

Night Blindness

Night blindness is the inability or a reduced ability to see in dim light. In night blindness, the eyes not only see more poorly in dim light, but are slower to adjust from brightness to dimness. One cause of night blindness is a deficiency of vitamin A. Proper diet plus therapeutic doses of the deficient vitamin usually can cure the defect in vision. Night blindness sometimes accompanies glaucoma. If you have difficulty seeing at night, it is recommended you report this to your doctor, and have your eyes checked.