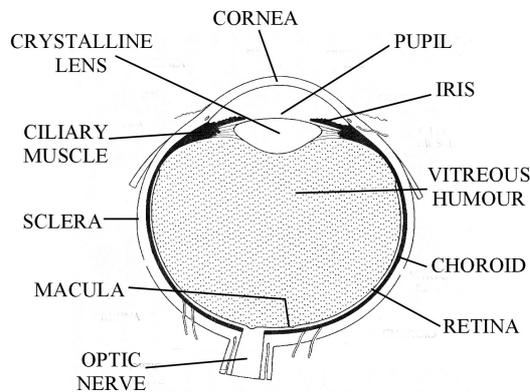


# the ageing eye



As we get older we find it more difficult to see things that we took for granted when we were younger. Reading gets more difficult, and by the age of forty-five or so most of us need reading glasses. This is called presbyopia.

## What Causes Presbyopia?

The word 'presbyopia' comes from the Greek meaning 'far-sighted'. This isn't exactly correct, since the presbyopic eye can be short-sighted. It is caused by hardening of the lens inside the eye, which then can't change shape as easily to focus on near objects, causing near vision to blur.

## What Options Have I Got

If you are experiencing problems with reading, there are several options available:

**Reading glasses** are easy to use, but they make the distance vision blurry, so they are on and off quite a lot.

**Bifocals** are more convenient, but take a bit more getting used to. The line on top of the bifocal can also get in the way, which is even worse in trifocals.

**Varifocals** are the most expensive option for spectacles, but are also the best. They offer clear vision at all distances, but take quite a lot more practice to use.

**Contact lenses** can also be used, but they are always a bit of a compromise and are very often more complicated than glasses. They can be bifocals, varifocals or monovision, where one eye is focused for distance, the other for reading.

'**Prelex**' stands for 'presbyopic lens exchange'. The lens of the eye is removed and replaced with a special plastic implant which can change focus. This is not available on the NHS

### **Which Option is Best?**

This depends entirely on the individual person. Different people have different needs, so the best thing to do is to seek professional advice. There are many different lens designs available - particularly varifocal designs - so it is best to talk it over with an optometrist or dispensing optician.

### **Will the Vision get Worse?**

Presbyopia is progressive, so yes the vision will get worse and quite quickly at that. At first the glasses may only be needed now and again, but as time goes on they are needed more and more until you can't see anything at near without them. Many people blame the glasses for making their eyes worse, but in adults wearing glasses doesn't have any effect on how the eyes change at all. After the age of 55 to 60 things tend to settle down again.

**eye deal** opticians

17 paradise place

goole

dn14 5dl

01405 767705

[eyedealexam@gmail.com](mailto:eyedealexam@gmail.com)