

The Need for Reading Glasses

As you get older, over about 40, your eyes become less capable of focussing at close objects. This is called Presbyopia. Theoretically all we have to do is give you glasses which focus at the near distance for you - 'Reading Spectacles'. Anyone who already has reading glasses will know, while they help with close work, they actually make things in the distance blurred. This, of course, can be extremely inconvenient; not too bad if you just want to read a book in the evening but awful when you are switching from one task to another. Try shopping when you have to keep taking them on and off as you read prices or look at your watch or text messages.

Let's try to make daily living convenient!

Since our goal is to try to improve your quality of life, simply prescribing reading glasses may not be the best solution. The best option would be to have 20 year old eyes again, but what realistic solutions can we recommend?

1. Reading Glasses

Certainly this is the simplest and quickest way to remedy the problem. This option can work well initially, when you still cope with daily tasks such as shopping and work. Usually the glasses can stay at home and be put on when reading in the evening. But, as your need increases, you will need to remember to carry them everywhere. This is when the 'INCONVENIENCE FACTOR' kicks in. If reading glasses are considered, you should get shallow frames. This allows you to leave them on, if you want to, and still be able to look over the top (as you walk around a shop or watch TV while you do a crossword).

2. Ready Readers

These 'off the peg' reading spectacles can not be made to your exact powers. They are mass produced and have the same powers right and left. However they are CHEAP. So while reading glasses are not at all convenient, the problem can be made easier by having ready readers all over the place. So, when you forget your good pair, and you will, you will have emergency pairs. Ready readers are also good for people with physically rough jobs. Often recommended for builders, for instance, who are very likely to damage glasses which are constantly on and off.

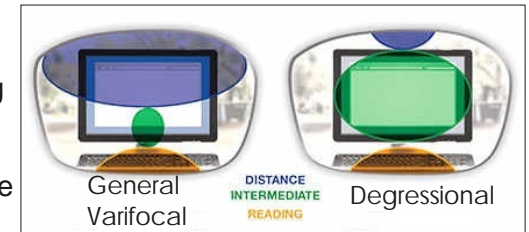


3. Varifocals / Bifocals

People often think these are only mentioned if you need distance correction as well and must wear them all the time. This is not the case. They are mentioned because they can be more CONVENIENT. For instance, most of us at Aarons who need reading help wear varifocals. The way we work, constantly swapping from paperwork to a PC, then talking to patients and moving around the practice, demands a more versatile option than simple reading glasses. Using myself as an example, I have perfectly good distance vision, but choose to wear varifocals, which I put on first thing in the morning and leave on all day. Why? Because I don't want the inconvenience of having to put readers on and off, or worse, leaving them at home in the mornings.

4. Degressionals

Varifocals, great for general life, are not ideal for certain specific tasks. Desk top computers being the primary case in point. Varifocals work well for iPads and Tablets because they are like holding a book. Desk Tops, however, are upright and further



away so you need to tilt your head to get the intermediate portion of a standard varifocal into play. If you use desk tops, the question must be how do you use them? If you dip in and out of PC use, like we do, then standard varifocals may be adequate. This would not work for someone in a Call Centre. These people need a single intermediate working distance as they have no paperwork or distance requirements. For many however, needing PC and paperwork vision, degressionals are the answer. The pay off is you lose a degree of distance vision. However for people working in offices distance vision is not necessarily essential.

5. Contact Lenses

If contact lenses work they can be fantastic..... allowing you to get on with Life. With 'Monovision' the patient wears a reading lens in one eye and a distance one in the other. We fit far more 'Multifocal' contact lenses. These give you binocularity and are becoming increasingly popular. For more details see our 'Multifocal' contact lens leaflet.

