

Need to Read the Fine Print?

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Are you having trouble reading small print? Are you feeling tired after a few hours on the computer? Eye strain or squinting to read can indicate a vision problem.

If you are in mid-life, the problem may be presbyopia. Presbyopia is a decrease in focusing ability. This causes struggling with near tasks such as computer use or reading. Brighter lighting or larger fonts can ease strain initially. Ultimately, though, the eye needs more help.

First, take time to think about your near needs. What distances must be visible simultaneously? How long do you read or work on the computer uninterrupted? How spread out is your work? What is the smallest font required? Do you have neck or shoulder pain?

Also, are you able and willing to wear glasses part-time or full-time? Are safety glasses required? Are you willing to have multiple pairs of glasses for greatest vision? A description of your near tasks will help the doctor prescribe the best solution.

The next step is a comprehensive eye examination. This should include: vision at distance and near, determination of prescription strength, glaucoma testing, and internal and external health evaluation.

There are several options for addressing presbyopia. Reading or computer glasses give a wide area of view but fuzzy distance vision. Progressive (no-line) lenses offer convenient but smaller computer and reading areas. Lined bifocals give crisp vision. Monovision contact lenses (one eye for distance and one eye for near) or bifocal contacts work for some people.

Eyes do not become dependent on, or get weaker from, reading assistance; the vision simply changes with time. There is no benefit in delaying action for reading blur or eyestrain. At Eagle Eye we will help you find the relief you need.