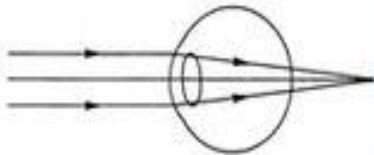




Long-sight



The proper name is...

Hypermetropia

But we often call it...

Long-sight

Having long-sight means things can look blurred, especially close-up, because your eyes cannot focus properly. Long sight is very common and can be corrected with glasses or contact lenses.

How does the world look to me?

If you have long-sight it can be harder to see things, especially things that are close, such as the words in a book. When you are young, the natural lenses inside your eyes might be able to change focus to make up for your long-sight.

How do I look to the world?

People with long-sight might need to wear glasses or contact lenses.

How did I get it?

We don't really know why people become long-sighted. It can sometimes be passed along in families.

What causes it?

Long-sight is caused by a focusing problem. For example, when you watch a movie at the cinema, the film projector has to be focused to get a nice sharp picture on the screen. Light passes through your eye's natural lens like it passes through the projector's lens. Light then focuses on the back of your eye the way it focuses on the cinema screen.

Now imagine if the distance between the projector and the screen was too short. The picture on the screen would be blurry. Similarly, with long-sight the length of your eyeball is too short for the strength of your eye's lens, so close-up objects appear blurry.

Did you know?

Many people become long-sighted as they get older, even if they weren't as a child. This is because the lens inside the eye becomes less flexible as we age.

