

# CORRECTING PRESBYOPIA

**Presbyopia** = the loss of elasticity of the focusing lens & gradual loss of ability to focus on near tasks that occurs after age 40.

## READING GLASSES

Readers are glasses designed to be worn when reading. Distance vision will be blurry unless glasses are removed or you look over the glasses.

**Prescription reading glasses** are made specifically for the best vision for each eye & set for the center of the lens (clearest part) to be centered in front of each eye.

- ✓ Inexpensive
- ✓ Options to upgrade lenses for anti-reflective, Anti-reflective with Blue-Blocker, high index, digital (HD) to provide the clearest, most comfortable vision
- ✓ Warranties available for scratch or breakage

**Over-the-Counter readers-** “these one size fits all” glasses can be purchased without a prescription. The stronger power gives more magnification but focuses closer and reading material must be held closer to the face.

- Age 40-49: Over-the-counter (OTC) readers ranging from +1.00 to +1.75
- Age 50-59: OTC readers ranging from +1.75 to +2.25
- Age 60 and over: OTC readers +2.50 to +3.00

Power ranges also depend on which tasks. If using readers for computer range, a weaker power is needed. If using readers to thread a needle or view very small print, a higher power is needed and near task must be held closer.

Patients that have **astigmatism** or a **difference in focusing power between the two eyes**, or **high myopia** can NOT see clearly with OTC readers. They require prescription glasses for clear vision.

Near sighted patients can often remove their glasses and read without correction. **Myopia (nearsightedness)** is like having “built in” reading glasses. If you are a -3.00, it's like having +3.00 readers when you remove your glasses.



# BIFOCALS- “2 focal points”

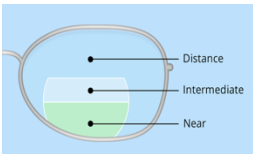


**OTC Bifocals** can be worn for convenience with zero power on top to view distance tasks and reading power on the lower portion of the lens. These “one size fits all” bifocals are just readers with clear lenses in the top portion.

**Prescription Bifocals** can correct distance vision and reading vision. Intermediate tasks will be blurry so this design is not ideal

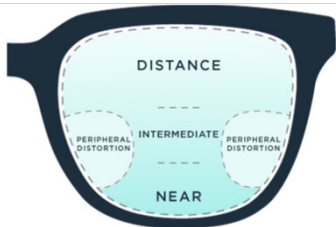
for computer use. Computer Bifocals correct computer and reading (intermediate is in place of distance area), but distance vision is blurry.

- ✓ Bifocals are less expensive than progressives
- ✓ Bifocals are generally easier to adapt to than progressives
- ✓ The line is bothersome to some patients & not cosmetically appealing
- ✓ Wider reading area than progressives



**Trifocals** have all 3 focal points with 2 lines separating the zones of viewing. While most presbyopes these days choose line-free progressive lenses, conventional bifocals and trifocals have some advantages over progressives.

# PROGRESSIVES- “no line bifocals”



The top 1/3 of the lens has distance prescription, this gradually shifts to intermediate/computer range, then gradually shifts to reading power.

Progressives always have some blur in the edges of the lens. Newer “digital” technology now provides for less peripheral blur and a wider reading/computer area.

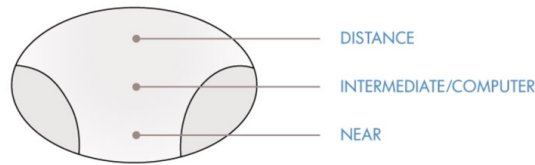


Standard      Comfort      Elite

Cheaper progressives have a smaller reading area and are more difficult to adapt to for full time wear. Better technology is available for premium digital progressives with higher cost and better vision.

“Progressive” means the power gradually increases from the top to bottom.

## PROGRESSIVE LENS ZONE



## ADAPTING TO PROGRESSIVES

1. Put them on first thing in the morning and try to wear all day for 2 weeks before deciding if you want to wear them part time.
2. Point your nose at what you are looking at, then tilt your head up and down while holding your eyes in place. You'll see your vision blur, then clear, then blur. This helps you find the clear zones.
3. After a while, your eyes will adapt to the vision in progressives and the muscle memory kicks in as second nature.
4. Caution when walking in progressives at first. The ground may look closer and you might trip up stairs. Drop your chin when looking at the ground.
5. When reading, keep your head straight and look down with your eyes, move the reading material closer, further away, up and down to find the clearest "sweet spot".
6. When using computers, try to sit arms length away with the center of the monitor just below eye level. Adjust the distance and height for comfortable viewing.
7. ALL DAY COMPUTER USE: Computer progressives are a wise investment with the entire top half of the lens set for the computer, and it increases in power for up close reading on the bottom portion of the lens. Ask for a prescription for computer glasses if you spend several hours a day sitting at a computer. Measure the distance from your face to the monitor for an accurate prescription.

## ALTERNATIVES TO GLASSES

**Contact lenses can be worn to reduce the need for glasses.**

- Multifocal Contact lenses can help the eyes focus from far to near. These lenses are not as clear as glasses since they blend the focus throughout the lens. These aren't ideal for everyone, but provide a great option for some patients.
- Distance power contacts with readers used for near tasks.
- Monovision Contacts – one eye is corrected for distance & the other eye is corrected for reading. The eyes can learn to use one eye for distance and the other eye for reading, with both eyes the vision is clear at all distances.



**Surgery options: LASIK** can not correct presbyopia unless you have myopia & choose monovision.

**Kamra Inlay** can reduce the need for readers, but is not a perfect fix.

**Cataract surgery** can correct both distance and near vision if upgrades such as multifocal IOLs or monovision are chosen.

