

Hyperopia (Farsightedness)

Hyperopia, commonly known as farsightedness or longsightedness, is a common eye-focusing disorder — less common than myopia — where distant objects may appear clear, but close objects look blurry.

What Causes Hyperopia?

The eye's focusing point falls behind the retina

Short eyeball: The eyeball is shorter than normal from front to back.

Flat cornea: The clear front surface of the eye (cornea) curves too flatly.

As a result, the sharp focus of an object falls behind the retina, instead of directly on it.

Symptoms

Common signs to watch for

Blurry vision when looking at things up close.

Eye strain or fatigue after reading or using a screen.

Headaches during close-up tasks.

Squinting to see clearly — usually esophoria or esotropia, meaning one eye deviates towards the nose.

Treatment

Correcting the focus

Eyeglasses or contact lenses: Prescription plus lenses bend light correctly onto the retina.

Refractive surgery: Procedures like LASIK are usually not recommended.

Refractive lens exchange or certain phakic IOLs can be considered.