

You bet you can!

There are Contact Lenses for a Lifetime

Today, patients over 40 have more vision corrections available than ever before! If you need help with near vision correction, you may want to consider contact lenses, *even if you've never worn them before*. If you have tried contact lenses in the past, or are currently wearing them, gas permeable (GP) bifocal and multifocal contact lenses may be right for you. Innovations made with materials and designs make GP contact lenses very successful for many patients. These lenses are especially beneficial for patients who have critical vision needs, astigmatism or dry eyes. Now, not only can you wear stylish bifocal spectacles, but you can wear contact lenses, too! And, the best part is that they will allow you to see up close, far away and in between. Due to advances in designs and materials, GP bifocal and multifocal lenses provide visual advantages that spectacles do not, even though there may be times when you prefer your spectacles. More and more patients (just like you) are being successfully and happily fit with contact lenses.

Ask Us Today About Bifocal and Multifocal Contact Lenses!

Let us help you find the best optical correction to fit your visual and lifestyle needs. To determine if you are a candidate for bifocal or multifocal contact lenses, we invite you to schedule a consultation visit. During the visit, we can more specifically discuss your individual fitting procedures, design choices, and fees with you.



For more information visit
www.contactlenses.org

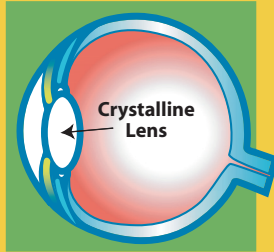
Can you wear Contact Lenses if you're

Over 40?



Why do I need help with reading?

As the *crystalline lens* of the eye continues to grow throughout life, it becomes denser and loses its ability to change shape and focus on objects at different distances. This loss of focusing ability starts to become evident when people reach their 40s. This is called *presbyopia* (prez-be-o-pe-a). It is not a disease, but is a normal, natural change in vision that happens to everyone as they mature.



How do I know if I have presbyopia?

If you have presbyopia, you may notice yourself holding reading materials further and further away, squinting to make out small print or moving closer to a light to read. If objects up close become more and more difficult to read, but distance objects remain the same (and you're over 40), chances are you have presbyopia. Other signs may include eyestrain, headaches, eye fatigue, and blurred vision up close.



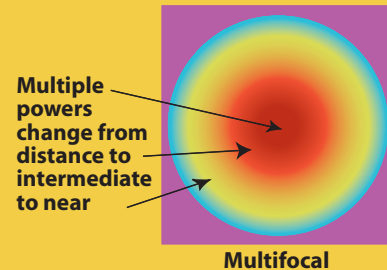
What contact lens options are available?

Monovision is a contact lens fitting technique in which one eye is fit with a contact lens for distance vision, and the other eye is fit with a contact lens for near vision. Many patients in the early stages of presbyopia can adapt to this visual system, although it does have some visual disadvantages when using the computer or driving at night. This wearing system tends to become less acceptable as near vision requirements increase over time.

GP multifocal contact lenses

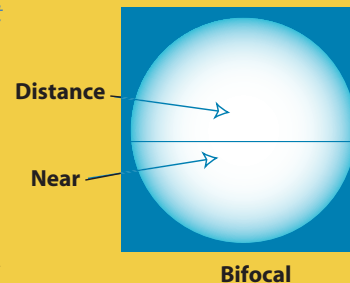
have many prescription zones to help deliver close up, arm's length and distance vision.

These contact lenses are often preferred by patients who are no longer satisfied with monovision.



GP bifocal contact lenses

have two distinct areas for vision. The top area is used to provide clear distance vision and the lower area is used to provide clear near vision.



Trifocal contact lenses are also available.

Are GP or soft bifocal contact lenses better?

Many patients can wear both types of contact lenses. GP bifocals can provide clearer, crisper vision than soft contact lenses because they are firmer and can move easily into position to help with near vision. GP materials are also very healthy because they allow much of the oxygen to reach the eye. Additionally, they are also very easy to apply, remove and handle.

Is it difficult to get used to bifocal contact lenses?

Getting used to the vision in bifocal or multifocal contact lenses is like getting used to the vision in bifocal or progressive spectacle lenses. If you are wearing GP contact lenses for the first time, you may be aware of the lenses for a short time, but that diminishes quickly. We'll teach you how to apply, remove and care for the contact lenses and make sure you are comfortable handling them before you try it on your own.

How much are bifocal contact lenses?

Fees vary depending on your prescription and the type of contact lens that fits you best. You will need to be seen by our eye care professional in order for us to give you an exact fee, since the lenses are designed to fit your individual eye and vision needs. With the proper care, GP contact lenses last longer and don't need to be replaced as often as soft lenses, resulting in lower long-term costs.