

GUIDE TO CHOOSING YOUR EYEGLASSES LENSES FOR PRESBYOPIA

By Dr Rose Azuike

✓ means that the lens is suitable for that need or activity

✗ means that the lens is not the best for that need or activity

NEEDS/ACTIVITIES	SINGLE VISION LENSES	LINED BIFOCAL	INVISIBLE BIFOCAL	PROGRESSIVE LENSES
Only needs lenses to read or perform other near tasks	✓	✗	✗	✗
Only needs lenses to see things that are far	✓	✗	✗	✗
Only need lenses when using the computer	✓	✗	✗	✗
Need lenses to see both far and near objects.	✗	✓	✓	✓
Need a pair of glasses to see all distances (far, near and computer viewing distances).	✗	✗	✗	✓
Only needs lenses when looking at near objects, but the job involves changing focus from near objects to far ones vice versa repeatedly	✗	✓	✓	✓
Only needs lenses when looking at far objects, but the job involves changing focus from far objects to near ones and vice versa repeatedly	✗	✓	✓	✓
Need lenses to work on the computer only, but the job involves changing focus from one distance to another repeatedly	✗	✗	✗	✓
Do not like visible lines or curves on lenses. Want something more cosmetically appealing	✓	✗	✓	✓
Really low on budget and so want something relatively cheap	✓	✓	✗	✗
Cost is not a problem	✓	✓	✓	✓