

## Facts

Presbyopia is a vision condition which makes it difficult to focus on close objects. During middle age, usually beginning in the 40s, people experience blurred vision at near points, such as when reading, sewing or working at the computer.

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

Presbyopia may seem to occur suddenly, but the actual loss of flexibility takes place over a number of years.

## Symptoms and Signs

When people develop presbyopia, they find they need to hold books, menus and other reading materials at arm's length in order to focus properly.

When they perform near work, such as embroidery or handwriting, they may have headaches or eyestrain, or feel fatigued.

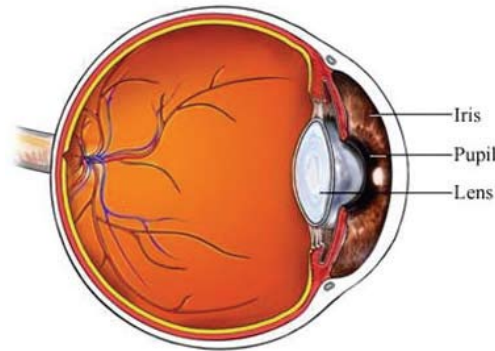
## Diagnosis

Many people over age 40 self-diagnose presbyopia based on their inability to read clearly at a distance that used to be natural and comfortable.

Presbyopia is diagnosed with a routine eye examination.

## What causes Presbyopia

Presbyopia is caused by a gradual loss in elasticity of the lens. The result is a slow decrease in the ability of the eye to focus on nearby objects.



### Treatment:

There are contact lenses for presbyopes, called multifocal contact lenses.

Another type of contact lens correction for presbyopia is monovision, in which a distance prescription contact lens is placed in one eye, and a near vision prescription is placed in the other. The brain learns to favor one eye or the other for different tasks.

Because the human lens continues to change as you grow older, your presbyopic prescription will increase over time as well. New surgical procedures can also provide solutions for those who do not want to wear glasses or contact lenses.

## Treatment

Eyeglasses with bifocal or progressive addition lenses are the most common correction for presbyopia.

Bifocal means two points of focus: the upper part of the spectacle lens contains a prescription for far sightedness, while the lower portion of the lens holds the stronger near prescription for close work.

Progressive addition lenses are similar to bifocal lenses, but they offer a more gradual visual transition between the two prescriptions, with no visible lines between them.

Reading glasses are another choice. Unlike bifocals and progressive addition lenses, which most people wear all day, reading glasses are only typically worn when working with a close object.

If you wear contact lenses, your eye care professional can prescribe reading glasses that you may wear while wearing your contacts.