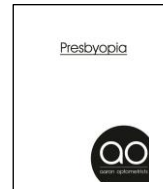


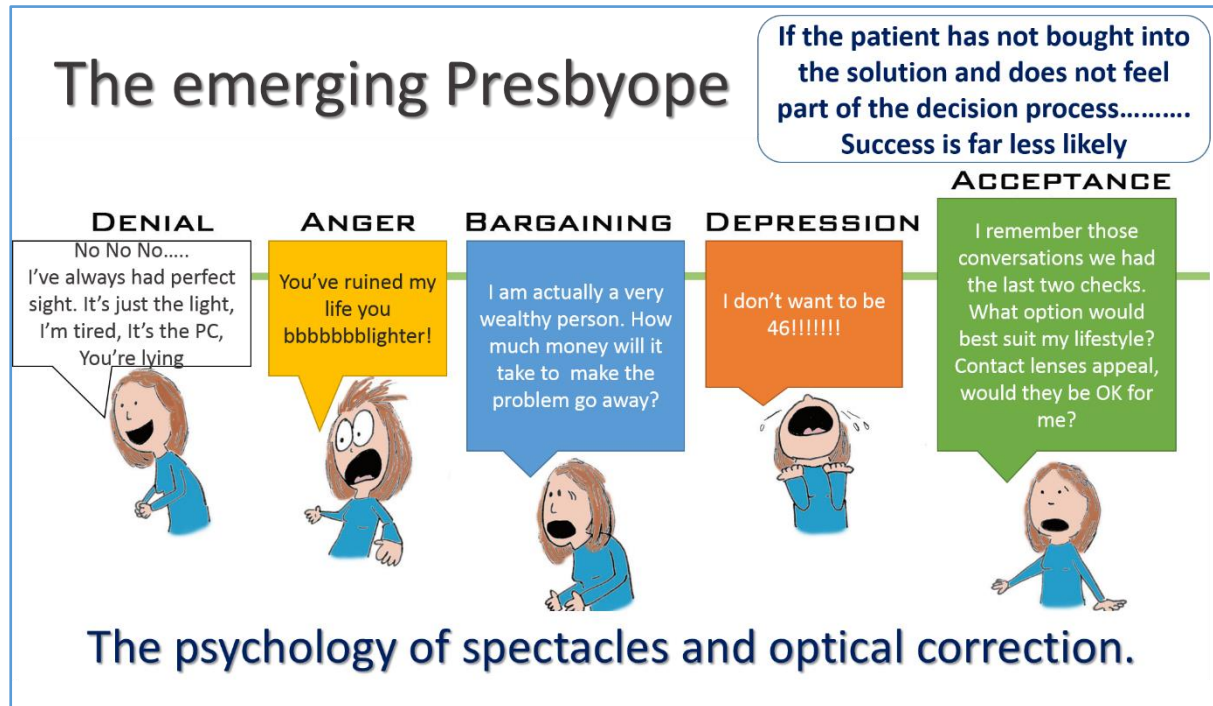


FACT SHEET

PRESBYOPIA – Needing Reading Glasses

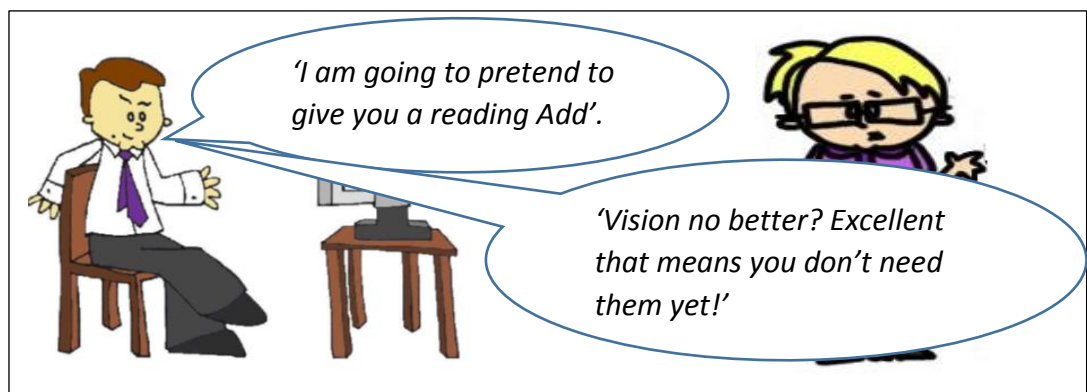


Emerging Presbyopes ([click on the image to go to the Presbyopia Leaflet](#)) may be clinically quite straight forward. Psychologically however these patients potentially need a lot of support, especially if they have never traditionally needed spectacle correction. Time is essential to allow the patient to come to terms with the problem, and in fact they may go through a denial process. Originally prepared for a 'Student Optometry Conference', our **Patient Speak, Optometry Speak: When Vocabularies Collide** powerpoint on the website elaborates on this theme (Click on the image below to go to the powerpoint).



It is best practice to take a bit of time in a thorough 'Eye Exam' to pre-empt the problem. Start mentioning when the patient is pre-presbyopic!

1. Explain at this stage about presbyopia.



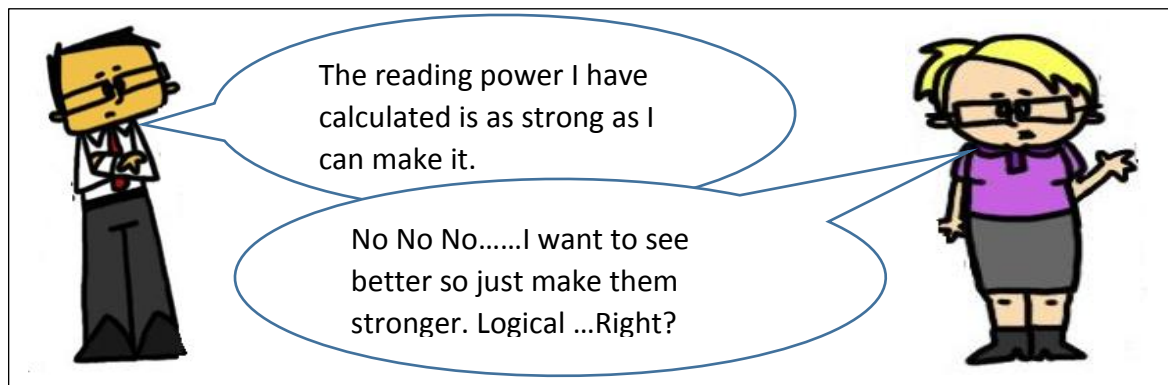
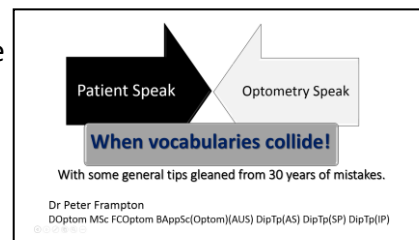
2. Explain, even though you are not suggesting they need readers yet, what it will be like.



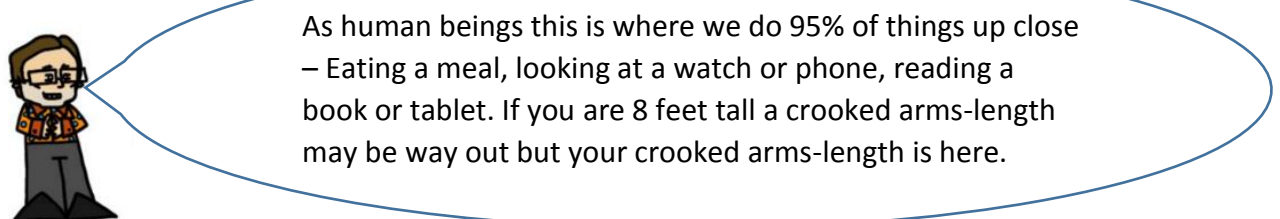
3. Explain there are lots of solutions when it is necessary
 - a. If I was asked what is the most inconvenient thing I could give it would be reading glasses.
 - b. Our goal is to improve convenience not make life worse.

Click on the image for: **Patient Speak, Optometry Speak: When Vocabularies Collide**

Theoretical 'Reading Add Calculations' may be easy for the Optometrist but are meaningless to the patient. A reading Power is presented to the patient which does not relate in any way to the patient's lifestyle needs. Without being part of the calculation, why would the patient accept the solution you present. The patient may, in fact, have strong pre-conceived ideas:



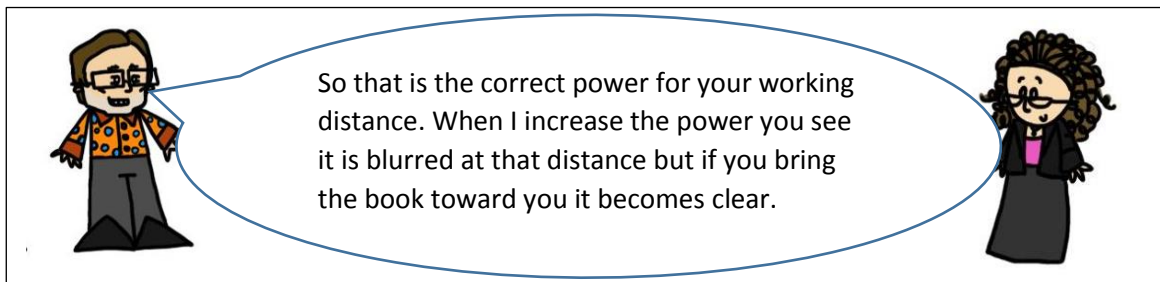
Engage with the patient and make it personal. What would be a natural default working distance for anyone? A Crooked Arms-length is the natural starting point. I actually say something like:



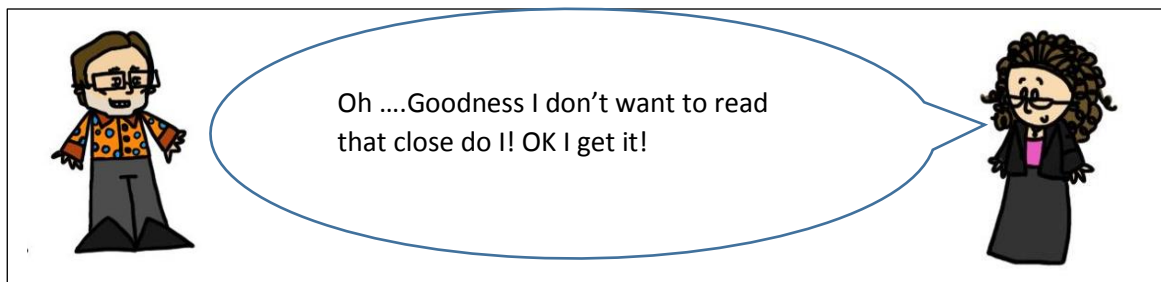
(Note we are introducing the idea these are not just for reading they are for everything up close).

Then link to the Patient's **personal history**. Why take precious time to investigate the patient's lifestyle and hobbies if you do not use the information to help the patient? If a personalised assessment of lifestyle is ignored why find out at all?

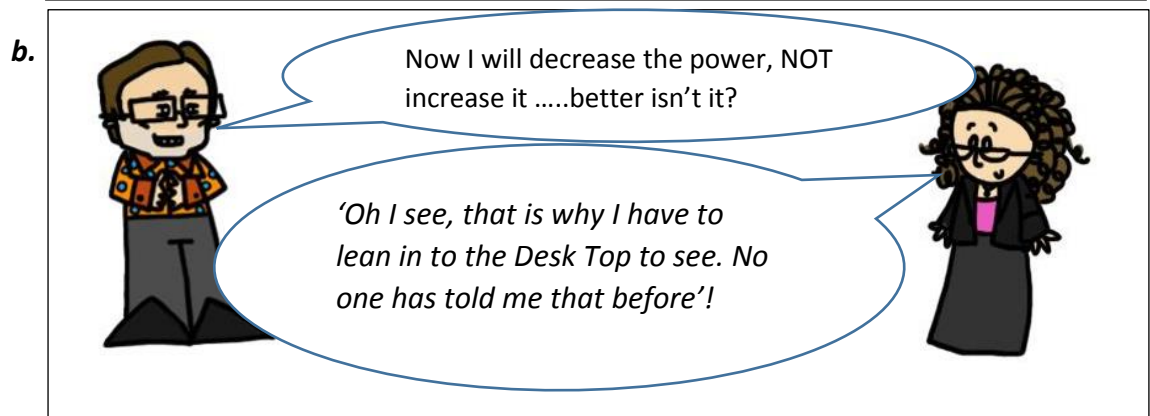
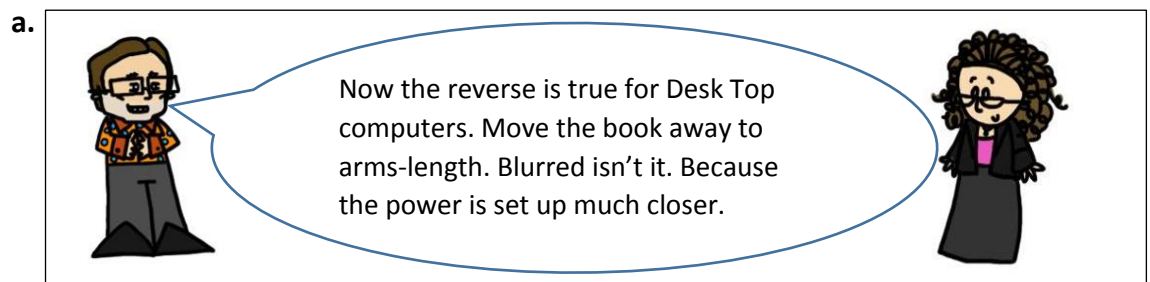
1. DEMONSTRATE: Near Add/Distance Blur – to demonstrate again what readers will do for distance vision. Introduce alternative strategies [Reading Glasses Leaflet](#).
2. DEMONSTRATE: Increase Add Working Distance loss



- a. The penny drops as to why you cannot simply make them stronger

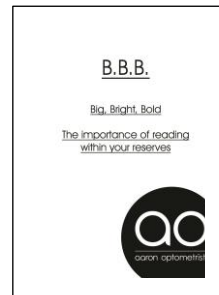


3. DEMONSTRATE: Decrease Add and increase working distance



4. Reading corrections of any description are general purpose things. They may do 95% of close tasks – BUT specific tasks may fall outside the zone. The patient's life identifies possible needs:

- a. Too small? (Spot Tasks) **BBB Leaflet** (Click on the image to Go to the '**Big Bright Bold**' Leaflet)
Consider niche products to help once the patient appreciates this is not a reflection of poor sight but rather the task.
 - i. Coloured labels on packets
 - ii. Crossword numbers
 - iii. Knitting patterns



1. What niche products may help?



- a. Magnifiers are not just for the visually impaired. Think of a Watch Mender needing a magnifier.
- b. Stronger glasses with shorter Working Distance, if patient accepts the limitations, for Cross Stitch or model making.
- c. Spot Lights – Light should be considered an optical appliance

b. Near tasks further away. Explain the options. The patient may not need them yet but out of courtesy it is only right the patient is made aware to make an informed decision.

- i. Desk Tops
 - 1. Degressionals
 - 2. Single Vision Computer spectacles
- ii. Bridge – Degressionals may work
- iii. Painting – How do they paint?
 - 1. Pencil Sketching – standard Varifocal
 - 2. From a Picture – Single vision readers may do
 - 3. From a distant scene in oils - Long Degressional with hint of Distance?
 - 4. Water colours with ink – quite detailed
- c. Inside people/Office workers – Nothing is that far away. Is distance vision necessary? An optometrist's working life is a small box – we don't need distance vision. Long Degressionals used as 'Inside Varifocals' – especially for people who have virtually no distance prescription.

Reading Glasses Leaflet (click on the image) must be discussed.

'Out of Courtesy' patients should be given all their options including Ready Readers (Builders) and Contact Lenses. When Contact Lenses appeal you are offering a solution to a lifestyle inconvenience not simply an optical appliance.

Cost is not the issue. Lifestyle convenience is!

The Need for Reading Glasses
As you get older, over about 40, your eyes lose the ability of focusing on close objects. This is called Presbyopia. Theoretically all we have to do is give you glasses which focus for you at the near distance - Reading Spectacles. Anyone who already has reading glasses will know, while they help with close work, they actually make things blurred in the distance. This can be extremely inconvenient: not too bad if you just want to read a book in the evening but awful when you are switching from one task to another. Try shopping when you have to keep taking them on and off as you read prices, look at your watch or leaf messages.

Let's try to make daily living more convenient!
Since our goal is to try to improve the quality of the reading glasses may not be the best solution. The best option would be to have 20 year old eyes again, but since realistic options can we recommend?

(1) Reading Glasses
Certainly this is the simplest and quickest way to remedy the problem. This option can work well initially, when you still cope with daily tasks such as shopping and work. Usually the glasses can stay off for a while and be put on when reading in the evening. But, as your need increases, you will need to remember to carry them everywhere. This is when the 'COMBINATION FACETS' comes in. If reading glasses are considered, you should get trifocal frames. The allow you to leave them on, if you want to, and still be able to look over the top for you work around a shop or watch TV while you do a cross word.

(2) Ready Readers
These 'off the shelf' ready to go glasses can't be made to your exact powers. They are mass produced and have the same power, light and soft however they are cheap!
So while reading glasses are not all of convenience, the problem can be made easier by having ready readers all over the place. So when you forget your good pair, and you will, you will have emergency pairs. Ready readers are also good for people with physically tough jobs. Often recommended for builders, for instance, who are very likely to damage glasses which are constantly on and off.

(3) Variocals/Bifocals
People often think these are only mentioned if you need distance correction as well and must wear them all the time. This is not the case. They are mentioned because they can be more CONVENIENT. For instance, most of us at home use reading glasses. We use bifocals. The way we work, constantly swapping from paperwork to a PC, then taking to coffee and moving around the premises, demands a more versatile option than simple reading glasses. Using myself as an example, I have perfectly good distance vision, but choose to wear bifocals, which I put on first thing in the morning and leave on all day. Why? Because I don't want the inconvenience of having to put readers on and off or worse, leaving them off home in the morning.

(4) Degressionals
Bifocals, great for general use, are not ideal for certain specific tasks. Desk top computers being the primary case in point. Variocals work well for PCs and laptops because they are the reading a book. Desk Top, however, are upright and further away so you need to tilt your head to get the intermediate portion of an standard vertical into play.
If you use desk tops, the question must be how do you use them? If you are in and out of PC use, like we do, then standard bifocals may be adequate. This would not work for someone in Call Centre. These people need a single intermediate working distance as they have no power with a distance requirement. For many however, reading PC and spreadsheet vision, degressionals are the answer. The pay off is you lose a degree of color clarity, known as purple working in office distance vision is not necessarily essential.

(5) Contact Lenses
If contact lenses work they can be fantastic. Letting you get on with life. With Multifocal the power changes as you watch a reading line in one eye and a distance one in the other. We'll be far more Multifocal contact lenses. These give you nearsight and one becoming increasingly expensive. For more details see our Multifocal contact lens website.