

# Progressive lenses (Multi-focal lenses)

## Why do I need progressive lenses?

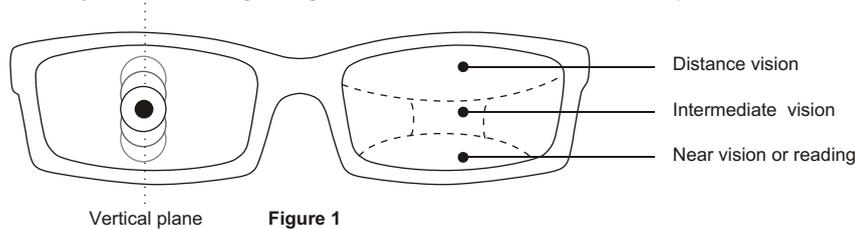
Around the age of 40-50, most people start to have difficulty focusing at close range. The first indication that something is changing is that your single vision lenses can no longer be satisfactorily used for focusing on small print or near objects. For example, you may find yourself having to strain to read a menu. So you compensate by holding printed materials further and further away to bring them into focus. This is a sign of a natural eye condition that everyone faces sooner or later. The condition is called presbyopia. Presbyopia is a natural universal condition, diminishing the eyes ability over time to focus on near objects. Our close-up sight is what's affected at first. And within a few years, our mid-distance vision from 2-10 feet is also affected.

Presbyopia can be corrected with proper diagnosis and corrective lenses. And while many types of lenses can help with some of the symptoms of presbyopia, only progressive lenses allow you to see near, far and everything in between with one pair of lenses. They are the best solution in many instances because they offer the crispest, smoothest, most comfortable vision at all distances.

## Choosing the right frames

Progressive lenses(or graduated or multi-focals ) are a form of spectacle lens. They contain three powers- the top portion of the lens for distance vision, the central portion for intermediate vision (such as for computer use), and the lower portion for reading. The powers gradually change down the lens, so that there are no visible markings on the lens. See figure 1

Because of the multi-vision zones you need a frame with greater depth to accommodate the different zones. Our optometrist will evaluate the which frames are suitable for you. Selected frames need about 16-18mm below the centre of the eye when looking straight ahead. This allows for an adequate zone for reading.

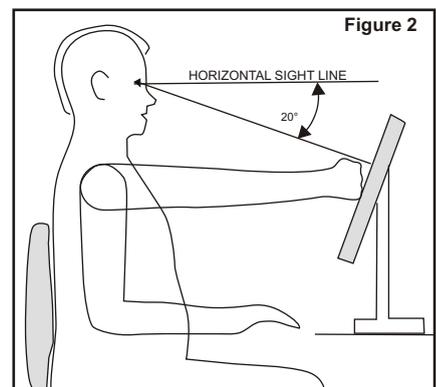


## Adapting to progressive lenses

Normally a quick adaptation period anywhere from a few days to a week is required when you get your first pair of prescription eye glasses that are fitted with progressive lenses. However, we suggest leaving your new spectacles on for 2 weeks continuously to allow for your brain and eyes to adapt sooner. After this 2 week adaption period you can take your spectacles off as much as you like, the brain and eyes will be programmed. Some people with strong prescriptions do take a bit longer to adapt to the progressive lenses.

Below are some guidelines to help you adapt to progressive lenses

- Try and keep eyes in the vertical plane(See figure 1). So when looking to the side, turn your head so your nose is pointing at what you are looking at.
- For reading keep your head straight and look down with your eyes. The closer the object the further you should be looking down.
- For distance vision look straight ahead. When walking down stairs point your nose at your feet so your are looking through the intermediate/distance zones.
- Your computer screen should be an arms length away and the screen should be about 20° below the horizontal sight line. See figure 2



**IMPORTANT** When cleaning your lenses **ALWAYS** wet them before rubbing them to prevent scratching.



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