



Treatment

Most of the time, wearing spectacles or contact lenses can correct the refractive error, allowing for clear vision. Other forms of visual correction include laser refractive surgery.



Your optometrist will prescribe you with a suitable form of visual correction based on your lifestyle and requirements.

Photo Credits

Eye diagrams: Teo Qi Shan
Cover and other photos: Jerome Lee

SINGAPORE OPTOMETRIC ASSOCIATION

The Singapore Optometric Association (SOA) was established in 1978 as the representative body for the profession of optometry in Singapore, as well as to improve the standard of primary eye care in Singapore.

Optometrists are primary eye care practitioners trained to provide comprehensive eye examination. During eye examination, optometrists detect eye problems (such as refractive error, eye diseases or systemic problems related to the eye).

They also correct refractive error using optical tools, or refer patients to other health care professionals such as ophthalmologists or general practitioners if necessary.

Company Stamp

This information is provided by:



SINGAPORE OPTOMETRIC ASSOCIATION

Where to find an optometrist:

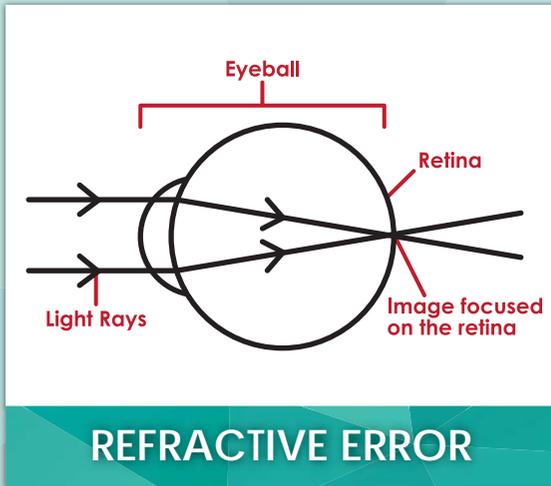
www.oob.gov.sg

www.singaporeoptometricassociation.com

Types of Refractive Error



What you need to know



Refractive error refers to a group of eye disorders whereby images are not being focused on the retina.

It is essential for light entering the eye to be focused on the retina in order to see clear images.

Refractive errors are caused by various factors including changes of eye ball length, cornea curvature and our natural lens flexibility.

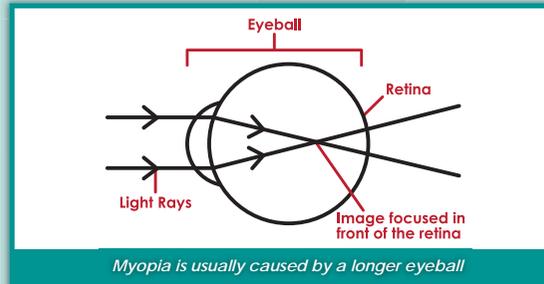
Types of Refractive Error

- Myopia
- Hyperopia
- Astigmatism
- Presbyopia



What a myopic person sees

近视 MYOPIA (SHORT-SIGHTEDNESS)
Myopia is a form of refractive error in which the image is being focused in front of the retina, causing it to be blurry when looking far.



Did You Know?

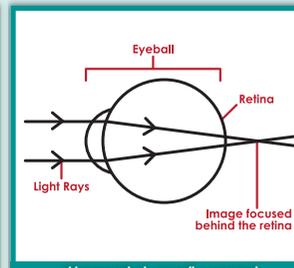
A person who has high myopia has a higher risk of certain eye diseases such as retinal detachment, myopic degeneration and primary open angle glaucoma.

HYPEROPIA (LONG-SIGHTEDNESS) 远视

Hyperopia is a form of refractive error in which the image is focused behind the retina. A young person compensates by using the flexible lens inside the eye when he/she is looking at a distant object. Extra effort is needed to focus on near objects.



What a hyperopic person sees



Did You Know?

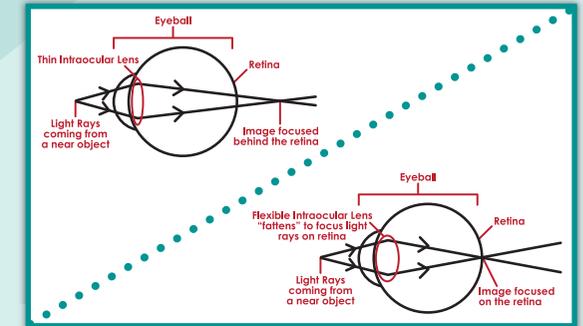
A person who has high hyperopia has a higher risk of certain eye diseases such as angle closure glaucoma.

老花眼 PRESBYOPIA

Presbyopia affects adults over 40 when the crystalline lens in the eye becomes less flexible, causing it to be unable to focus images onto the retina when looking at near objects.



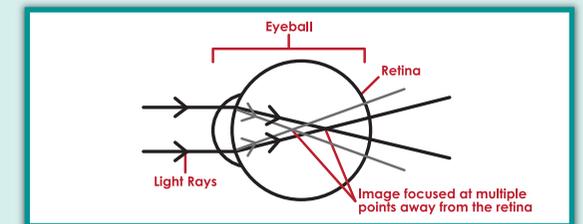
What a presbyopic person sees



What an astigmatic person sees

ASTIGMATISM 散光

Astigmatism is a form of refractive error in which the image cannot be focused at the same point on the retina, causing the image to appear skewed and smeared.



Did You Know?

High astigmatism can indicate certain eye conditions such as keratoconus, pellucid marginal degeneration and tilted optic disc.