

PRESBYOPIA

(828) 665-1577

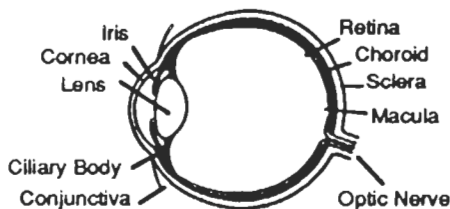
What is Presbyopia ?

Presbyopia is the term used to describe a certain age related change in your vision. As you grow older, you will notice that reading small print and looking at close objects becomes increasingly difficult. This inability to focus on small print or close objects is called presbyopia. Presbyopia is inevitable. The condition will develop in everyone, usually around the age of 40.

What is the cause of Presbyopia ?

To focus on close objects and small print, your eyes must undergo a process called accommodation. When you accommodate, the muscles of the ciliary body, which are connected to the lens in your eye, contract, forcing the lens to change shape. By changing the shape of the lens, you change the focusing power of your eye. This is what enables you to alter your vision between distant and near objects. Accommodation happens automatically as you look at a close object. As your eye accommodates, the lens changes shape until a clear image is focused on your retina.

As we age, the lens gradually hardens, and loses its elasticity. As the lens hardens, the ciliary body must exert greater effort to obtain the proper amount of accommodation. Therefore, reading will require more strain. To compensate, presbyopic patients will hold reading material further away, because less accommodation effort is needed when objects are held further away. This is why many beginning presbyopic patients will make the complaint: "my vision is fine, but my arms are too short"



The Human Eye

What are the symptoms of Presbyopia ?

The most common symptom of presbyopia is blurred vision while trying to read and look at close objects. You may also feel that you need more light to read, or that you easily tire, or feel eyestrain while reading.

If you are near-sighted, you may discover that taking your glasses off will help you read easier.

What is the treatment for Presbyopia ?

At this time, the only treatment for presbyopia is to correct your vision with glasses and/or contact lenses. Vitamins or exercises will not prevent presbyopia from occurring. There are no surgical procedures or medications that can correct presbyopia. Presbyopia is part of the normal aging process of the eye.

The prescription for correcting presbyopia will provide you with the focusing power that your eyes can no longer supply. However, improving your close vision with glasses or contact lenses will blur your distant vision. (Remember the prescription is the amount of focusing power that your eye needs to see up close.) Therefore, when presbyopia occurs, there is no one single prescription that will help you see both distant and near objects clearly. To see distant and close objects clearly, two prescriptions (or one bifocal) will be necessary.

There are many ways to obtain clear, comfortable vision when you have presbyopia. However, to get the best vision for every activity that you do, you may require several of the options listed here.

Options for Presbyopic Patients

- PROGRESSIVE BIFOCAL GLASSES**
bifocals with "invisible" lines
- STANDARD BIFOCAL GLASSES**
bifocals with visible lines
- TWO SEPARATE PAIRS OF GLASSES**
no bifocal to get used to, but may be inconvenient at times
- BIFOCAL CONTACT LENSES**
available in some prescriptions
- CONTACT LENSES, READING GLASSES COMBINATION**
works well if bifocal contact lenses are unavailable in your prescription.
- "MONOVISION" CONTACT LENSES**
one eye is corrected for near vision, and the other for distant vision
- READING GLASSES ONLY**
an option if your distance vision is good without glasses.