

Myopia (Nearsightedness)

Myopia, also known as nearsightedness or shortsightedness, is an eye condition where distant objects look blurry because light focuses in front of the retina instead of directly on it.

Symptoms

Common signs to watch for

Faraway objects look fuzzy or blurred.

Close items stay clear.

Headaches and eye strain can occur.

Squinting to see far.

Many times, a school teacher tells parents that the child is lagging behind in studies, or cannot see from a distance. Often, an intelligent child tells parents that he cannot see the blackboard unless he sits on the front benches — or parents notice that the child sits too close to see the TV.

Causes and Risk Factors

Why myopia develops

The eyeball grows too long from front to back.

The cornea or lens curves too steeply.

Family history or genetics.

Lack of time spent outdoors, along with lots of close-up work, mobile, or screen time.

Treatment

Correcting and controlling myopia

Eyeglasses or contact lenses with negative power to fix how light enters.

Refractive surgery like LASIK or SMILE to change the shape of the cornea — done after age 18, once the number stabilises.

Myopia control methods for children, such as special contact lenses, low-dose atropine drops, or special glasses to slow eye growth.

High Myopia or Pathological Myopia

When myopia becomes high-risk

When the refractive error is more than -6 or -7, it is called Pathological Myopia.

These patients have higher chances of developing retinal detachment — more so if someone in the family has a retina problem.

Always encourage children towards outdoor games, and limit TV and mobile screen time.