



## ASK THE OPTOMETRIST

**ASK THE OPTOMETRIST** IS A SERIES OF INFORMATION NEWSLETTERS THAT WE ARE PLEASED TO PROVIDE OUR PATIENTS TO ELABORATE ON A VARIETY OF RELEVANT EYECARE TOPICS.

### EYEGASSES

#### **Q1: WHY DO I NEED TO WEAR GLASSES?**

YOUR OPTOMETRIST CAN EXPLAIN THE SPECIFICS OF YOUR VISION IN MORE DETAIL, AS THERE ARE A NUMBER OF CONDITIONS THAT MAY REQUIRE THE USE OF SPECTACLES. IN BRIEF, NEARSIGHTEDNESS TYPICALLY RESULTS IN BLURRED DISTANCE VISION, WHILE FARSIGHTEDNESS OFTEN CAUSES HEADACHES, STRAIN, OR BLURRING WHEN READING OR USING A COMPUTER. ASTIGMATISM DISTORTS THE VISUAL IMAGE AT ALL DISTANCES, AND CAN LEAD TO BLURRING AND VISUAL DISCOMFORT ('ASTHENOPIA'). AROUND AGE FORTY, ESSENTIALLY EVERYONE DEVELOPS PRESBYOPIA, A FOCUSING DEFICIENCY THAT BLURS NEAR VISION, OFTEN AFTER A LIFETIME OF OTHERWISE EXCELLENT SIGHT. ALL THESE CONDITIONS, OR A COMBINATION THEREOF, MAY NECESSITATE THE WEARING OF GLASSES.

#### **Q2: WHAT SORT OF SPECTACLE LENSES SHOULD I WEAR?**

THE MAJORITY OF SPECTACLE LENSES ARE NOW MADE OF PLASTIC MATERIALS, WHICH MAKES THEM DRAMATICALLY LIGHTER THAN GLASS LENSES. WHEN COMBINED WITH A QUALITY SCRATCH RESISTANT COATING, THESE LENSES ARE VERY DURABLE – HOWEVER, AND UNFORTUNATELY, THERE ARE NO 'GUARANTEED SCRATCH-PROOF' LENSES AVAILABLE. POLYCARBONATE MATERIALS ARE OFTEN UTILIZED FOR INDUSTRIAL OR PEDIATRIC APPLICATIONS, AS THEY ARE UNBREAKABLE (GUARANTEED!). HIGHER PRESCRIPTIONS MAY BENEFIT FROM ASPHERIC AND/OR HIGH INDEX LENSES, OFTEN WITH ANTI-REFLECTION COATINGS – WHILE MORE EXPENSIVE, THEY CAN DRAMATICALLY REDUCE LENS WEIGHT AND THICKNESS, REDUCE DISTORTIONS, AND IMPROVE BOTH VISION AND COSMETIC APPEARANCE.

#### **Q3: WHAT ABOUT FRAME STYLES AND MATERIALS?**

FOR MANY PEOPLE, FRAMES HAVE GONE FROM BEING A REQUIREMENT TO BEING AN ACCESSORY, AND THEY SPEND AS MUCH TIME SELECTING THEIR GLASSES AS THEY DO PURCHASING JEWELRY OR CLOTHING – AND WHY NOT? AFTER ALL, YOU MAY WEAR YOUR FRAMES EVERY DAY FOR A FEW YEARS. WITH A LARGE SELECTION OF METAL, RIMLESS, AND PLASTIC FRAMES (INCLUDING SUNGLASSES), IN SHAPES AND COLORS TO SUIT ALL FACES, PRESCRIPTIONS, AND BUDGETS, OUR OFFICE IS PLEASED TO PROVIDE BOTH COMPREHENSIVE EXAMINATION AND DISPENSING SERVICES.

#### **Q4: WHY SHOULD I GET MY GLASSES FROM MY OPTOMETRIST?**

LET'S BE HONEST – YOU CAN BUY YOUR GLASSES ANYWHERE, EVEN AT THE SUPERMARKET. AT THE OPTOMETRIST, THERE IS NO MARK-UP ON THE PRICES OF FRAMES, LENSES, AND COATINGS; RATHER, MUCH LIKE AT THE PHARMACY, A PROFESSIONAL FEE THAT DEPENDS UPON THE COMPLEXITY OF THE PRESCRIPTION IS CHARGED IN ADDITION TO MATERIAL COST. WHILE THIS CAN BE CONFUSING TO COMPARE TO RETAIL (MARKED-UP) PRICING, IT OFTEN RESULTS IN A LOWER COST FOR SUPERIOR QUALITY, NOT TO MENTION THE CONVENIENCE OF 'ONE-STOP SHOPPING.