



# TWOP News

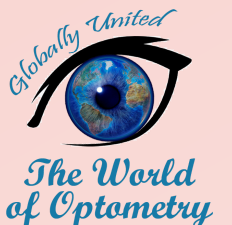
TWOP News exclusively delivering informations, ideas and connects people in The World of Optometry



**Early**

**Onset**

**Presbyopia**



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# Introduction

- Presbyopia is an eye condition in which your eye loses the ability to focus quickly on near objects.
- It's a type of natural aging process.
- The natural Crystalline lens in the eye becomes less flexible with age and hence cannot accommodate.
- As a result, it's unable to refract light for objects located nearby.
- People in their early 40's suffer this vision problem also known as presbyopia.
- The symptoms include gradual deterioration in your ability read or do close work.



# Symptoms

1. Eyestrain / headaches after reading or doing close work
2. Difficulty reading small print
3. Experiencing fatigue from doing close work
4. Needing brighter light while reading or doing close work
5. Holding reading material at an arms distance to focus properly on it
6. Need brighter light while reading or doing close work.
7. Overall problems seeing and focusing on objects that are close
8. Squinting
9. Double vision



# Risk factors for early onset premature presbyopia:

- Diabetes Mellitus
- Multiple Sclerosis. Those who suffer from this life threatening disease often lose flexibility in their eyes early
- High Blood Pressure. It can cause constricted blood vessels in the eye that cause the lens to lose flexibility
- Antidepressants, Antihistamines, and diuretics can cause early onset, particularly if taken regularly
- Myasthenia gravis, which is a neuromuscular disorder that affects your nerves and muscles
- Eye trauma
- Undergone intraocular surgery
- Eating healthy diet
- Having decompression sickness or the bends which result from rapid decompression and typically occurs in scuba divers that surface too quickly

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# Treatment of presbyopia includes:

- Wearing corrective eyeglasses/ contact lenses
- Undergoing refractive surgeries
- Getting lens implants for presbyopia
- Eye glasses are a simple safe way to correct vision problems caused by early presbyopia (progressive lenses or bifocal lenses)
- For example: Digital lenses by Zeiss which come with a booster power in the near zone so that there is no prismatic effect, Eyezen lenses from Essilor Office lenses from Zeiss, Oman offices from Nikon, etc.



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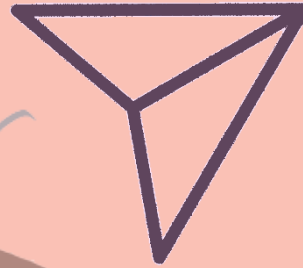
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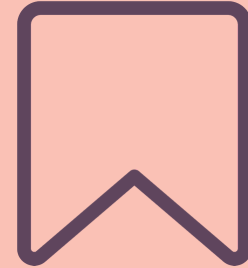
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