signs or watching television
- ▶ Difficulty with driving (particularly at night)
- ▶ Occasionally, a person with myopia may have headaches or eyestrain from the effort of trying to focus.

Diagnosis

Myopia should be diagnosed by a qualified Optometrist or Ophthalmologist.

A full optometric examination should be done to assess the degree and extent of the problem.

The initial diagnosis of myopia is usually made by having the patient read letters from an eye chart.

A refraction assessment with a retinoscope or autorefractor helps determine the degree of myopia.

During a refraction assessment, the patient is asked to look through a device called a Phoropter while the eye doctor changes lenses and asks the patient questions.



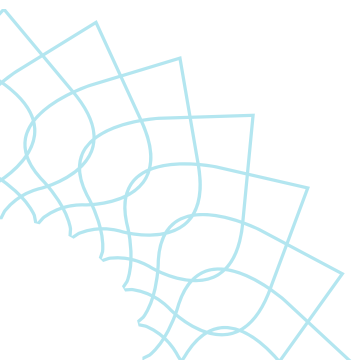
Moderate to **Severe Myopia**

People who have moderate or severe myopia may only be able to see objects that are within a few inches of their faces without the aid of corrective lenses.

Degenerative **Myopia**

Degenerative myopia, a rare condition in which the eye continues to elongate far beyond a normal range, can lead to a variety of serious complications.

These include stretching and thinning of the eye's outer shell, or sclera, retinal detachment, macular degeneration, increased likelihood of cataracts, and even glaucoma.



Treatment

Eyeglasses:

Myopia is best treated with eyeglasses or contact lenses which compensate for the elongated shape of the eye allowing the light to focus properly on the retina.

Surgery:

Refractive surgery is another option which can reduce or even eliminate your dependence on glasses or contact lenses.



Moorfields Dubai



Moorfields Eye Hospital Dubai

A branch of Moorfields London

Moorfields Eye Hospital Dubai

Dubai Healthcare City,
PO Box 505054, District 1,
Al Razi Building 64, Block E, Floor 3,
Dubai, U.A.E.
Tel. +971 4 429 7888
moorfields.ae



Opening hours:

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

.....



مستشفى كينغز كوليدج لندن
King's College Hospital London

King's College Hospital - Dubai Hills

Dubai Hills, AlKhail Road,
Marabea East Exit
Tel: +9714 247 7777
www.kch.ae
Open 24/7

