



Encountering Problems with Near Vision after 40

If you have never needed glasses or contact lenses to correct distance vision, then experiencing near vision problems after age 40 can be concerning and frustrating. You may feel like you've abruptly lost the ability to read the newspaper or see the mobile phone numbers. Your arms suddenly become “too short” and more light is needed to make out small print.

Actually, these changes in you have been occurring gradually since childhood. Now your eyes don't have enough focusing power to see clearly for reading and other close vision tasks.



Losing this focusing ability for near vision, called [presbyopia](#), occurs because the lens inside the eye and associated muscle structures becomes less flexible. This flexibility allows the eye to change shape and therefore focus on objects that are far away to objects that are close. People with presbyopia have several options to regain clear near vision. They include:

- Glasses, including single vision reading glasses but these can be frustrating because they are constantly taken on and off and frequently lost!
- Multifocal lenses which allow you to see at many distances are a practical option. In today's world of technology they offer far more flexibility in focal length. Thus allowing us to view phones, tablets and P.C's all at different distances, without the need to swap glasses. Advances in technology have made them much easier to use than in the early days of their development.

- Contact lenses, including monovision (distance in one eye and near in the other), multifocal lenses and bifocal lenses provide the reluctant spectacle wearer with “a way out”. However you do need a spare pair of spectacles in Case for any reason you can’t wear your contacts.
- Laser surgery and other refractive surgery procedures are becoming increasingly popular and successful.

As you continue to age, presbyopia becomes more advanced. You may notice that you need to change your glasses or contact lens prescriptions more frequently than you used to. Around age 60, these changes in near vision should stop, and prescription changes should occur less frequently.

Presbyopia can't be prevented or cured, but most people should be able to regain clear, comfortable near vision for all of their lifestyle needs.

If you have found this article interesting and have questions regarding it, then please do get in touch either for a chat by phone, or please feel free to email me.

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