



## FOCUS ON HYPEROPIA

# A Closer Look at Farsightedness



### Do You Have Trouble Reading Words and Seeing Objects Up-Close?

This is often a sign of hyperopia, more commonly known as farsightedness.

### What Causes Hyperopia?

Hyperopia is caused by the eye not refracting light properly. As a result, it under-focuses light and creates an incomplete image on the retina. <sup>1</sup>

### How Is Hyperopia Diagnosed?

Common vision screenings are often not effective in detecting hyperopia. A vision care exam will have the necessary testing to detect and diagnose this vision condition. <sup>2</sup>

When hyperopia is written on a prescription, the strength of the lenses will be marked with a plus sign (for example, +2.50). The more severe the hyperopia is, the higher the number will be. <sup>3</sup>

### What Can Be Done to Correct Hyperopia?

To correct hyperopia, your eye care provider may recommend one of three options. <sup>1</sup>

- **Eyeglasses:** This is a simple and common solution for treating hyperopia. The severity of the hyperopia will determine the type of lenses needed and how often they should be worn.
- **Contact Lenses:** Contacts correct hyperopia in the same way that eye glasses would. Depending on personal preference, contact lenses may be a better solution for you.
- **Refractive Surgery:** Procedures like LASIK and PRK are common methods for treating hyperopia and eliminate the need to wear eyeglasses or contact lenses.

### What Frame Should I Pick?

Not every frame shape works for every prescription. Those with hyperopia should avoid big lenses, since those lenses allow more room for distorted magnification. Choosing shorter, narrower frames instead will minimize this distorted effect, while offering sharper, more defined vision. It is also best to avoid rimless and semi-rimless frames, due to the thin outer edges of the lenses. <sup>6</sup>

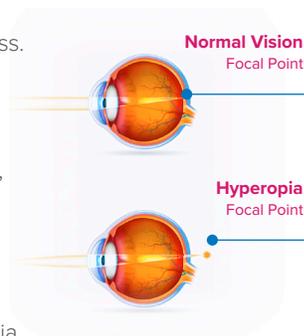
VBA offers plans that provide easier access to vision care.

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. Cleveland Clinic (<https://my.clevelandclinic.org/health/diseases/8580-farsightedness>) 2. American Optometric Association (<https://www.aoa.org/healthy-eyes/eye-and-visionconditions/hyperopia?ss=y>) 3. Healthline (<https://www.healthline.com/health/how-to-read-eye-prescription#numbers>) 4. American Academy of Ophthalmology (<https://www.aaof.org/eye-health/diseases/hyperopia-farsightedness>) 5. National Eye Institute (<https://www.nei.nih.gov/sites/default/files/health-pdfs/Farsightedness.pdf>) 6. Coastal (<https://www.coastal.com/thelook/frame-shape-affects-prescription/>)



## Hyperopia

Occurs when light rays focus beyond the retina instead of on it, thus causing near objects to appear more blurred. <sup>4</sup>

### Symptoms <sup>1</sup> Include

- Difficulty concentrating and maintaining a clear focus on near objects
- Eye Strain
- Fatigue/headaches after close work

### Did You Know?



Hyperopia affects between 5 and 10% of Americans. <sup>5</sup>



Having parents with hyperopia can increase your risk of having this condition. <sup>5</sup>



Eyeglasses with a high positive power are ideal for those who are trying to correct hyperopia. <sup>6</sup>