FOR FURTHER INFORMATION

Please ask your orthoptist at your next appointment if you have any further questions to ask; they will be happy to help!

Hertfordshire Community **NHS**

NHS Trust

CHILDREN'S EYE SERVICE

St Albans Children's Centre
Church Crescent
St Albans
AL3 5JB

Marlowes Health and Wellbeing Centre
39—41 The Marlowes
Hemel Hempstead
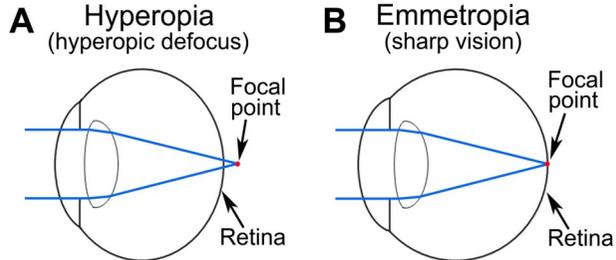HP1 1LD

Hypermetropia

Tel: 01923 470680 option 2

Hypermetropia

Information

Hypermetropia is also known and long sightedness. It is a very common eye condition and can vary from being mild to significant.

Hypermetropia occurs because the eyes smaller, so the light rays focus in behind the retina. This causes objects to appear blurred at all distances, but **especially** near objects.

A Hyperopia
(hyperopic defocus)

Focal point

Retina

B Emmetropia
(sharp vision)

Focal point

Retina

As a child, the natural lenses in the eye are very flexible and can easily change focus to compensate for a small amount of hypermetropia. Therefore it is important to have their prescription checked—it could be masked!
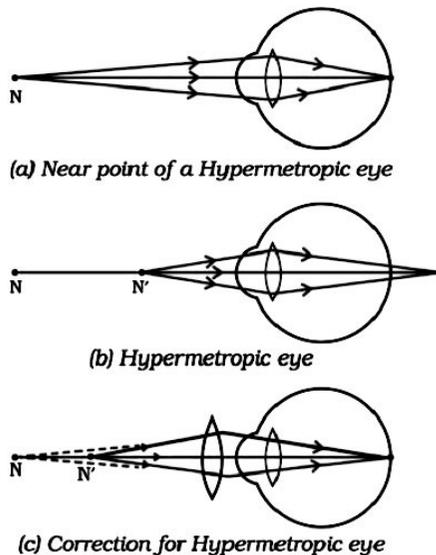
Signs

It is not always easy to notice when a child is hypermetropic, but you can look out for:

- Difficult seeing things at near / distance

- Eyes feeling tired

- Problems with reading

Treatment

The glasses prescription to correct this is a PLUS lens prescription. The glasses move the focus of the light forward onto the retina, allowing you to see clearly.

N

(a) Near point of a Hypermetropic eye

N   N'

(b) Hypermetropic eye

N   N'

(c) Correction for Hypermetropic eye

Further Information

- 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, such as: problems in the retina or microphthalmia / small eye syndrome - where your eye(s) did not develop properly during your mother's pregnancy.

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

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