



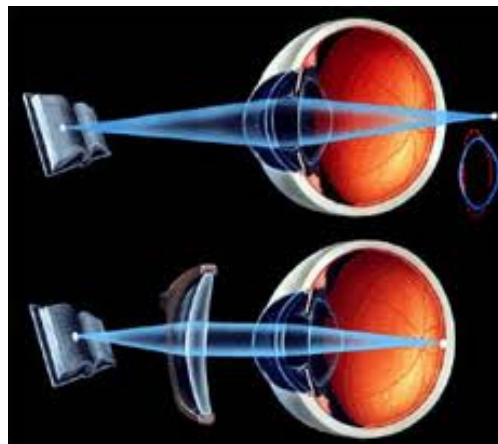
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Presbyopia

Presbyopia is the loss of focusing ability that occurs naturally with age. In younger people, the lens is very flexible and the eye has a wide range of focus from far distance to close up. As you get older, the lens slowly loses its flexibility leading to a gradual decline in ability to focus on near objects. Presbyopia is not a disease but a normal and expected change which sooner or later affects everyone, whether you already wear spectacles or contact lenses or not.

Around the age of 40-45, you will begin to notice that you are holding the newspaper further away or need more light to read small print. There is no advantage in delaying using reading glasses, or changing to bifocals or varifocals. They will not make the eyes lazy.

Your optometrist will advise you on the best form of vision correction to suit your individual lifestyle and occupation.



Reference:

The College of Optometrists, the professional, scientific and examining body for optometry in the UK. People who are our members agree to meet the highest clinical and ethical standards. Look for the letters MCOptom to see if your optometrist is a member.