The other complication of myopia is glaucoma (damage to the optic nerves), and the risk is higher in those who have a family history of this condition.

Some people may correct their nearsightedness via Lasik surgery, but Prof Bastion cautions that this doesn’t fix the problem of the retina—it only reshapes the cornea.

“Like other muscles, our eye muscles contract and relax as we change focus. If you use the muscles too much, they get tired, and you end up with red, watery or dry eyes. People also don’t blink enough and get dry eyes, so try to sensibly follow the 20-20-20 rule, i.e. take a break every 20 minutes and look 20 feet (6m) away for 20 seconds,” she advises.

A ‘dim’ outlook

With myopia came an increased risk of developing other eye conditions.

Shazwani, seen here with her husband and two sons, had no idea myopia came with an increased risk of developing other eye conditions.

“When vision deteriorates, the layers of the retina are stretched in this highly-myopic condition and can eventually result in retinal detachment and blindness.”

— Photos: Prof Dr MAE-LYNN CATHERINE BASTION