

# Presbyopia

What is it? What can I do about it? Can I correct it with contact lenses?

Focusing up close is more difficult after you reach your 40s. It happens to everyone, and it's called presbyopia.

**Presbyopia occurs when the crystalline lens in your eye loses its elasticity and flexibility with age.** It makes focusing up close difficult, but it's not the same as hyperopia (far-sightedness).

**Moving your smart phone or book further away from your eyes helps with focus.** This will be a great solution for a year or so, until you find that your arms are not long enough to make things clear!

**There are a number of options to help with your near vision.** Conventional reading glasses can help you see up close, but will cause blurring in the distance. Multifocal glasses with invisible transition lines help with both near and far vision. Contact lenses can help with both near and far vision at the same time and in all directions.

**There are many ways to address presbyopia with contact lenses.**

- » Multifocal contact lenses are designed to focus both near and distance vision at the same time.
- » Monovision refers to the strategy of focusing near vision in one eye and distance vision in the other.
- » If you only intend to wear contact lenses occasionally, single-use daily disposables offer a flexible and economic option.

Don't worry about how these lens designs work. Your eyes inherently know how to adapt to them. Your eye care practitioner can help you try a number of different designs to see which one works best for you.

» For references and more resources like this visit [contactlensupdate.com](http://contactlensupdate.com)



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