

PRESBYOPIA



Presbyopia is a vision condition in which the shape of the crystalline lens of your eye changes. These changes make it difficult to focus on close objects.

Presbyopia may seem to occur suddenly, but sight reduction occurs over a number of years. Presbyopia usually becomes noticeable in the early to mid-40s, but the reduction of your accommodation starts as early as childhood.

Presbyopia is a natural part of the aging process of the eye. It is not a disease, and it cannot be prevented.

Some signs of presbyopia include holding reading materials at arm's length, blurred vision at normal reading distance and eye fatigue along with headaches when doing close work. A comprehensive optometric examination will include testing for presbyopia.

To help you compensate for presbyopia, your optometrist can prescribe reading glasses, multifocals or contact lenses. Presbyopia can complicate other common vision conditions like nearsightedness, farsightedness and astigmatism. Your optometrist will determine the specific lenses to allow you to see clearly and comfortably. You may only need to wear your glasses for close work like reading, but you may find that wearing them all the time is more convenient and helpful.

The effects of presbyopia will continue over your lifetime. Therefore, you may need to periodically change your eyewear to maintain clear and comfortable vision.