

Common Indications of Vision Problems



In over 40 years of practice I have been asked many times, "What are some of the common indications of vision problems?" As you read through this list do you recognize any of these symptoms?

Blurred Vision

As you might expect, this is pretty obvious. If you are not seeing clearly then you definitely need to have an eye exam in Indianapolis. There are many reasons for blurry vision. Most commonly you could have one of the following:

- Myopia (nearsighted): your eyeball is too long so objects at a distance are blurred.
- Hyperopia (farsighted): your eyeball is too short so you have to strain to see clearly, especially for objects that are close, like a computer or cell phone.
- Astigmatism: your eyeball is not round, so objects are distorted and can appear blurry at all distances.
- Presbyopia ("older sight"): your eyeball loses the ability to focus as you age so it becomes harder to see clearly at near.
- Anisometropia: your two eyes are much different in prescription so the brain has trouble making either image clear.

Headaches

Headaches are one of the common indications of vision problems. It is common to squint when trying to see clearly. This can lead to headaches around your eyes or forehead and at the base of your neck. Many times patients have come to me after having an MRI and other neurological tests when all they needed was a good pair of glasses or contact lenses. Obviously, headaches can indicate more serious diseases and should not be taken lightly. But, please consider an eye exam as part of the process of finding the root cause of your headaches.

Red, itchy, Sore Eyes

Patients often either self-treat or do not seek care from an eye doctor in Indianapolis when they have red, itchy, sore, or weepy eyes. This can be an indicator of infections or inflammations, especially when they wear contact lenses. There are special instruments, tests, and treatments designed for eye care. It is best to go to your eye doctor to get the correct diagnosis and treatment.

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The above are just a few of the conditions with which your eye doctor can help you. There are many more, including diabetes and high blood pressure, which we will discuss in another blog.