



## TASMANIAN EYE CLINICS

EYE DOCTORS SPECIALISING AND CARING FOR YOUR EYES



# eye TALK

with Dr Gordon Wise

## Myopia

**I have just been told my 12 year old son is shortsighted. What does this mean?** That is a classic age at which moderate shortsightedness or myopia starts. The eye grows longer than its focusing mechanism, resulting in a gap between the focus of the rays of light and the retina. The retina is the sensing layer at the back of the eye.

**He has been given glasses to wear. Will they correct his vision?** Glasses usually correct shortsightedness very adequately. When your son is a little older, contact lenses are also an option.

**He has asked me about whether he could have laser correction. Is this an option?** At 12, this is not a good idea. He is growing and his shortsightedness will almost certainly increase. Before laser correction is considered he should wait until he is about 20 or until his eyes have stopped changing for a couple of years.

**Can anything be done to prevent him getting worse?** He needs good lighting when he studies, and disciplined study periods with breaks to allow his eyes to relax. These measures will help.

For more information refer to our website  
**[www.taseye.com.au](http://www.taseye.com.au)**

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