

# Busting the myths & inconveniences of Presbyopia

## Regain life's conveniences by switching to multifocal contact lenses

Presbyopia also known as 老花眼 is a condition that develops as a natural progression of life where the eye gradually loses the ability to focus on near objects as a person ages. It usually occurs around the age of 40 and is unavoidable.

Presbyopia makes it difficult for you to see things clearly up close, including reading. With the development of technology already re-shaping our daily lives, looking at computer monitor, and near vision reading such as SMS and newspapers have become part of our daily routine. Good near vision is undoubtedly becoming more and more pertinent. From a recent survey, 90% of Singaporeans with Presbyopia said they struggle to read newspapers and documents.

With the **AIR OPTIX™ AQUA MULTIFOCAL** contact lenses, you can now maintain the quality of life that you are used to.

Leveraging new technologies and material, **AIR OPTIX™ AQUA MULTIFOCAL** contact lenses allow you to continue enjoying the convenience of contact lenses whether at work, at home, or at play, without the hassle of bringing reading glasses out.

As we age, our eyes tend to feel drier, making long hours of contact lens wear not as comfortable as it used to feel. **AIR OPTIX™ AQUA MULTIFOCAL's** unique TriComfort™ Technology helps retain moisture and encourages rich, nourishing oxygen to flow continuously to the eye. This means all day comfort for your eyes for as long as you want to wear the lenses!

Continue the quality of life you have always enjoyed: take action and speak to your eye care professional about **AIR OPTIX™ AQUA MULTIFOCAL** today.



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Shared Passion for Healthy Vision and Better Life

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### Myth 1: Those with perfect eyesight will not get Presbyopia

Presbyopia is a natural, age-related eye condition that happens to everyone, regardless of lifestyle, occupation, income and existing eye condition (e.g. myopia). So even for those with perfect eyesight, as they age and the natural lens in the eye loses its elasticity, presbyopia will set in!

### Myth 2: Those who had lasik done will not get Presbyopia

Presbyopia happens to everyone, due to the natural lens in the eye losing its elasticity with age. There is no conclusive study that shows presbyopia does not occur for those who have undergone lasik surgery to correct their myopia.

### Myth 3: Presbyopia is the same as Long Sightedness (Hyperopia)

Hyperopia, or Long sightedness is caused by the eyeball being too short, thus causing light rays to focus behind the retina. It is not caused by ageing as this condition can be detected in young children too! Patients who suffer from long sightedness may experience difficulty focusing on both near and far objects but more so with near objects. Presbyopia usually affects people over the age of 40 and is caused by the natural lens in the eye losing its elasticity as a person ages.

### Myth 4: Presbyopia Can be Simply Treated by Getting a Pair of Ready-made reading glasses or using a magnifying glass

Do not casually pick a pair of ready-made reading glasses. Reading glasses of the wrong power can cause headaches and eyestrain. Similarly so for magnifying glasses! Presbyopes also tend to adjust body positions and gestures to make up for their near vision, and hence cause neck strain.

#### EXPERT ADVICE

OPTOMETRIST  
PHILIP D. IZAAC  
EXPLAINS:



Presbyopia doesn't only just develop in senior citizens; symptoms typically appear when one approaches the age of 40 and affects everyone, regardless of whether they've had perfect eyesight or had surgical eye correction. When presbyopia develops, small print begins to be difficult to read, especially in poor light, and people start to tilt their documents backward to read better.

It is great that multifocal contact lenses like the AIR OPTIX™ AQUA MULTIFOCAL are available to manage presbyopia and help sufferers "get their eyes back." Consumers should actively seek information from their eye care professionals to help them make informed decisions on the choice of their vision correction."

#### Find out if you are an emerging presbyope

Use the checklist below to assess your symptoms:

Do you have to tilt reading materials to see clearly, for example when reading your favourite magazine or when typing text messages?	Yes	No
Do you have difficulty seeing clearly for close work, such as reading your blackberry.	Yes	No
Do you need brighter, more direct light for reading?	Yes	No

If you've answered yes to any of the questions above you might want to make an appointment with an eye care professional as you may be showing the signs of developing presbyopia. Or go to [www.airoptix.sg](http://www.airoptix.sg) for more information.

1 CIBA VISION, data on file 2010.  
2 In emerging presbyopes.  
3 5 times more oxygen when compared to traditional soft lenses. AIR OPTIX™ AQUA MULTIFOCAL Dk/t= 138 @ -3.00D.  
Other factors impact eye health.