What is a SCOTOMA?

A SCOTOMA is an area of scar tissue that is found on the retina as a result of an injury or disease. You may see a scotoma as a blind spot, a gray area, or a blurry spot in your field of vision.

The SCOTOMA is more easily noticed when attempting to read, and the letters seem to “come and go”. The SCOTOMA is simply covering up that part of your visual field, so it’s making it hard to read smoothly. You may have more than one SCOTOMA. SCOTOMAS can have many shapes and sizes.

Imagine your two eyes as a large window of vision, like a windshield. When you have an eye disease it’s like having that windshield dotted by bugs and debris that block part of your vision.

Why don’t glasses fix my problem?

This can be explained using the camera analogy. If you put scratched or damaged film in a camera, it DOES NOT matter what type of lens you put on that camera, the pictures will still come out blurred or distorted. A diseased or damaged retina can be compared to the bad film, and no matter what kind of glasses we try, the way you see things will not be CLEAR like they used to be.