

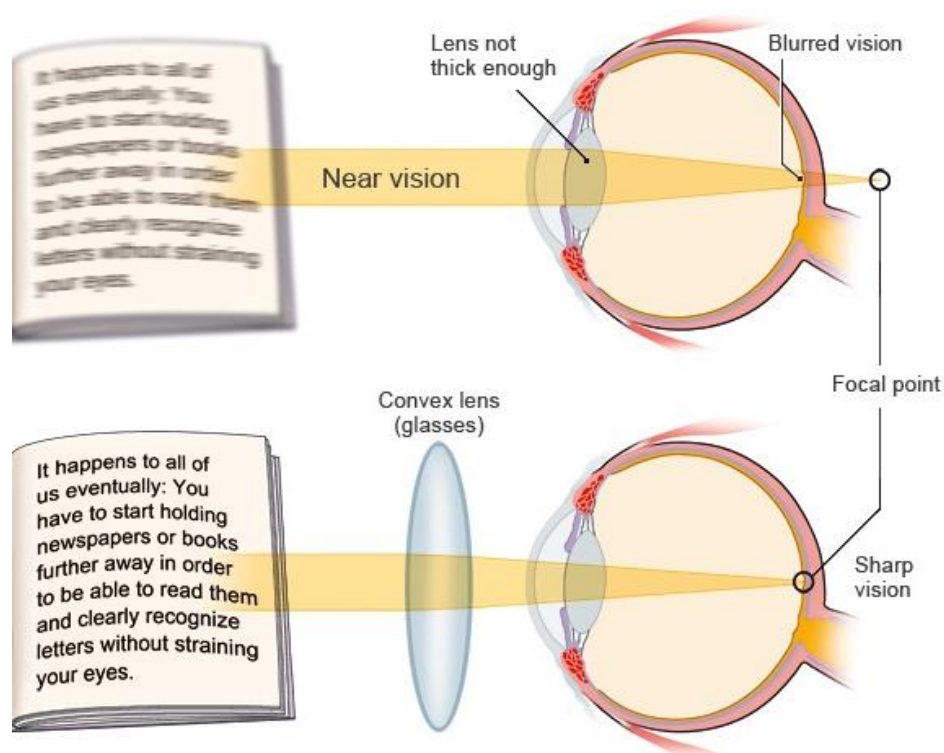
Presbyopia

Presbyopia is characterised by difficulty in focusing on objects at a normal reading distance. Tasks like reading or sewing become blurred, especially in low light conditions. You might notice yourself holding a book farther away to enhance print clarity. Presbyopia primarily impacts near vision and typically doesn't affect distance vision. Additionally, you may have trouble concentrating while reading, as well as symptoms such as sore eyes, headaches, or fatigue after prolonged periods of close work.



What causes Presbyopia?

Typically, your eyes are naturally focused for distance vision. Inside the eye, there's a flexible lens roughly the size of a pea. This lens changes shape to focus on objects, a process known as accommodation. With age the lens progressively loses flexibility, becoming less adept at changing shape. Akin to the stiffening of joints or the greying of hair, the decrease in lens flexibility prevents focusing on close objects. Glasses provide for the loss of accommodation allowing the user to once again see fine details like reading clearly again.



Does presbyopia come on quickly?

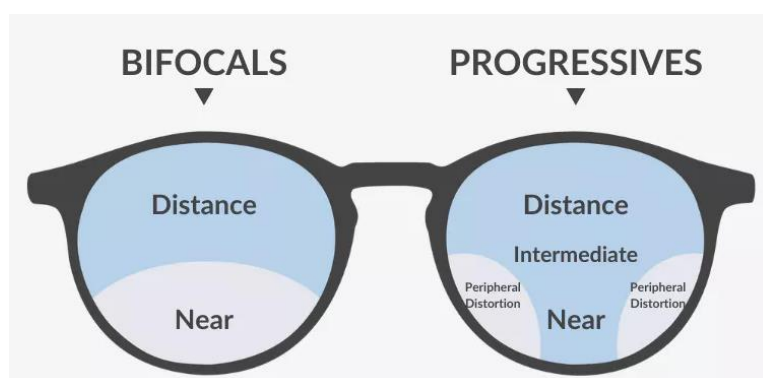
While challenges with close work may appear sudden, the aging process underlying presbyopia has been ongoing since childhood. Presbyopia becomes noticeable around the ages of 40 to 45 years and the effects intensify up to around age 65. Beyond the age of 65, there are unlikely to be any further significant changes to vision attributed to presbyopia as the lens has lost virtually all its flexibility.

How is presbyopia treated?

Presbyopia is typically corrected with prescription glasses specifically tailored for close distances. Reading lenses provide clarity for near objects but may cause distant objects to appear blurry. Consequently, if you have glasses solely for reading, you won't be able to watch television while wearing them.

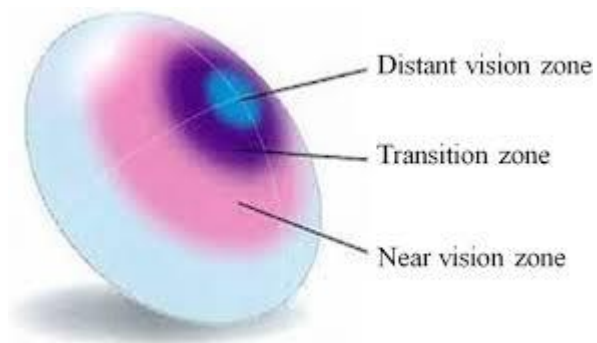
Managing different prescriptions for distance and reading can be inconvenient, particularly if you frequently switch between tasks. Multifocal lenses offer a solution to this issue. These specialised lenses feature a prescription for distance vision in the top portion and increasing lens power through intermediate power for computer and cooking activities, through to a prescription for near vision (reading) in the bottom portion. Other alternatives include bifocals and specific types of contact lenses.

It's important to note that presbyopia will persist regardless of whether you wear glasses, use magnifiers or continue to extend your arms. Wearing glasses neither accelerates nor slows progression of presbyopia.

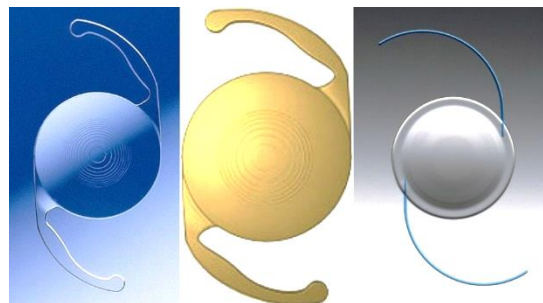


Multifocal contact lenses and monovision are other options which have been successful for many patients. Recently lens replacement surgery, or cataract surgery with multifocal intraocular lenses and extended depth of focus intraocular lenses offer an alternative to glasses or contact lenses.

Multifocal Contact Lenses



Multifocal Intraocular Lenses



By consulting with our optometrist, we can help you determine the most suitable correction appropriate for eye health and refractive needs.

Individuals between the ages of 45 and 65 years should schedule annual eye health exams to stay informed about their eye health and prescription needs. Our optometrist recommends that to see clearly you should check yearly. If you notice a decline in your near vision, don't hesitate to reach out to our friendly team and arrange an eye examination at your earliest convenience. Your vision health is our priority.



See Clearly
Check Yearly