

Nearsightedness

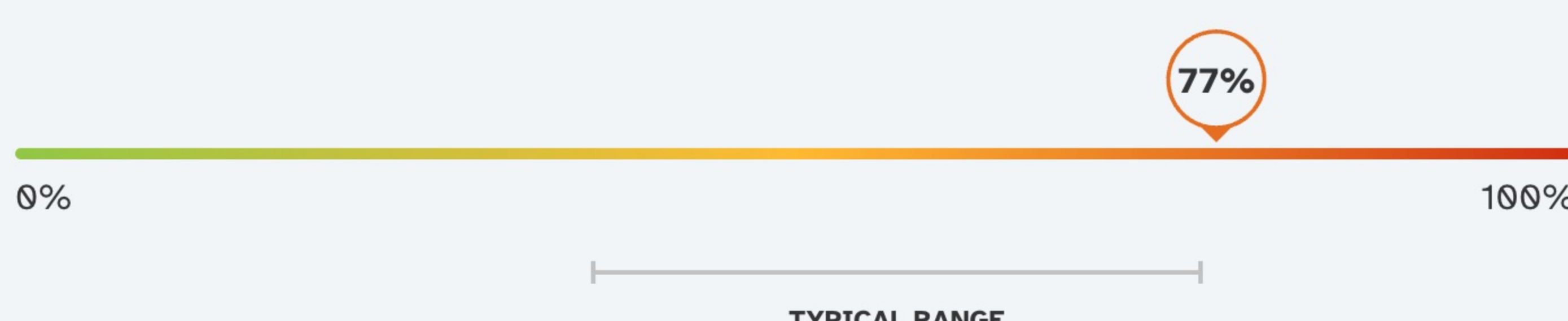
POWERED BY 23ANDME RESEARCH

Nearsightedness, also called myopia, is a common eye condition where objects far away look blurry. Eyeglasses and contact lenses help to correct distance vision. People with nearsightedness, especially severe nearsightedness, are more likely to develop other eye conditions, like glaucoma and cataracts.



Jamie, your genetic result is associated with an **increased likelihood** of being nearsighted.

An estimated **77%** of people with genetics and other factors like yours develop nearsightedness by their **30s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

Ways to take action

Most cases of nearsightedness develop during childhood, and it's not clear whether lifestyle changes can prevent nearsightedness or slow its progression. But because nearsightedness is associated with an increased risk for other eye conditions, like retinal detachment, glaucoma, and cataracts, experts agree that healthy lifestyle habits can help support general eye health and lower your chances of developing other eye conditions.

- See an eye doctor for regular checkups. If you are concerned about your vision, ask your doctor if corrective lenses would be right for you.
- Wear sunglasses to block harmful UV light and protective eyewear to prevent injury during certain activities like sports.
- Avoid smoking.
- Take frequent breaks from near-work activities like reading and using digital screens, and use appropriate lighting to prevent eyestrain.
- Exercise regularly to lower your chances of developing health conditions that can damage your eyes, like diabetes and high blood pressure.
- Eat a healthy diet with plenty of vegetables. Eating fish that are high in omega-3 fatty acids, like salmon and tuna, may also help protect your eyes.

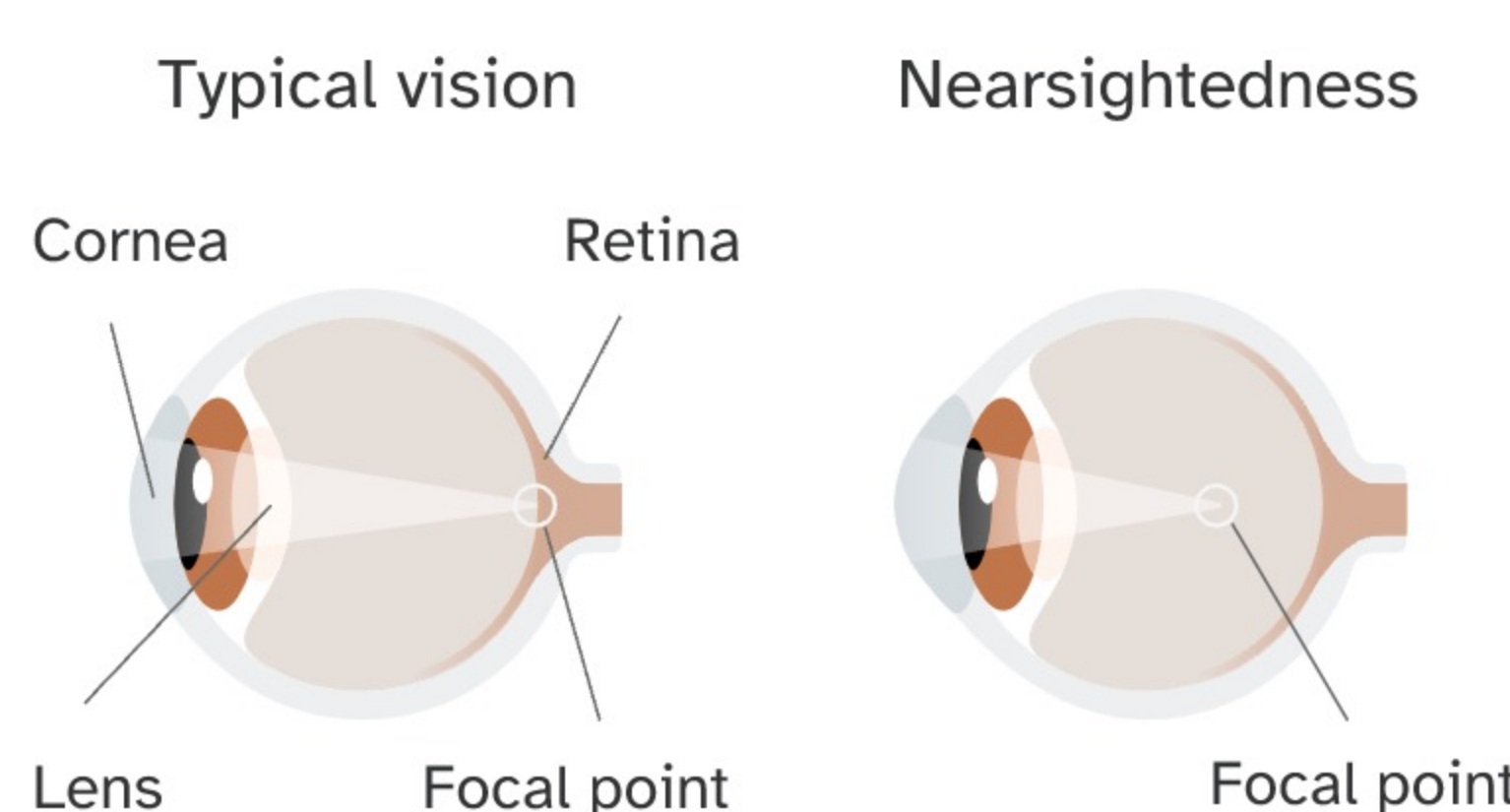


[Learn more from the National Institutes of Health](#)

About nearsightedness

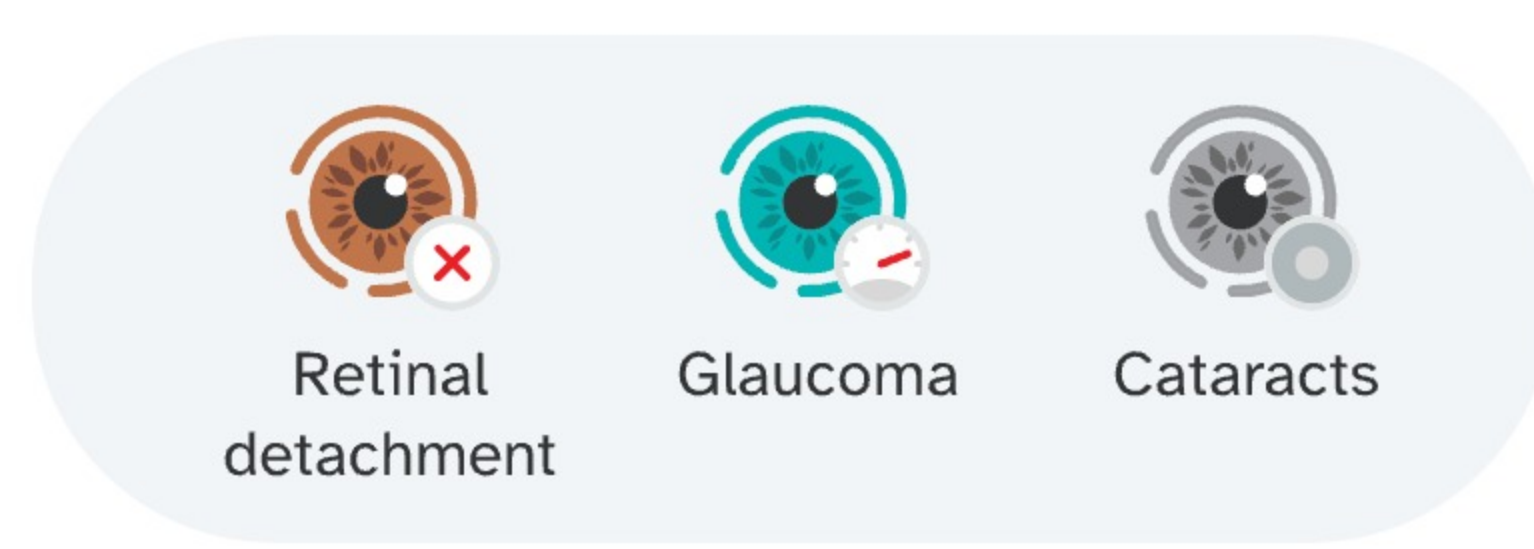
What is nearsightedness?

Nearsightedness, also called myopia, is a common eye condition that affects distance vision. Most cases of nearsightedness develop in childhood and stabilize in severity by early adulthood. People with nearsightedness tend to see nearby objects clearly, but objects farther away are blurry or unfocused. This occurs when the shape of the eye prevents light from focusing properly. Typically, light from an object is focused by the eye's cornea and lens onto the surface of the retina, where it is detected and signaled to the brain. In nearsightedness, the eye is either too long or the angle of the cornea is too steep so light is focused in front of the retina, causing the object to appear blurry.



How can nearsightedness impact your health?

Nearsightedness can cause blurry vision, the need to squint to see clearly, and headaches from eyestrain. These symptoms can usually be managed with the use of eyeglasses, contact lenses, or corrective surgery. Nearsightedness is associated with an increased risk for other eye conditions, like retinal detachment, glaucoma, and cataracts. People with more severe nearsightedness are more at risk for these conditions.



Other factors that can impact your chances of developing nearsightedness

It is estimated that about 45% of U.S. adults aged 20 and older are nearsighted, and rates of nearsightedness are increasing over time. Besides genetics, some factors that can increase a person's chances of developing nearsightedness include:

- **Age:** The chances of developing this condition are highest during childhood. It is less common for people to develop the condition as adults.
- **Family history.**
- **Less outdoor exposure during childhood:** Children who spend little time outdoors are more likely to become nearsighted.
- **Near work:** Children who perform more near-work activities, such as reading, are more likely to become nearsighted.
- **Ethnicity:** Nearsightedness is more common in people of East Asian descent.



Age



Family history



Outdoor exposure



Near work



Ethnicity

Keep in mind

This report **does not diagnose** nearsightedness. **Consult with a healthcare professional** if you are concerned about nearsightedness, have a personal or family history of nearsightedness, or before making any major lifestyle changes.



If you have already been diagnosed with nearsightedness by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, such as using corrective lenses.



The likelihood of developing nearsightedness also depends on **other factors**, including lifestyle, age, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing nearsightedness.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

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Get reward

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