

THE LITTLE GUIDE FOR MULTIFOCAL WEARERS

Understand, Adapt and Be Comfortable
Wearing Your Progressive Lenses



Written by the Eyecare Professionals at
www.eyecarevision.com.au

Hey there, multifocal wearer!

The right lenses can make a world of difference.

Your multifocals are designed to give you the clearest possible vision at distance, intermediate and reading.

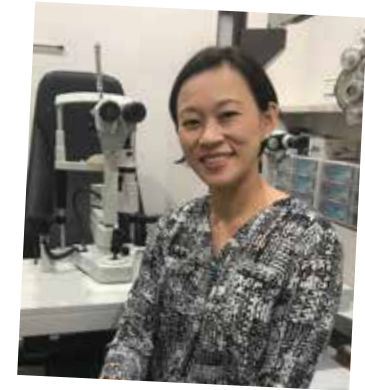
There is always an adaptation period when you get a new pair of spectacles. Multifocals are no different. It may take a little time for you to feel completely comfortable with your new lenses.

Our Little Guide for Multifocal Wearers will help you understand your multifocals better and adjust to them a little quicker. Our qualified optical dispensers also share valuable tips for caring for your spectacles so that you can enjoy them longer.

You'll be delighted to know that once you get adjusted to your multifocals, you're on your way to clear, comfortable vision.

Cheers,

Your Eyecare Plus Optometrists



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THE LITTLE GUIDE FOR MULTIFOCAL WEARERS

This booklet aims to provide basic information on multifocal lenses based on the latest research. It is not meant to replace advice given by your eyecare professional. Should any of the information differ to what your eyecare professional has given you, please consult them before implementing any changes to your lifestyle and spectacle care regimen.

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DIAGRAM OF A MULTIFOCAL LENS

Multifocals, also called progressive spectacles, are spectacles with multiple powers in it:

Distance: This focal area allows you to clearly see objects that are far away (anything beyond 100 cm)

Intermediate: This focal area is for doing computer work, looking at the dashboard of your car, painting on a canvas, preparing meals or viewing a travel map.

Near: This focal area is used when reading a book or text messages on our phone, writing, drawing, sewing and with most crafting hobbies.



A - DISTANCE

as far as the eye can see

B - INTERMEDIATE (COMPUTER)

50-100 cm

C - NEAR (READING)

33-45 cm

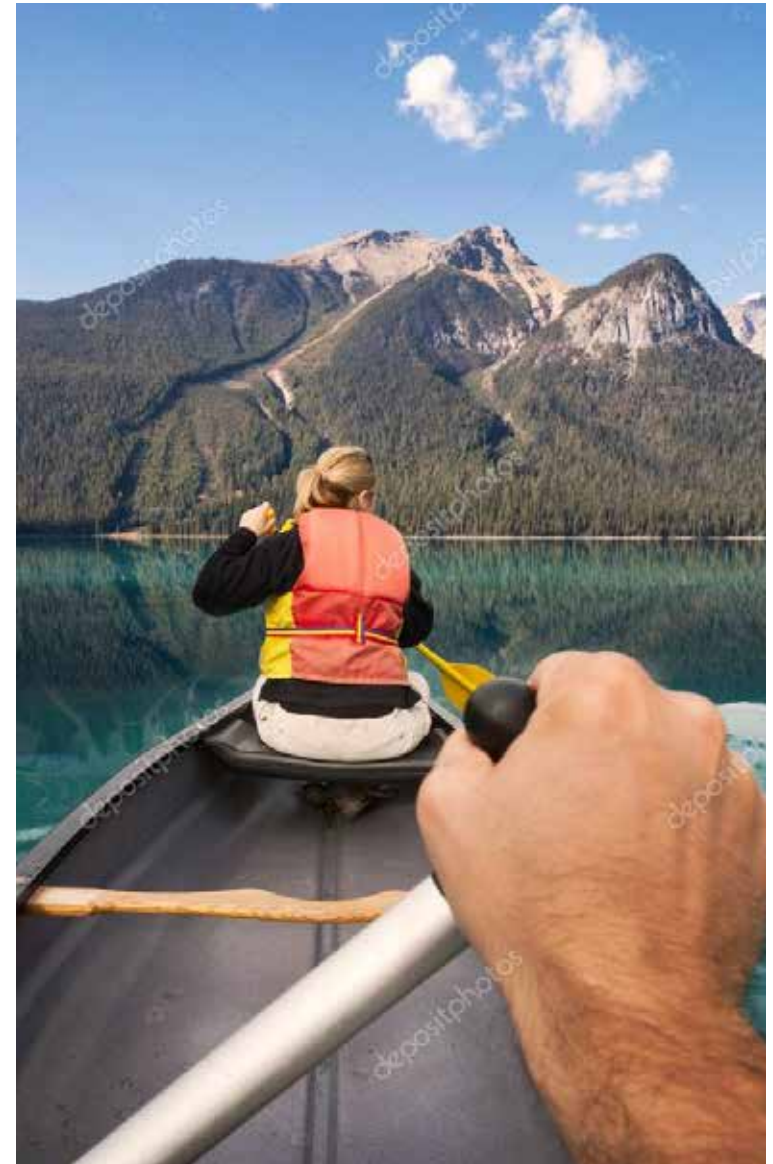
SEE NEAR, FAR AND EVERYTHING IN BETWEEN!

Multifocal lenses offer a seamless progressive design to be worn throughout the day.

A progressive lens contains 3 distinct powers to cater for today's busy world—Distance to Intermediate to Near. They are also called progressive lenses because there is gradual change of power from the top to bottom.

They eliminate a problem called image jump caused by bifocal lenses, where as you shift your gaze from distance to near, the bifocal segment creates a drastic change in power, causing images to appear to jump.

Multifocal lenses are by far the most common type of multifunctional lens on the market today.



WHEN YOUR OPTOMETRIST TELLS YOU YOU NEED MULTIFOCALS

Do you remember the first time your optometrist told you you need multifocal spectacles?

Several questions may arise:

This lens is something different to what I have had before. Why do I need it? Will I like it?

These questions and many others will be addressed later on in our Frequently Asked Questions.

THE STIGMA THAT MULTIFOCALS ARE FOR “OLDER” PEOPLE

We can deny it all we want, but the evidence is clear.

One morning we grab our phones and we find ourselves stretching our arms out or enlarging the font to make it easier to see.

Presbyopia often begins at around the age 40. As optometrists, we know when that is because our patients come in with the same problem: “I need longer arms to see clearly...”

Presbyopia is a vision condition that is a natural part of ageing. It occurs when the muscles within the eye becomes less flexible (much like other muscles in our body when we age), stiffens and loses the ability to focus clearly on near objects. This phenomenon progresses as we get older.

People often associate using multifocals with aging because it is mostly prescribed for patients with presbyopia. Don't stress, multifocals are designed to look just like single-vision spectacles. There are no visible lines unlike your grandparents' bifocals.

But did you know that young people can benefit from multifocals too?



Presbyopia is a natural part of aging where we find that we have to extend our arms to read the newspaper or an SMS in our mobile phone.

WHEN DO YOUNGER PEOPLE NEED MULTIFOCALS?

Even though multifocal lenses are usually prescribed for adults over the age 40 to compensate for presbyopia, they can also be of great benefit to certain children and young adults. Multifocals may be prescribed to aid with eye teaming and focussing issues.

Multifocals can also benefit kids with myopia by reducing the focussing demands of reading and near work.

THE EVOLUTION OF THE MULTIFOCAL SPECTACLE LENS

When a person has different power requirements for distance, intermediate and reading and needs to see clearly in all three distances, having to change spectacles for every activity is not practical at all.

That's how multifocals evolved.

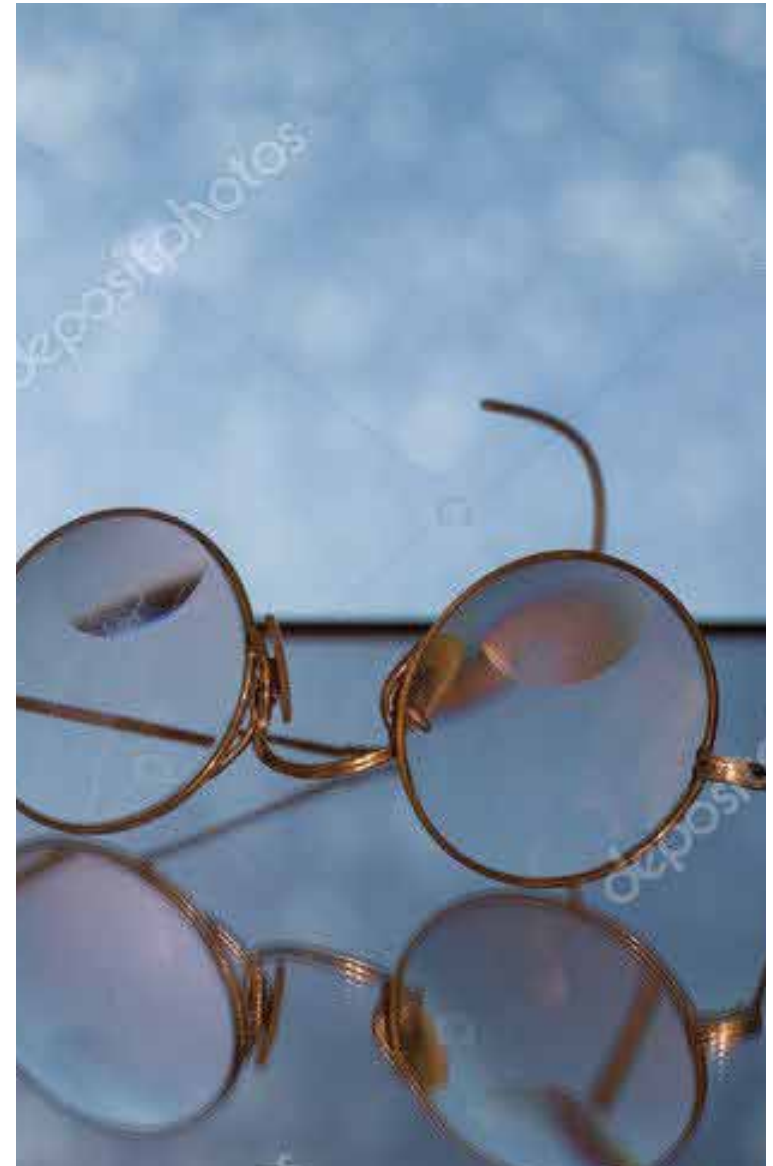
The multifocal lens' roots takes us back to the bifocal lens, first invented by Benjamin Franklin in the 18th century. His invention gave spectacle wearers the ability to see in the distance and read while wearing the same pair of spectacles, benefiting people all around the world.



The way he did it was by cutting and gluing two lenses together, which led to the stigma that these were ‘ugly and old’. Manufacturers tried hard to make them less noticeable by inventing the blended bifocal that blends the areas around the reading portion to disguise it—but the stigma still stuck.

This prompted lens manufacturers to start researching new lens designs, which were not only much more cosmetically pleasing, but would also cater for modern-day visual tasks. Therefore they needed to engineer a multipurpose lens that would allow the patient the convenience of seeing distance, intermediate (arms’ length) and reading clearly from a single lens design, hence the term ‘multi’.

Optical companies continued to research to develop multifocal lenses for our ever changing lifestyle and work environment.



A SIMPLE GUIDE TO USING YOUR NEW PROGRESSIVE LENSES

1. Stand up and look straight ahead across the room.
2. Pick an object to focus on.
3. While looking at this object, turn your head to see what happens to the clarity of the image.
4. Pick a book or reading card. By simply pointing with your nose and moving your head up and down slightly, you will find a clear spot in the lens for reading.
5. While staring at a point on some print, turn your head and see what happens to the clarity of the image.
6. Now look down to your toes by simply moving your chin slightly. You will even find a clear focus for your feet.



BASIC USE AND CARE TIPS

1. Clean your spectacles regularly with an optical lens cleaning cloth. If your lenses need thorough cleaning, we suggest using lukewarm water with a mild liquid soap and wipe dry with a good quality tissue.
2. Never put your spectacles down so that the lenses are in contact with any surface .
3. As soon as you take them off, place your spectacles in their case.
4. Never leave your spectacles on the dashboard or near a significant source of heat. Both your lenses and frame are made of materials that can react adversely to extreme temperature variations.



FREQUENTLY ASKED QUESTIONS

Do I Need Multifocals?

After a comprehensive eye test and assessment of your visual and lifestyle needs, your optometrist will discuss with you if there's a need for multifocals.

Can I select any frame when choosing multifocals?

Yes, within reason. The depth of the frame is important because adequate depth will ensure all areas of the lens perform well.

I have heard that multifocals are difficult to get used to. Is this true?

New multifocal designs are always being developed. The new range of digitally enhanced free form lenses provides wider distance, intermediate and near vision. These designs provide ease of adaptation and comfort for the wearer. Remember, not all multifocals are the same. Generally the cheaper the lens the more distortion you will have.

How long does it take to get used to multifocal lenses?

We are all individuals and we all have different visual needs. Some patients leave with little to no concerns, some require a few days to adapt. As mentioned previously, the better the design, the more easier the adaptation.

What makes a good multifocal fit?

A good multifocal fit means the multifocal lens is the correct design and is customised to suit the patient's visual needs. The frame is adjusted correctly to ensure peak performance of the lens design.

Customisation refers to the patient's visual needs and how we can improve their vision for the tasks they need to perform.

Things optical dispensers consider:

- Is the patient mainly concerned about reading and would like the convenience of being able to leave the spectacles on for long periods of time?
- Is the patient's needs more devices related? (e.g., for computer use, iPad or phone, etc.)
- Does the patient require a wide field of distance vision from the multifocal without peripheral distortion?
- Has the patient requested the widest intermediate or near vision available?
- What is the patient's work environment (e.g., distance from computer, number of screens, etc.)
- Are there any other coatings we can add, including photochromic coatings or special blue light blocking anti-reflective coatings?

Are multifocals expensive?

Multifocal lenses are custom-made lenses. They are specifically manufactured to the client's prescription, almost like a custom tailored suit or dress. So it is like having that special dress tailored or suit custom made. Multifocal lenses range from \$250 all the way up to \$1000. Multifocal lenses will provide the wearer with comfort and convenience for their busy lives by providing a solution to lifestyle and occupational needs.

How do I know which multifocal design is right for me?

Your optometrist or dispenser will ask questions in the form of a needs analysis to determine if you would benefit from a multifocal design. They will ask you questions related to your specific needs and suggest the best multifocal design to suit your lifestyle and occupation.

WHY CHOOSE EYECARE PLUS TO GET YOUR MULTIFOCALS

We are an optometry practice who cares for our patients more than anything, awarded by Canstar Blue for having the Most Satisfied Customers in Australia in 2018. We also got 5 star ratings in multiple categories including service and advice, range of products available, customer service, accessibility of store and after-sale service.

Multifocal lenses work best when they're customised to your exact and unique requirements. A wrong prescription can leave you with headaches, eye strain or even nausea.

Choosing your lens will depend on your age, your lifestyle and your personal preference and your budget. Our optometrists will give you a comprehensive eye test, after which our experienced optical dispensers will help you with frame selection, discuss your lens options and craft your spectacles with precision.

Remember that vision is unique for every person. The lenses that work for others may not be comfortable for you. At Eyecare Plus, our staff sees to it that you see you best, look your best and have your most comfortable vision while wearing multifocals.



REFERENCES

1. www.allaboutvision.com
2. www.allabouteyes.com



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