

When the Doctor Decreases the Distance Power for a Near-Sighted Patient

The problem: You go to your doctor and he writes you a new prescription, but he takes some power away from your prescription in your distance vision, so that you can not see as well in the distance.

What are the results of the doctor doing this?

1. You can *not* see as far in the distance as previously. Your binoculars have been taken away from you--you have previously been seeing better than 20/20, but now your doctor has decreased your vision to 20/20, or normal vision. (Isn't seeing 20/20 good?)
2. You can see *better* up close. Your visual acuity for doing near work with less fatigue has increased.

Why won't the doctor let me see better than 20/20 in the distance?

All doctors hate to over-medicate, or to over-correct, a patient. Too much power in a near-sighted person's glasses will make him artificially far-sighted, with all the problems far-sighted people have.

The more near-sightedness the doctor takes away by adding power, the less well you can sight or see near.

If you are not wearing a bifocal, too much power for the distance means you must get into a bifocal at an earlier age than necessary.

If you are already wearing a bifocal, too much distance power means that your bifocal must be stronger than necessary, with the accompanying small range of distance the bifocal will focus in front of your eyes. For example, instead of being able to focus at between 12 to 26 inches from your eyes with a weaker bifocal, you may only be able to focus at 16 to 20 inches from your eyes with a stronger bifocal.

To sum it all up, the doctor did not want to *trade away* part of your near vision in order to **overcorrect** you to attain better than normal vision in the distance.

Having better than normal vision in the distance taken away from you may not be enjoyable, but the doctor did it for sound medical reasons.