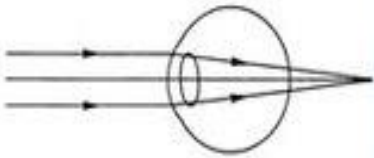




Long-sight



The proper name is...

Hypermetropia

But we often call it...

Long-sight

Having long-sight means things can look blurred, especially close-up, 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 might need to wear glasses or contact lenses.

How did I get it?

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

What causes it?

Long-sight is caused by a focusing problem. For example, when you watch a movie at the cinema, 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.

Now imagine if the distance between the projector and the screen was too short. The picture on the screen would be blurry. Similarly, with long-sight the length of your eyeball is too short for the strength of your eye's lens, so close-up objects appear blurry.

Did you know?

Many people become long-sighted as they get older, even if they weren't as a child. This is because the lens inside the eye becomes less flexible as we age.

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.

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Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs

Moorfields Eye Hospital NHS Foundation Trust
City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324/ 020 7566 2325
Email: moorfields.pals@nhs.net
Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

