

## Short-sight: 8-12s

### The proper name is...

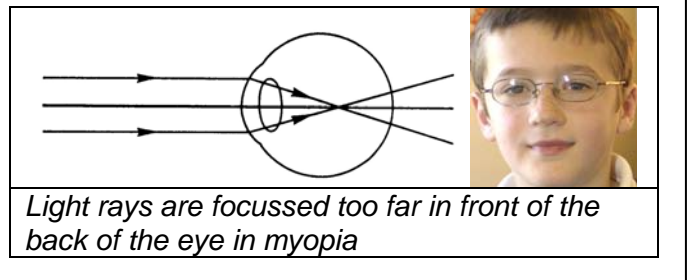
Myopia

### But we often call it...

Short-sight

### Intro

Having short-sight means that things can look blurred, especially far-away things, because your eyes cannot focus properly. It is a very common problem and can be corrected with glasses or contact lenses.



### How does the world look to me?

If you have short-sight, things can look blurred, especially if they are far away, like the white-board at school. You can see things very close to you better. You might also get headaches and tired eyes.

### How do I look to the world?

People with short-sight look normal, but they might wear glasses or contact lenses.

### How did I get it?

Short-sight can run in families.

Short-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 long: the picture on the screen would be blurry. In short-sight, the length of your eyeball is too long for the strength of your eye's lens, so things look blurry.

### How can the doctor tell?

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

### Getting it sorted

Short-sight can usually be corrected with glasses or contact lenses.

Laser surgery to correct myopia is also available, but is usually only done once the eyeball has stopped growing, when you're an adult.

### Getting better

It is important that you get regular eye tests as myopia can get worse as you grow.

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

**Credits**

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