



In order to help you understand the care we have provided; I have prepared this examination report to address the principal features of your eye health and your vision correction requirements.

### **MYOPIA (my-O-pee-ah) or Nearsightedness**

The medical term for near-sightedness is myopia. Without proper visual correction, distance vision is blurry and out of focus. Close-range vision, however, is generally clear without correction, thus the term "Near-sighted."

Near-sightedness is caused by an eye that is naturally too strong in refractive power and/or an eye that is deeper or larger in size than average. Since a near-sighted eye requires less power to see clearly, the eyes' natural (power-rich) focusing ability cannot help correct this troublesome condition. Conventional methods of correcting near-sightedness include prescription eyewear and/or contact lenses. In extreme cases, refractive surgery and a non-surgical procedure called orthokeratology may be considered.

Since you are young, your body is growing and changing. As a result, near-sightedness will generally progress into your early twenties. As you have learned, an eye works like a camera; however, unlike a camera, the shape of your eye is slowly changing. When the shape changes, a new lens power is required to see clearly. Other factors may cause the progression of nearsightedness such as inherited characteristics and nutrition more complex causes are related to the function of the visual system during stress and while performing extensive close-range activities.

I hope you have found this report interesting and informative. This personalized report has been motivated by my goal to provide excellence in eye care. I look forward to seeing you for your future eye needs.