

Has reading been getting more and more difficult?

IT COULD BE PRESBYOPIA.
A HELPFUL GUIDE FROM ACUVUE®
ABOUT SOMETHING BOTH
NATURAL AND NORMAL.



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Everyone changes.

As each year passes, small but perfectly normal changes happen to all of us, including one that naturally takes place in our eyes. It's called presbyopia – pronounced prez-bee-o-pia – and it usually develops during our early 40s.

What is presbyopia?

Presbyopia is a natural change in our eyes that makes it harder to focus on things close up. It's a process that happens to us all, and once it starts it progresses over time and doesn't go away. You may hear presbyopes say 'I need longer arms!' as they strain to read small print in books and newspapers. It can make changing focus from one distance to another more difficult too.

Why does it happen?

Simply put, presbyopia occurs because the lens in the eye thickens over time. It gets stiffer and finds changing shape harder. Because it needs to do this to focus on different distances, there's a problem: focusing on small or close up things, or changing focus, becomes more of a struggle and can take longer.

What does this mean for my eyesight?

Your overall ability to see isn't affected, but you'll find you need some extra help to keep your eyes relaxed, and everything clear and sharp.

Can presbyopia be corrected, and is it easily done?

The good news is yes – you can wear glasses, contact lenses, or some people opt for surgery. You can wear glasses and contact lenses together, but now more and more people get the best of both worlds by wearing multifocal contact lenses. By their very nature, multifocal contact lenses are an ideal solution, as they can fit seamlessly into your life and they never get in the way, wherever you are and whatever you're doing.



Let's talk.

If you've noticed it becoming more difficult to focus, have a chat with your eye care professional and book yourself an eye examination. Presbyopia may happen to us all, but now there are better ways of correcting it, such as multifocal contact lenses – it needn't affect the way you lead your life at all.