



Eye Health Center of Troy

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Medicine Resident Teaching Series: Blurry vision

Most common eye problem in a doctor's office. With few tools at hand, one should be able to decide whether the underlying cause is an issue of needing eyeglasses versus an ophthalmology consult.

Glasses vs all other conditions

Pin hole effect

Quick and dirty way to know if glasses can improve vision.

Near card

20/20 for near or distance is equally good.

Analogy of a camera

Front of the eye is the like the lens of the camera. Cornea and the natural crystalline lens serve as the condensing system for light rays to converge inside the eye and form an image on the retina. This is similar to the camera or film.

However, the converging system of the eye (cornea and lens) is mostly constant for the major part of one's life but the rest of the eyeball grows like any other part of the body and ultimately the light may either converge on the retina (emmetropia), in front of the retina (myopia) or may appear to converge behind the retina (hyperopia or hypermetropia). Astigmatism is when light converges on two different spots rather than a single spot.

Know refractive errors—just enough ("Doc, does being near sighted mean that I can see far away just fine?").

Near sightedness is myopia where distance vision is blurred but the near vision is retained.

Hypermetropia/Hyperopia is difficulty seeing things at different distances—starts with difficulty first with near and gradually with distance as the person ages and loses the ability to focus in and out.