

Astigmatism in Reversing Myopia

Zhiwei: By your method, I reduced 75 degrees a year in my right eye and 50 degrees in my left eye. How I Wear Eyeglasses With 150 Degrees Less Than the Actual to Reduce Myopia Also I may find that as myopia gets deeper, the faster it may recover at first. Like machine learning, it learns fast at first and then slowly. Please see the last paragraph. That means when my right eye goes down to 400 degrees, it may also decrease by 50 degrees a year instead of continuing to be 75 degrees.

Yin: Thank you, it seems the effect is quite good. Actually, the reduced degrees should be added with the astigmatism conversion degrees because astigmatism is also a measure of curved refractive power and should not be disregarded. Dividing the astigmatism degrees by 2 is roughly equivalent to the reduction in myopia degrees.

So, if your left eye's myopia is reduced by 50 degrees and astigmatism is reduced by 100 degrees (which is equivalent to a reduction of 50 degrees of myopia), the left eye is considered to have been reduced by 100 degrees. The right eye is similar, reduced by 75 degrees plus $50/2 = 100$ degrees.

Zhiwei: Alright, I roughly understand. It's interesting. I will pay attention during my next eye examination.

Yin: Also, you have more astigmatism, which is probably why the astigmatism is reduced so much. I suspect it is when the astigmatism was created and reversing it back is probably the same point in time to reduce it back.

Zhiwei: Oh, I see. So, if I understand correctly, during the process of eyeball deformation, initially the degree of myopia increases, then astigmatism starts to develop, followed by both the degree of myopia and astigmatism increasing. Eventually, the astigmatism stabilizes while the degree of myopia continues to progress. This is a rough hypothesis about the evolution of myopia degree and astigmatism. The reversal process might follow a similar pattern, which explains why my astigmatism remained stable in the first half of the year and started changing in the second half.

Yin: I feel that because the specific shape of each person's eye is different, the process of deformation is sometimes a regular change, which becomes a uniform "myopia". Sometimes irregular, it becomes astigmatism. Astigmatism is a columnar lens, like the side of a wine bottle.

That's why you calculate the reduction by converting astigmatism into astigmatism, so you actually lose about 100 degrees in both eyes.

Zhiwei: Okay, thank you, teacher. I understand a bit. I'll take a closer look at your article and the references at the end of the day.

Above is Zhiwei's discussion with Yin Wang. Let's make it more clear.

My eye report for the last year:

Time	Myopia In Left	Astigmatism In Left	Myopia In Right	Astigmatism In Right	2022.03	350
	225	575	175	2023.04	300	125
	500	125	reduction	50	100	75
	50					

So let's accumulate the myopia reduction and astigmatism reduction in both eyes.

Item	Total Reduction In Left	Total Reduction In Right	original	50+100/2	75+50/2	simplified	100	100
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And,

Time	Myopia In Left	Astigmatism In Left	Myopia In Right	Astigmatism In Right	2023.04	300	125
	500	125					

Let's calculate the total degrees of my eyes:

Item	Total In Left	Total In Right	original	300+125/2	500+125/2	simplified	360	(approxiamte from 362.5)	560	(approxiamte from 562.5)
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And in the ongoing years, the forecast is:

Time	Total In Left	Total In Right	My eyesight	360	560	after one year	260	460	after two years	160	360
	after three years	60	260								

So when we think about what Yin Wang said, it is when the astigmatism was created, and reversing it back is probably the same point in time to reduce it back. So now, the astigmatisms of my eyes are doing the reverse.

Let's look at the table again.

Time	Myopia In Left	Astigmatism In Left	Myopia In Right	Astigmatism In Right	2022.03	350
	225	575	175	2022.11	325	200
	550	175	2023.04	300	125	500
	125					

See from November 2022 to April 2023, the astigmatisms of the left eye and the right eye are reduced by 75 and 50 degrees. So one possible theory is that the astigmatisms will continue to reduce in the next half a year. Because my eyeball deformation which leads to astigmatism is recovering. Another possible theory is that it won't. Because in the next year, the recovery of my eyeball deformation won't affect the astigmatism.

If the first theory is right, then:

Time	Myopia In Left	Astigmatism In Left	Myopia In Right	Astigmatism In Right	2022.03	350
	225	575	175	2023.04	300	125
	500	125	2024.04	250	25	425
	75	2025.04	250	0	325	0
	2026.04	50	0	225	0	

Oh, it is a very approximate forecast. I made the reduction between 2024 to 2023 is same as the reduction between 2023 to 2022. Then when the astigmatisms are gone, then we only need to handle myopia, to let it be reduced by 100 degrees.

But one thing is very interesting. In the first half a year:

Time		Myopia In Left		Astigmatism In Left		Myopia In Right		Astigmatism In Right		2022.03.05		350
		225 575 175				2022.11.13		325		200		550 175
								total redution				$25+25/2 = 37$
												$ 25+0/2=25 $

However, in the last half a year:

Time		Myopia In Left		Astigmatism In Left		Myopia In Right		Astigmatism In Right		2022.11.13		325	200
		550 175				2023.04.20		300		125		500 125	
								total redution				$25+75/2=62$	$ 50+50/2=75 $

I think things are quite abnormal here. I actually couldn't be totally sure that I wear the cured eyeglass from 5 March 2022. It might be someday between March 2022 to November 2022. But I am pretty sure that between November 2022 to April 2023, I am wearing the cured eyeglass in my daily life.

So maybe it can help to reduce around 150 total degrees of myopia and astigmatism in one year. So now, we can adjust our forecast table:

Time		Total In Left		Total In Right		My eyesight		360	560	after one year		210	410	after two years		60 260
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Let's make a detailed table. First, let's calculate the one-year reduction based on the last half a year.

Time		Myopia In Left		Astigmatism In Left		Myopia In Right		Astigmatism In Right		2022.11.13		325	200
		550 175				2023.04.20		300		125		500 125	
								half a year				$25 75 50 50$	
								a year				$50 150 100 100$	

So:

Time		Myopia In Left		Astigmatism In Left		Myopia In Right		Astigmatism In Right		2023.04		300	125
		500 125				2024.04		250 0 400 25				2025.04	100 0 250 0

Wow, it looks good. Is it correct? Who knows? Let time tell.

Citation

Li, Zhiwei. (Jun 2023). The Discussion Regarding Astigmatism When the Eyeballs Reverse to the Normal Shape. Zhiwei's Blog. <https://lzwjava.github.io/astigmatism-en>.

Or

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@article{li2023astigmatism,  
  title = "The Discussion Regarding Astigmatism When the Eyeballs Reverse to the Normal Shape",  
  author = "Li, Zhiwei",  
  journal = "lzwjava.github.io",  
  year = "2023",  
  month = "Jun",
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