

Multifocal Lenses YOUR decision

To help you in this decision, eyecare professionals should ask questions about your lifestyle, hobbies, work, and play. No lens, however wonderful, is suitable for all situations. Choosing the multifocal, whether it is a bifocal, trifocal, occupational, or progressive lens type best suited to your needs should be a matter of informed choice, not chance. Be prepared to ask and answer some questions about your multifocal the next time your prescription changes.

Some questions to ask yourself are:

- 1) do my current multifocal perform well for near, intermediate (arm's length), and distance vision?
- 2) do I become tired or irritable after some types of prolonged activity that should NOT be stressful? (computers, games, TV, ect.)
- 3) do I find myself bobbing my head and struggling to read prices and labels during shopping? Do I struggle at work?
- 4) do I feel comfortable with my vision and my appearance?

Some questions to ask your optical professional are:

- 1) are there any new lenses you think I should be aware of?
- 2) do you RECOMMEND a change in material or design to help me in my lifestyle?
- 3) will my new prescription change the clarity of my vision at near, intermediate, or distance with the lens design I have? (some will, some won't)
- 4) can you show me what this new design or material will look like, feel like, and how it will perform?

Changing a multifocal design is not a decision to be taken lightly and usually there will be some time needed to learn how to use the new lens most efficiently. But it should be remembered that the VAST MAJORITY of multifocal lens wearers who decide on a design or material change ARE GLAD THEY DID!