

Health + Prevention 16-Oct-2017

Why can vision problems be the cause of headaches?

Millions of people suffer from headaches. No ailment is so widespread. What many people don't know is that a new pair of glasses can help.

Dull pressure behind the eyes, throbbing in the temples or a light pounding at the top of the head – there is hardly anyone who has not suffered from headaches. Many people just reach for a tablet, while others sit it out until the pain goes away on its own. Many sufferers could be helped if they went to an optometrist to have their vision tested because when you don't see well and should ideally be wearing glasses, you will often suffer from headaches.

It's as if your brain has come loose and knocks against your skull every time you move. This is how people suffering from headaches often describe their symptoms. Millions of people worldwide – women, men and children – regularly suffer from painful numbing or pressure or sharp piercing pains which affect their concentration at work, in school and the amount of strain the family can cope with. Finding a remedy means improving your quality of life. And that is often easier than most people think because a visual impairment is frequently the cause of headaches.

> **Farsightedness (hyperopia)**, in particular, strains the eyes causing headaches when left uncorrected. Often you get both after reading or using the computer for a long time. This is because it is especially tiring for farsighted people to hold images in sharp focus. In trying to see clearly, the lens has to adjust (accommodation). The biggest problem is that many people are farsighted without knowing it because their eyes can make up for it to a certain degree. The constant effort or straining to always see sharp causes headaches, which are then often not linked back to problems with the eyes.

Less common but also a cause for headaches is an undiagnosed, but latent strabismus. To see clearly, people with strabismus must put their eyes under enormous strain to keep them parallel.

Typical symptoms of headaches that can occur due to farsightedness or a slight strabismus often

only appear after a while, particularly just after long reading sessions or long hours spent on the computer. If headaches then occur or you get double vision or your vision goes blurry temporarily, it is probably due to vision problems. A thorough eye test at the optometrist can determine whether farsightedness or strabismus is the cause.

The good news is: a perfectly fitted pair of glasses with spectacle lenses individually suited to the wearer can correct farsightedness with optimum results. Headaches will then quickly be a thing of the past. Latent strabismus can also be treated with glasses that have prescription prism lenses (special form of eye measurement for prescribing prism glasses).

The ZEISS Online Vision Check

How well do you see contrast and colour? Check your vision quickly and simply here!

[Start Eyesight Test Now!](#)

My Vision Profile

Determine your personal visual habits now and find your individualised lens solution.

[Check Your Vision Profile Now!](#)

Find a ZEISS Optician Near You



Related Articles





Do your eyes twitch?

Symptoms, causes, treatment and prevention

Health + Prevention 11-Sep-2018
Tags:



What sunglasses are right for your favourite activity?

There's a perfect pair of sunglasses for any occasion

Health + Prevention 27-Jul-2018
Tags: Sunglasses



UV protection in daily life

Windowpanes, clothing and glasses – What blocks UV light? What doesn't?

Health + Prevention 27-Jul-2018
Tags: Sunglasses



UV protection and glare protection

What's the difference?

Health + Prevention 06-Jul-2018
Tags: Sunglasses

Related Products



Self-tinting lenses

One pair of glasses for all occasions.

[Learn more](#)



Coloured Lenses

Sunglass lenses: which tint is right for you?

[Learn more](#)



Sunglass lenses

One lens for all outdoor activities.

[Learn more](#)



Understanding Vision
Health + Prevention
Lifestyle + Fashion
Driving + Mobility
Sports + Leisure
Work Life

Distance + Reading Glasses
Varifocal Lenses
Sunglasses
Working Glasses
Sports Glasses
Glasses for Children
Lens Coatings
Contact Lenses
Lens Cleaning
At the Optician

My Vision Profile
Online Vision Check

Instruments + Technologies
ZEISS Spectacle Lenses
ZEISS Cleaning Solutions