

What causes short-sightedness?

- A. Weaker muscles
- B. Shifting of the iris
- C. Elongation of eyeballs
- D. Weakening of the retina

Show Answer...

Correct Answer: C (Elongation of eyeballs)

Explanation:

Short-sightedness, also known as myopia, is a common vision condition in which distant objects appear blurry, but near objects are clear. This occurs when the eyeball is too long, or the cornea (the clear outer layer of the eye) is too curved. This causes light to focus in front of the retina instead of directly on it, resulting in blurred distance vision.

In short-sightedness, the elongation of the eyeball causes the distance between the lens and retina to increase, making it difficult for the eye to focus on distant objects. This can be corrected with eyeglasses, contact lenses, or refractive surgery.

Other factors that may contribute to the development of short-sightedness include genetic predisposition, excessive near work, and lack of outdoor activity.

Prevention and Treatment

There are several ways to prevent or reduce the progression of short-sightedness. These include:

- Taking frequent breaks during near work to rest the eyes
- Spending time outdoors, as exposure to natural light can help prevent myopia
- Using appropriate lighting when reading or doing close work
- Maintaining a healthy diet and lifestyle
- In terms of treatment, corrective lenses are the most common solution for



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short-sightedness. These can be in the form of glasses or contact lenses, and work by adjusting the way light enters the eye. Refractive surgery, such as LASIK or PRK, is also an option for those who wish to permanently correct their vision.

Conclusion

Short-sightedness is a common vision condition that results from the elongation of the eyeball, causing distant objects to appear blurry. This condition can be corrected with corrective lenses or refractive surgery. By taking steps to prevent or reduce the progression of myopia, individuals can protect their vision and maintain good eye health.