

# What is presbyopia?

Presbyopia is a natural process of aging of the eyes that affects one's ability to focus on nearby objects. Even if you've never had a vision problem before, presbyopia is inevitable for anyone over the age of 40.



What can you do about it? Glasses can help you to see better again.

## What does presbyopia look like?

Over time, the lens inside your eye hardens and loses its elasticity. Because of this, the lens becomes less capable of bending to clearly focus on small, close-up objects or words.

## How does presbyopia affect you?

Presbyopia starts to affect near vision around age 40 when people notice a blurriness that gradually worsens until age 55.



Some evidence suggests that hot, dry environments — as well as smoking and poor diet — may accelerate presbyopia's progression.

## What can you do?

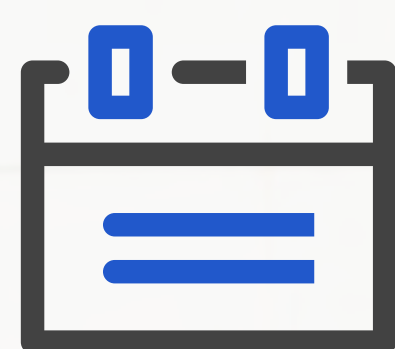
Glasses or contact lenses can help manage the effects, so schedule an eye exam to get a prescription. Unfortunately, there's nothing you can do to prevent or reverse presbyopia.

For occasional close-up tasks like reading, a pair of single-vision reading glasses can be used to focus small print.



Progressive lens glasses and multifocal contact lenses are good for constant correction. These lenses help you to see near and far (bifocals) or near, far and everything in between (progressive lenses).

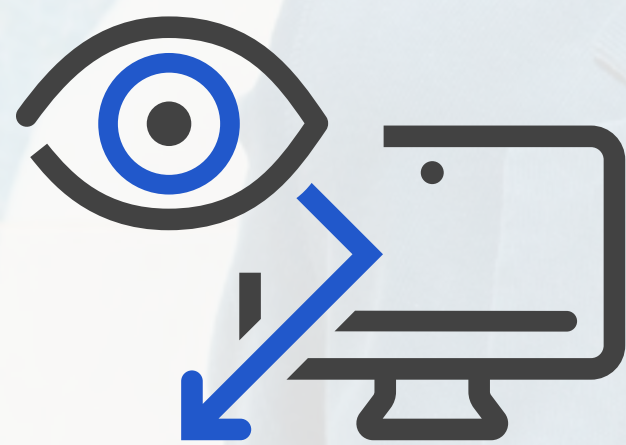
Though it won't prevent presbyopia, here are some tips for taking care of your vision:



Schedule an eye exam every 1 to 2 years.



Practice a healthy lifestyle with a balanced diet.



If you use a screen for work, allow your eyes to rest briefly every 1 to 2 hours.



When outdoors, wear sunglasses that provide 100% protection from UV rays.