

Shopping for eyeglass frames

Eyeglasses have long had a reputation for making wearers look studious and serious.

Shopping for frames can be your entrance into different looks for different occasions. Sometimes we may WANT to look studious or serious. This can be an advantage in certain business or classroom situations. A more mature look or a younger more exciting look can also be beneficial. All these looks can help in an interview situation, a work situation, or a social one. Granted, more mature is not generally helpful in a social atmosphere, but it can be helpful when you are meeting your future in laws!

Frames can make a wearer look older, younger, more dependable, more reckless or enthusiastic, you name it! How do YOU want to be perceived? Conservative, liberal, fun loving, intelligent, or fashionable? Age rarely has a real impact on which frame you may choose, most of the time it has more to do with attitude and necessity. Rarely do I see a lawyer that wants a frame that draws too much attention... he wants the judge to regard him as great mind rather than a fashion beacon.

Others have practical considerations that are paramount. A police officer is more apt to need a durable frame that can withstand the rigors of the job. Stainless steel used to be the metal of choice for durability in the 90's, but the new tough guy is titanium for metal looks and nylon combinations for the plastic fashion statement. Super retro looks are available in many memory metals and some nylons as well as the normal materials glasses are made of. Authentic laminated zyls are available from many manufacturers for all types of tastes. But remember, not all frames that look good wear well. Depend on your eyecare professional to guide you in fit and practical matters. When my patients come in for a repair that they really think is impossible.... They usually hear, "that's why you buy the GOOD ones" instead of "that will be another \$\$\$, for your son's new glasses". Ask my patients. They will tell you good ones may cost more in the beginning, but less in the long run.

The most important thing to remember when buying glasses is not to choose frames simply because they seem the popular choice. Depend on your eyecare professional to help you design glasses that will meet your fashion and practical objectives. They can help you choose eyewear that minimizes facial imbalances and frames play up your more attractive features and most of all, can tell when the frame you choose will not play well with the lenses you NEED. After all, what good is fashion without function?

REMEMBER THESE POINTS:

Consider the impression you are seeking to make with your new glasses. Do you need to exert control or impress them with your good looks? What is your primary objective?

What kind of durability is necessary for the frames to withstand your life in general? Are you a couch potato or have 2 speeds, stop and gone?

What kind of compromises are you willing to make in order to have more functional glasses? Do you need to have extra-ordinary range for your near and intermediate to function well at work or play, or do you need only one distance?

Do you wear your glasses only to drive or to reador do you (like me) need them to BREATHE and wear them every waking moment? What happens if they break? Is it an inconvenience or a panic attack waiting to happen?