

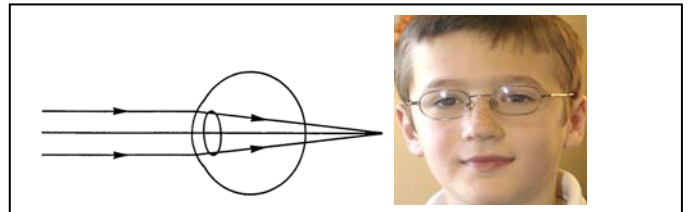
## Long-sight: 8-12s

### The proper name is...

Hypermetropia

### But it's often called...

Long-sight



### Intro

Having long-sight means things can look blurred, especially close-up things, because your eyes cannot focus properly. Long sight is very common and can be corrected with glasses or contact lenses.

### How does the world look to me?

If you have long-sight it can be harder to see things, especially things that are close, such as the words in a book. When you are young, the natural lenses inside your eyes might be able to change focus to make up for your long-sight.

### How do I look to the world?

People with long-sight usually look normal, though they might need to wear glasses or contact lenses.

### How did I get it?

We don't really know why people get long-sight. It can sometimes be passed along in families.

### What causes it?

Long-sight is caused by a focusing problem. Do you like going to the cinema? When you watch a movie, the film projector has to be focused to get a nice sharp picture on the screen. Light passes through your eye's natural lens like it passes through the projector's lens. Light then focuses on the back of your eye the way it focuses on the cinema screen.

Imagine if the distance between the projector and the screen was too short: the picture on the screen would be blurry. In long-sight, the length of your eyeball is too short for the strength of your eye's lens, so things look blurry.

### How can the doctor tell?

Hypermetropia is usually diagnosed with a simple glasses test using a special torch (retinoscope) and lenses to measure your eye focusing.

### Getting it sorted

If you are long-sighted, your optician might prescribe glasses or contact lenses to help you see better.

## Moorfields Eye Hospital NHS Foundation Trust

City Road, London EC1V 2PD

Phone: 020 7253 3411

[www.moorfields.nhs.uk](http://www.moorfields.nhs.uk)

**Moorfields Direct Telephone Helpline**

Phone: 020 7566 2345

**Monday to Friday 09.00 to 16.30 for further information and advice.**

**Credits**

***Date Published:*** December 2009 ***Date for review:*** Dec 2010

***Author:*** Moorfields Paediatric Information Group