



FOCUS ON EYE HEALTH

# Do You Experience Blurry Distance Vision?

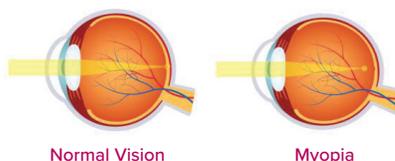


## You're Not Alone. Myopia Affects Millions of People.

In fact, myopia is increasing in the United States and worldwide, and researchers project the trend will continue in the coming decades.

### What Causes Myopia?

Myopia occurs when the shape of your eye lens or cornea causes the focal point to hit in front of the retina, instead of on the retina. Myopia affects about 40% of the population and is typically diagnosed in childhood while the eye is still growing.



### How Is Myopia Treated?

Eye care providers can diagnose myopia and other refractive errors during a routine, comprehensive eye exam. Treatments include:

- Eyeglasses or contact lenses—the most popular treatments for nearsightedness.<sup>3</sup>
- Corneal refractive therapy (CRT) that uses rigid contact lenses to reshape the cornea.<sup>3</sup>
- Laser procedures such as LASIK and PRK that help reshape the cornea by removing small amounts of tissue.<sup>3</sup>
- Other refractive surgery procedures for those whose corneas are too thin for laser procedures.<sup>3</sup>
- Vision therapy for stress-related myopia that uses exercises to help improve poor eye focusing ability and regain clear distance vision.<sup>3</sup>

VBA offers plans that provide easier access to vision care.

To learn more, visit [vbaplans.com](http://vbaplans.com).

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The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. American Optometric Association (<https://www.aoa.org/patients-and-public/eye-and-vision-problems/glossary-of-eye-and-vision-conditions/myopia>) • 2. National Eye Institute (<https://nei.nih.gov/healthyeyes/myopia>) • 3. American Optometric Association (<https://www.aoa.org/patients-and-public/eye-and-vision-problems/glossary-of-eye-and-vision-conditions/myopia/myopia-research>) • 4. All About Vision (<https://www.allaboutvision.com/parents/myopia-facts-infographic.html>)

## Myopia

(nearsightedness)

is a common refractive error in which close objects appear clearly, but objects in the distance appear blurry.<sup>1</sup>

### Symptoms<sup>2</sup> Include:

- Headaches
- Eye strain
- Squinting
- Difficulty seeing distant objects (e.g. road signs)

### Did You Know?



Myopia will impact 39 million Americans by 2030 and 44.5 million by 2050.<sup>2</sup>



The median age of diagnosis is between 7 and 9 years old.<sup>3</sup>



Myopia can be inherited. If both parents are nearsighted, there is a greater risk that their children will be, too.<sup>4</sup>