



NORTHERN MINNESOTA EYE CARE

ASK THE OPTOMETRIST

What is Astigmatism?

Astigmatism is a vision condition that causes blurred vision due either to the irregular shape of the cornea, the clear front cover of the eye, or sometimes the curvature of the lens inside the eye. An irregular shaped cornea or lens prevents light from focusing properly on the retina, the light sensitive surface at the back of the eye. As a result, vision becomes blurred at any distance.

Astigmatism is a very common vision condition. Most people have some degree of astigmatism. Slight amounts of astigmatism usually don't affect vision and don't require treatment. However, larger amounts cause distorted or blurred vision, eye discomfort and headaches.

Astigmatism frequently occurs with other vision conditions like nearsightedness (myopia) and farsightedness (hyperopia). Together these vision conditions are referred to as refractive errors because they affect how the eyes bend or "refract" light.

The specific cause of astigmatism is unknown. It can be hereditary and is usually present from birth. It can change as a child grows and may decrease or worsen over time.

A comprehensive eye exam will include testing for astigmatism. Depending on the amount present, your optometrist can provide eyeglasses or contact lenses that correct the astigmatism by altering the way light enters your eyes.

Make an appointment today with an optometrist at Northern Minnesota Eye Care for a comprehensive eye exam.

**Appointments available Monday, Wednesday, Friday from 9:00 - 4:00
Thursday from 9:00 - 6:00**

Walk-ins also available. Most insurances are accepted.

Christopher A. McDowell, O.D. Sasha N. Narayan, O.D.

**1001 Cloquet Ave • Cloquet • 879-1558
www.northernmneyecare.com**