

Common Eye Symptoms in Women



Some eye problems are more likely to affect women, so it is important for women to be aware of the risks and take necessary precautions.

Refractive Errors

[Refractive errors](#) are disorders in which the eye cannot clearly focus on images up close, far away, or both. They are the most common types of vision problem, and women experience them more frequently than men.

14% more women than men over age 40 have refractive errors¹

26% more women than men over age 12 have uncorrected visual impairment due to refractive errors¹

Common refractive errors include:

- Nearsightedness (Myopia) — nearby objects appear clear, but distant objects are blurry
- Farsightedness (Hyperopia)— distant objects appear clear, but nearby objects are blurry
- Astigmatism — distant and nearby objects appear blurry or distorted
- Presbyopia — difficulty focusing on nearby objects that develops with age

What do I do if my vision is blurry?

Refractive error is easily corrected with glasses or contact lenses to help you see clearly. Some types of surgery, like refractive laser eye surgery, can fix the errors directly. It is important to determine the type of refractive error because certain types can be associated with other eye diseases, such as retinal detachment and [glaucoma](#). If you are having vision issues, visit your eye doctor so they can assess your symptoms and recommend how to address them.

Dry Eye

Dry eye can occur when the eyes are not well-lubricated because of deficiencies in tear quantity or quality. While most people experience dry eyes from time to time due to environmental factors, such as wind exposure, extended screen time, or contact lens usage, dry eye can cause lasting issues if it becomes chronic ([dry eye disease](#)).



2x more women than men over age 50 have dry eye disease²

2 out of 3 contact lens wearers are women, increasing their risk for dry eye symptoms³

Common symptoms of dry eye may include:

- Dryness and irritation (scratchy or burning feelings in your eye)
- Redness
- Sensitivity to light
- Blurry vision

How do I know if I should see my doctor?

If symptoms persist over time or interfere with your daily activities, talk to your doctor. There are a number of treatments for dry eye that your doctor may recommend including lifestyle changes, over-the-counter and prescription eye drops, and inserting special plugs into the eyelids. Treatment of severe dry eye is important, as severe dry eye symptoms can reduce quality of life and sometimes can cause further damage to the eye.

