Studies on the common vision problems of children and adults

Optometry experts find correlation between local myopia and astigmatism trends.

Sight specialist finds correlation between local myopia and astigmatism trends, and suggests more effort should be put into educating children about it.

Pu Kei Cheua-Sua, Assistant Professor at the School of Optometry, found that nearly one out of 10 people between 21 and 30 years of age have astigmatism of more than 200 degrees (2.00D). The prevalence of refractive astigmatism (1.00D) is even higher for people aged 60 and over 40%.

Dr Kee Cheua-Sua conducted a comprehensive analysis of the 2,759 clinical cases received by the PolyU Optometry Clinic in 2007. There were two peaks in the prevalence of manifest astigmatism: one in young adults aged between 21 and 30 (30.1%) and another in people older than 60 (41.1%). Those in the 21 to 30 age group not only have the highest magnitudes of myopia, but also have a higher prevalence of manifest astigmatism. More worrisome is that 71.5% of the same age group aile has a high degree of astigmatism (over 2.00D). For people older than 60, the prevalence of refractive astigmatism is suspected to be caused by the degeneration of their cornea and lens.

The study also found a significant relationship between astigmatism and myopia and hyperopia. The chance of people with hyperopia over 0.75D having astigmatism is twice as high as that for people with normal vision. Those with myopia less than 5.00D are 3.3 times more likely to have astigmatism, while those with myopia over 5.00D are 7.4 times more likely to have astigmatism.

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