

Welcome to our first Newsletter!

Must you be nearsighted?

Are you doing all that you can to reduce or eliminate your nearsightedness?

Some call it nearsightedness, some myopia, and still others use the British term, shortsighted. In any case, it all means the same thing. Vision at far distance is blurred, while vision at near distance is clear.

All this is common knowledge, however what is not commonly known is that some nearsighted children need not have to wear glasses to see far distance, and others don't have to go through an increase in prescription every few months, making their lenses even thicker.

Children who have frequent increases in their eyeglass correction are often diagnosed with Functional Nearsightedness (myopia) by Behavioral or Developmental Optometrists. Typically, functional myopia may begin as early as 5 to 7 years of age and usually starts with a low amount of prescription. It is common to initially associate it with eyestrain related to sustained reading, computer and/or writing tasks. Copying from the blackboard may especially cause inaccuracy and fatigue. The first symptom that usually occurs is reduced distance vision only after sustained near vision tasks. Over time, the blurred distance vision remains and eventually worsens with length and demand of the near visual task.

Functional myopia is different than genetic myopia in that genetic myopia is passed on from one generation to the next, regardless of how one uses their eyes. The genetic form of nearsightedness usually starts earlier with children 2 to 5 years of age, has an initial moderate to high prescription, and is typically unrelated to eyestrain associated with near visual tasks.

Eyestrain which ultimately becomes translated into functional myopia, begins with overly excessive use of the internal eye muscle (i.e. – ciliary muscle) which controls the focus of the eye. Focusing strain may occur as a result of the ciliary muscle adapting for the inefficient use of the coordination of 6 external muscles (extra ocular) which surround each eye. These 12 muscles (6 for each eye) serve to coordinate the two eyes to turn inward together. Lack of coordination of the external muscle system may cause the internal system to over compensate, creating eye muscle spasming. This occurs because the internal and external muscle systems are linked, allowing one system to support and compensate for the other. Typically, extra effort to focus is needed when there is a lack of ability to coordinate and turn the two eyes inward. If extra effort is put into focus, the effort will translate into an increased turning inward of the two eyes.

Treatment of functional nearsightedness is different than the genetic type. Whereas treatment for genetic myopia is typically compensated through a nearsighted spectacle lens, treatment for functional nearsightedness is through correction of the eye muscle imbalance.

Treatment for functional myopia may include: a therapeutic eyeglass correction (which may be in the form of a bifocal), vision therapy (training), proper visual hygiene and diet designed to reduce stress and strain of the visual system. Glasses may reduce the need to over focus, while vision training potentially eliminates the need to compensate one system for another. Proper visual hygiene may include diffuse uniform lighting and proper posture. In addition, some recent research suggests a properly balanced diet rich in chromium may reduce myopic effects. Personality may as well play a role in a child's ultimate development.

There is a lot that is not known about myopia and its development, however, there are proven programs and procedures which may reduce and/or eliminate myopia today.

Volume 1, Issue 1, April 1, 2007



The right lenses can help a child finally see their world as it really

Did you know?

Nearsightedness, or Myopia, is a vision problem experienced by up to about one-third of the population.

A word from Dr. Warshowsky

This is the first "Vision from the heart" newsletter. The purpose of which is to offer you more information regarding you child's vision health. Information is the key by which we are all able to help ourselves as well as others.

Future issues of this newsletter will include a Q & A section. So please email me your questions and then look for my response.

If you have an idea about a topic you would like to see covered in the newsletter then please email your ideas.

I am looking forward to future issues of this newsletter!

Through Myopic eyes!



The picture above depicts how a person with Myopia sees their world. The boy in the foreground is clear but the objects in the background are not. This is how Myopia affects vision on a daily basis for those who live with it.

More about Myopia



Depending on your vision problem you may need to wear glasses.

Signs and symptoms:

Nearsighted people often have headaches or eyestrain, and might squint or feel fatigued when driving or playing sports. Symptoms are often more prevalent at night.

What caused Myopia?

Myopia occurs when the eyeball is slightly larger than usual from front to back. This causes light rays to focus at a point in front of the Retina, rather than directly on its surface. Far objects are blurry, while closer objects are clearer.

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at: drjoelwarshowsky@msn.com or call 516-867-8717