

# COMMON EYE DISORDERS BRIEFLY EXPLAINED

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## VISION / FOCUSING DISORDERS

- Farsightedness (hyperopia)** – light entering the eye comes to focus behind the retina causing blurred vision at near more than far &/or may cause eye strain or headaches especially after reading.
- Nearsightedness (myopia)** – light entering the eye comes to focus in front of the retina causing blurred vision at far.
- Astigmatism** – light entering the eye comes to focus at two different distances from the retina due to a football/egg-shaped cornea. Astigmatism causes blurred vision at far and near & may cause eye strain or headaches.
- Presbyopia** – the loss of the ability to focus at near through a distance prescription. Common after age forty.
- Accommodation Infacility** – the loss of the flexibility of focusing muscles. Causes blurry far vision after near work.
- Amblyopia** – the inability of an eye to see clearly even with corrective lenses & not due to an eye health problem.
- Strabismus (crossed or turned out eye)** – misalignment due to weak eye muscles – may or may not cause double vision.
- Convergence Insufficiency** – a turning out of an eye only with near work causing double vision &/or eye strain.

## EYE HEALTH DISORDERS

- Cataracts** – clouding of the crystalline lens behind the iris causing blurry vision until they are surgically removed.
- IOL's (IntraOcular Lenses)** – permanent artificial lenses inserted into the eye during cataract surgery to help restore clear vision after cataracts are removed. IOL Options are: Single Vision, MultiFocal/Bifocal, or Toric/Astigmatic.
- Macular Degeneration** – deterioration of the retinal nerves which affect central vision. Two Types: **WET** - destroys tissue faster due to abnormal blood vessel growth. **DRY** – slow deterioration. Treatment: **WET** - Injections into eye to stop abnormal blood vessel growth. **DRY** – Increase Antioxidants in diet and through nutritional supplements.
- Glaucoma** – damage to the optic nerve in the very back of the eye due high eye pressure causing a slow blinding of the eye if not treated. Treatment: Eye Drops or surgery to lower eye pressure by decreasing the amount of fluid in the eye.
- Droopy Lids** – due to weak eyelid muscles or loose eyelid skin. Both require surgery if they block the vision.
- Watery Eyes** – Usually due to Dry Eyes – eyelid glands not producing enough oil. Also from allergies, eyestrain or debris.
- Floater** – shadow of debris floating in fluid in back of eye (the vitreous). Due to remnants of vessels before birth &/or degeneration of the vitreous with age. Also may be from a hole or tear in the retina or a detached retina or vitreous.
- Pinguecula** – raised white to yellow fatty deposits on either side of the cornea due to irritation from the sun, wind, dust.
- Diabetic Retinopathy** – hemorrhaging and leaking of blood vessels damaging the retina (back of the eye) due to weak blood vessels and poor circulation. May lead to blindness if not detected and treated early enough.

## SYSTEMIC DISORDERS – Affects on Eyes

- Diabetes** – increases risk for cataracts, glaucoma, macular degeneration, dry eyes & diabetic retinopathy.
- High Blood Pressure** – increases risk for strokes in the brain or eye causing permanent poor central or side vision.
- High Cholesterol** – increases risk for blocked arteries in brain or eye causing temporary or permanent vision loss.

## PREVENTIVE EYE CARE

The secret to preventing damage to the eyes and blindness caused by such disorders as Macular Degeneration, Glaucoma, Diabetes, High Blood Pressure and High Cholesterol, is to detect and treat the disorder as soon as possible and as well as possible. So **Yearly Eye Health Examinations** are very important in order to detect eye damaging disorders and to prevent unnecessary damage to the eyes.