

PRESBYOPIA

Struggling with small print?

If you are beginning to have trouble focusing at close distances, you may be starting to develop presbyopia. Some people start noticing symptoms around the age of 40, while others do not really experience any problems until later.

Presbyopia occurs as the lens inside your eye starts to lose its flexibility, which reduces the lens' ability to change shape and focus light passing through the eye.

Common signs of Presbyopia

Recognising the signs of presbyopia greatly depends on the visual tasks you perform in your normal day.

- Do you have to hold a newspaper or menu further away?
- Do you struggle to see small print
- Is reading in dim light more of a challenge
- Are you getting headaches or do your eyes feel heavy after reading for a prolonged period?

If you are over 40 and have answered Yes to any of the above questions you are probably experiencing the first signs of presbyopia.

What can you do about presbyopia?

Although there is no magic cure for presbyopia, several options are available, ranging from glasses to contact lenses and even surgery depending on your lifestyle.

What are your options?

1) Reading glasses

If your distance and driving vision is still good, reading glasses can be a good option, as they:

- Provide a large viewing area for close up tasks
- Are ideal for detailed figure work
- Are useful for reading in bed

Their disadvantage is that they are focused just for reading so things in the distance can be blurred requiring you to take them off.

2) Varifocal (Multifocal) glasses

These glasses are ideal for most people as you are able to see in the distance and quickly focus on close-up objects without having to switch spectacles.

Varifocal glasses:

- Imitate the focusing ability of the human eye, providing the full range of focus in a gradual way
- Enable you to see far away, intermediate and close up with no discernible transition

If you already have a prescription for distance/driving then this is a good option for you.

3) Contact lenses

Contact lenses can offer freedom from the need to wear glasses. There are several options and types of lens to choose from, the most popular being Daily Disposable lenses, which offer the ultimate in comfort and convenience.

The lenses are very soft and highly breathable so are comfortable and healthy to wear. They are also easy to apply on the eye. They can offer:

- Clear vision for distance and close up
- The ideal solution for all day wear or for social occasions as well as sport

4) Refractive Surgery

This is eye surgery used to improve the refractive state of the eye and decrease or eliminate dependency on glasses or contact lenses. This can include various methods of surgical remodelling of the cornea or lens replacement surgery.