



Eye Terminology "Cheat Sheet"

Myopia (Nearsightedness)

Nearsightedness, medically known as myopia, refers to vision that is good at close range but not at a distance. It generally occurs because the eyeball is too "long" as measured from front to back. Nearsightedness is diagnosed during routine eye exams and possible treatments include eyeglasses, contacts, acrylic corneal implants, LASIK, radial keratotomy (RK) and photorefractive keratotomy (PRK). Your eye care provider will suggest the best treatment option for you.

Hyperopia (Farsightedness)

Farsightedness, medically known as hyperopia, refers to vision that is good at a distance but not at close range. Farsightedness occurs when the eyeball is shorter than normal, as measured from front to back, or when the cornea has too little curvature. This reduces the distance between the cornea and retina, causing light to converge behind the retina, rather than on it.

Astigmatism

Astigmatism is an uneven or irregular curvature of the cornea or lens, which results in blurred or distorted vision. Other symptoms of astigmatism include the need to squint, eye strain from squinting, headaches and eye fatigue. Most people have some degree of astigmatism, which is usually present at birth and is believed to be hereditary. It is not a disease and can be remedied with glasses and contacts. In minor cases, treatment may not be required but is certainly beneficial.



Presbyopia - The word comes from Ancient Greek : presbus- = "old man" and -opia = "vision"

This condition first pops up between the mid 30's to 50's (We are diagnosing it more often in younger patients with the advent of smart phones). The lens of the eye gradually loses its flexibility, and the muscle loses focusing power - making it harder to focus clearly on close objects such as smart phones, a printed page, watches etc. Wearing glasses does not make your eyes weaker. No peer reviewed published study has shown that eye exercises cure presbyopia. If left untreated, headaches, eye fatigue and blur will persist.

Soft Contact lenses

These lenses must be replaced monthly, weekly or daily depending on the type you choose. Soft lenses are often recommended for sports because they fit closer to the eye and are more difficult to dislodge. They can provide correction for most prescriptions including astigmatism. Today, with the introduction of newer materials like silicone hydrogels, which allow more oxygen to the eye, patients find it easier than ever to wear soft lenses comfortably.

Gas-Permeable (GP) Contact Lenses

Made of moderately flexible plastics, GP lenses offer sharp vision and correct most vision problems. They are more durable than soft contact lenses and can be easier to handle and care for but require a longer adaptation period and consistent wear to maintain adaptation.

Multifocal Contact Lenses

Multifocal lenses offer patients both distance and near vision correction just like a pair of bifocal glasses.



Amblyopia (Lazy Eye)

Lazy eye, medically known as amblyopia, is a loss or lack of development of vision, usually in one eye. This degenerative process usually begins with an inherited condition and appears during infancy or early childhood. Lazy eye needs to be diagnosed between birth and early school age since it is during this period that the brain “chooses” its visual pathway and may ignore the weaker eye permanently.

Antireflective lens coating

Glare makes it more difficult to see, especially at night. Anti-reflective lenses reduce these reflections allowing more light to pass through to your eyes. All lens surfaces naturally reflect light and this reflection can prevent between seven to 14 percent of the light needed for optimal vision. Wearing non-AR lenses is like trying to read a book in a dimly lit room. Since AR lenses allow more light to reach your eyes by reducing reflections, it’s like turning up the lights in a room, making it easier to see.

Blue light protective coating

Part of the visible light spectrum, blue light comes from the sun and artificial light sources like digital screens and fluorescent lights. Blue light gets absorbed deep in the eye. Overexposure to harmful Blue Light (especially outside in the sun and through constant use of electronic devices and screens) is why protecting your vision has never been more important.