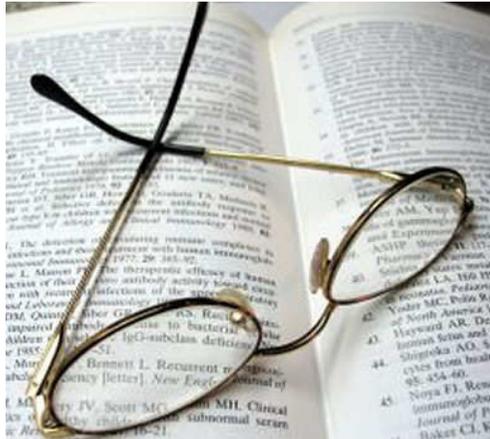


Presbyopia



What is prebyopia?

Presbyopia is an age-related condition that involves a reduction in the focussing power of the eye. As a result near vision is compromised. Presbyopia typically starts after age 40 but could commence earlier in people who do a large amount of near work.

What are the symptoms of presbyopia?

Near tasks become blurred and increasingly difficult, particularly in dimly-lit conditions. The eyes feel strained and tired. Early presbyopes often find themselves easily doze off while reading.

How to deal with presbyopia?

Presbyopia can be corrected using spectacles or contact lenses.

What are the different types of spectacle lenses for correcting presbyopia?

Both single vision and multifocal progressive lenses can be used. Single vision lenses are easier to use and provide a wider reading area. However, each pair of single vision lenses is suitable for only one working distance. Multiple pairs of lenses would have to be prescribed for tasks at varying distances (e.g. one for the computer and one for reading). In contrast, one pair of multifocal progressive lenses provides clear vision at different working distances.

Is it difficult to get used to multifocals?

First time users would need to get used to some waviness in the peripheral visual areas. Optometrists would recommend the most appropriate lens design for each patient and fit the lenses accurately to make adaptation shorter and easier.

What about using contact lenses?

Both single vision and multifocal contact lenses can be used. With single vision contact lenses, the lens powers are adjusted so that one eye sees clearer at the distance

and the other at near. However, this method of correction is suitable only for early presbyopes. Multifocal contact lenses are special designs that enable both distance and near vision with one single lens. These lenses are not suitable for everyone and must be prescribed and fitted by an optometrist.

Dr. Ada Cheng Optometrists

Ph.D. (The University of Melbourne, Australia)
B.Optom. (Hons.) (The University of N.S.W., Australia)

Office hours

Monday to Friday 10:00 a.m. to 6:00 p.m.
Saturday 10:00 a.m. to 1:30 p.m.

Closed on Sunday & public holidays

1407 Melbourne Plaza
33 Queen's Road Central H.K.

(MTR Central Station D2 Exit)

For appointments please call 2521 5100

www.optometrist-vision.com.hk

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