



Long-sight

The medical term is...

Hypermetropia

But it's often called...

Long-sight

Hypermetropia is a common problem with the eye's focusing that can affect your vision at all distances, but especially close-up. Many very young children have mild hypermetropia that gets better by itself as they grow older.

Long sight can be easily corrected with glasses or contact lenses, or by laser surgery, which is only used on adults, once the eye has stopped growing.

What does the word hypermetropia mean?

Hypermetropia comes from the Greek word hypermetros, where 'hyper' means 'beyond' and 'metros' means 'measure' – beyond measure.

How you see the world

If you have mild hypermetropia as a child, the natural lenses in your eyes are very flexible and will often change focus to compensate. But if you have moderate-severe hypermetropia or are older, you might get problems such as:

- difficulty seeing things.
- tired eyes.

- problems with reading.

How the world sees you

People with hypermetropia might wear glasses or contact lenses.

Why did I get it?

There is no known cause in most people with hypermetropia, but it may run in the family.

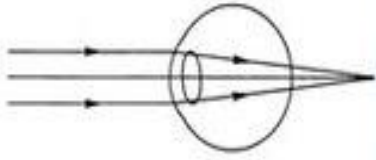
Rarely, hypermetropia can be caused by other conditions:

- problems in the retina
- microphthalmia, or very small eye - where your eye(s) did not develop properly during your mother's pregnancy

Hypermetropia is caused by a focusing problem. Think about it like this - 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 the natural lens of your eye like it passes through the projector's lens. Light then focuses on the retina at 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

blurred. In hypermetropia, the length of your eyeball is too short for the strength of your eye's lens. Light is focused too far back, behind the retina, and so things look blurred.



Light rays are focused too far behind the eye in hypermetropia

How can the doctor tell?

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

Getting it sorted

Hypermetropia can usually be corrected with glasses or contact lenses. These are convex (curved outwards) lenses, which move the focus of the light forward onto the retina, allowing you to see clearly.

Laser surgery to correct hypermetropia is also available but is usually only used in adults, once the eye has stopped growing. It works by changing the shape of your cornea (the clear window at the front of the eye) so that light is focused correctly.

Facts:

- mild hypermetropia makes reading difficult.

- more hypermetropia makes both near and far objects blurry.
- children with severe hypermetropia will not develop good vision without wearing glasses.

When the going gets tough

Hypermetropia can make you 'over-focus' which can cause one eye to turn, called a squint. It can also cause your vision to not develop properly. This is called amblyopia (lazy eye) and if you have this you might need to wear a patch to correct your vision.

Author: Paediatric information group
Revision number: 2
Approval date: March 2018
Review date: March 2020

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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.

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

