

**THE EASIEST WAY TO MANAGE  
THE MOST COMMON  
EYE PROBLEM  
IN 40-60 YEAR-OLDS**

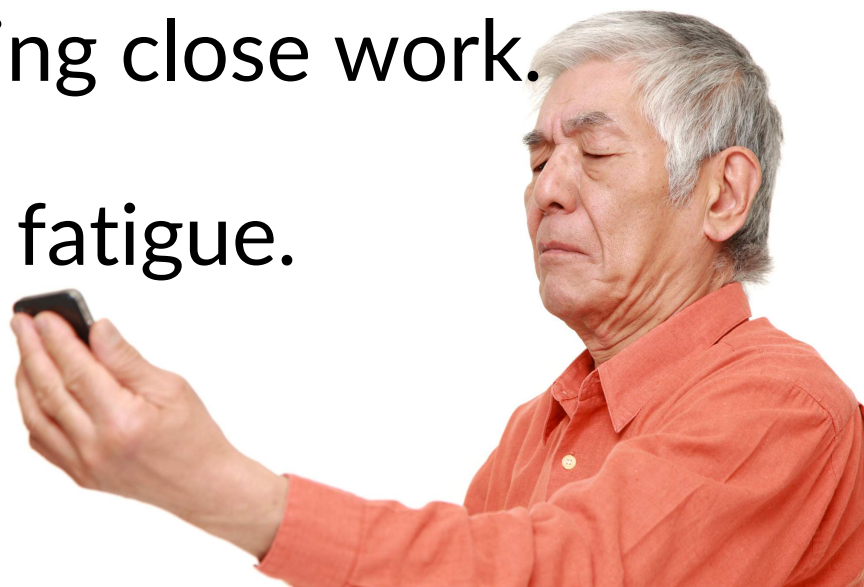
# **The most common eye problem in 40-60 year olds is presbyopia.**

It is the gradual loss of the eyes' ability to focus on nearby objects, making it difficult to read tiny prints or perform other near tasks.

It is a natural aging process every eyes starts experiencing some time between the age of 40 and 60 years.

# SYMPTOMS PEOPLE WHO HAVE PRESBYOPIA EXPERIENCE

- ✓ Blurry near vision
- ✓ Difficulty performing near tasks such as reading tiny prints and threading a needle.
- ✓ Squinting or moving reading materials further away from the eyes to see the prints.
- ✓ Headaches and brow ache after reading or doing close work.
- ✓ Eyestrain and fatigue.



# HOW PRESBYOPIA IS MANAGED

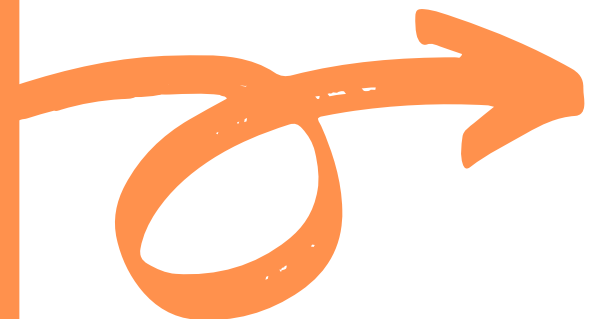
The most common and easiest way of managing presbyopia is by wearing the right eyeglasses that compensates for the inability of the eyes to focus on near objects.



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The challenge, however, is that there are many eyeglass options for managing presbyopia and it can be difficult to decide on the best one for you.

**Learn about the 4 most common eyeglass options for presbyopia in Nigeria and how to decide on the best one for you.**



# 1 READING GLASSES

**Eyeglasses with single vision lenses that help people read & perform other near tasks.**



These have only one power and so do not fully take care of the visual needs of presbyopes who have a refractive error or spend a lot of time on their computer.

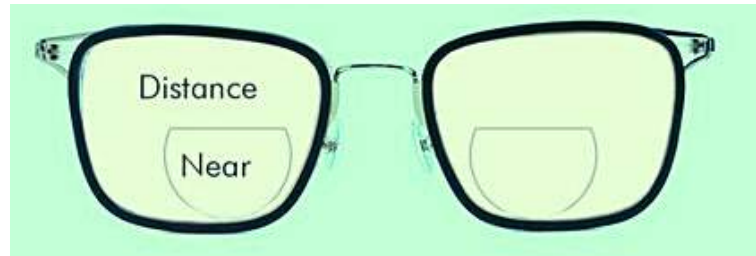
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## **SUITABLE FOR:**

Presbyopes who have 'perfect' distance vision, who do not spend a lot of time on the computer and also do not mind taking off the glasses or pulling them down on their nose to view distance objects.

## 2 BIFOCALS

**Eyeglasses with two powers in one lens to help people see things that are far & near.**



The lenses have 2 segments, one up (for seeing far) & one down (for seeing near). The segments are separated by a visible line.



The lenses are not optimized for intermediate vision and so make it difficult to see objects between far and near distances, (like the letters on the computer screen) clearly.

### **SUITABLE FOR:**

Many presbyopes except those who spend a lot of time on their computers and/or do not like the visible line on the bifocal lenses.

# 3 INVISIBLE BIFOCALS

**A type of bifocal with the line in between the 2 segments buffed out to, making it less visible and more cosmetically appealing.**



Also known as hidden bifocal.



They function just like the traditional bifocals, but are more cosmetically appealing and cost more than the traditional bifocals

## **SUITABLE FOR:**

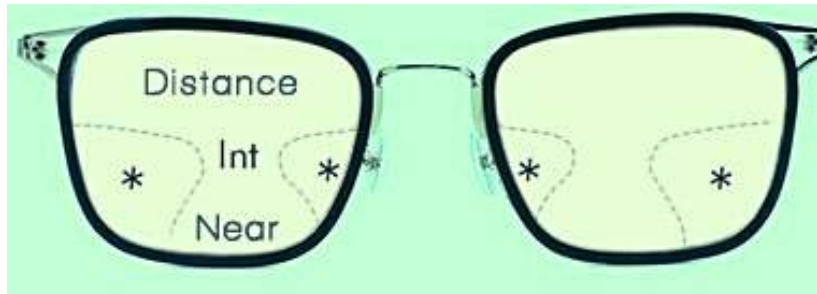
Many presbyopes except those who spend a lot of time on their computers and/or do not like bifocals.



# 4

# PROGRESSIVE LENSES

**Eyeglasses with multiple powers in one lens to help people see things at different distances.**



There are no lines separating the different parts of lens. So, they are more cosmetically appealing than bifocals.

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Since they have multiple powers, they are optimized for seeing things at far, at near and at intermediate distances.

## **SUITABLE FOR:**

Most presbyopes including those who spend a lot of time on their computers. However, some people may have challenges adapting to them initially.



# ADDITIONAL OPTIONS

In addition to correcting your vision, there may be a need to enhance the performance of your glasses for better vision and comfort.

Here are common options for enhancing the performance of eyeglasses for presbyopia

✓ **Anti-reflective coating** – To reduce light reflections on the surface of your glasses. This can improve vision clarity and help reduce eyestrain.



✓ **Anti-blue lenses** – To protect your eyes from harmful blue rays from your digital devices. Can help reduce eyestrain.

✓ **Photochromic lenses** – Lenses that adapt to changing light situations. Helps reduce eyestrain & protects the eyes from glare and UV rays from the sun.

# HOW TO DECIDE THE RIGHT EYEGLASSES FOR YOU

- ✔ **Consult an eye care professional to help you make the right decision.**

You may have challenges deciding on your own because there are important details that should be considered. For example;

- 👉 The nature of your job
- 👉 Whether or not you need correction for distance and/or intermediate vision to work comfortably.
- 👉 Your preferences and concerns about the appearance of the glasses.
- 👉 The need for blue light, sun and glare protection.
- 👉 Your budget in relation to the cost of the lenses.



**FOR ENQUIRIES: Call/WhatsApp 08057432289**  
**Visit kesona Eye Centre, 121 Itire Road, Surulere, Lagos**