The reason we get glasses

# Medical Reasons:

Myopia( near-sighted ) - you can see items close to you, but you need glasses to look at things far away from you.

Hyperopia( far-sighted ) - you can see things far away from you but have trouble looking at things close to you, this does not always require glasses.

Accommodative Esotropia: You have lots of hyperopia which causes you to have a crossed eye, wearing glasses can help control the crossed eye.

Anisometropia: you have 2 different eyes, this can lead to poor vision. Glasses can help in correcting the difference.

Astigmatism: you have an oval eye instead of a round one, this may cause blurry vision and can be helped with glasses

# Other reasons :

It may be age or any medical reasons. It also may be genetics. Sometimes we get glasses because our eyes do not have enough moisture in them.

Preventing Glasses

1. Eat healthy foods like carrots and papaya ( orange fruits and vegetables )
2. Wear sunglasses to prevent you from the sun’s rays
3. Do not stare at a digital screen late at night
4. If you do then turn on the night toggle
5. Visit your optician frequently ( optional )

Glasses worldwide

Lots of American children wear glasses about 64% of its population wears glasses. Most people with medical conditions like myopia and hyperopia. It shows that glasses are everywhere and are easy to get but hard to get rid of, maybe if we follow all these healthy habits we might be able to prevent glasses.