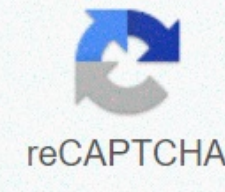




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## Foldable reading glasses necklace

Homemade glasses species by Liz DeFranco, ABOK, NCLC; reviewed by Michael DePaolis, OD When you get to the point that you are unable to read closely without stretching your hands to the border, you probably need reading glasses. Today's world requires technology that matches what is really true of modern reading lenses. Most people think of reading glasses in two main styles:Full frames in which the whole lens is made in their recipe for reading orHalf eyes, which are smaller half-moon-style glasses that are located low on your nose. Reading glasses are useful if you spend a long time concentrating material up close. They give you a large field of view to read, but if you try to look through the room through them, everything looks blurry, so you need to constantly put them on and take them off. By contrast, half-eye reading glasses allow you to look down and through the lenses for almost work, and up and above them to see in the distance, a reason why they are sometimes called granny glasses. Often, people who have never needed glasses in the past will start with a pair of reading glasses rather than modern alternatives such as progressive lenses or computer glasses (also known as advanced focus lenses) simply because they didn't know they had a choice. HAVING TROUBLE READING TEXTS ON YOUR PHONE? Reading glasses may or may not be a good option for you. Find an optometrist who can help you decide. A variety of ready-made reading glasses are available in some pharmacies and other outlets, they can be convenient for temporary use, say, if you have lost your glasses or left them at home and should read the menu in a dimly lit restaurant. Ready-made readers are mass produced, so they are cheaper, allowing you to own several pairs so that you always have a pair of reading glasses nearby. They allow you to hide the extra pairs in different rooms of the house, as well as in the car, office, briefcase, bag and so on - just in case! Advantages of modern, custom-made reading glasses can be made to order for each individual through your optometrist The main drawback of ready-made reading glasses is that they are one size-fits-all. The recipe is the same for both lenses, and the location of the optical center of the lenses is not tailored to everyone wearing it. The majority of people have a different prescription in each eye, and almost everyone has at least a small amount of astigmatism correction in their prescriptions. Headaches, eye strains and even nausea can be obtained by wearing reading glasses that are too far from your actual recipe or that have optical centers too far from the center of your students. If you have these problems, your optometrist may offer you different for your recipe. Also, purchasing custom glasses allows you to take advantage of features that are not available of the ready-made readers. For example: Anti-reflective coating on custom reading glasses eliminates eye strain caused by distracting lens reflections. Photochrome lenses in specially crafted glasses protect your eyes from UV and filter blue light from digital devices – they automatically darken in sunlight if you want to read outdoors. Even if you do not need remote vision goggles, you may find that progressive lenses are a better option than readers - especially since they can cover multiple tasks, reading, computer, hobbies, and you're able to read and see clearly in the room at the same time, (you won't have to press them down your nose to watch TV and check your text messages at the same time)Reading lists aren't computer glasses Don't confuse reading with computer glasses. Special office or advanced focal points are available that give you greater depth of focus in your work area or for other tasks than regular readers. If you're using reading glasses to try to see your computer screen, it probably doesn't work very well. For one thing, reading printed materials takes place in a closer range than reading text on a computer screen. Also, reading glasses can force you to bring your head forward to see your monitor, so you put unnecessary strain on the muscles of the neck and joints. This may explain that stiff neck and shoulders at the end of the dayComputer users really need to invest in one of the many types of prescription PC/advanced focus glasses, for greater comfort they can also include a blue light filter to increase contrast when viewing computer screens and other digital devices. The danger of taking over the eye,a more serious problem with the use of pre-manufactured reading glasses is less to do with glasses than the reasons people buy them. Some people immediately head to a chemist instead of an optometrist when they notice it's time for reading glasses, but you should always consult your optometrist first. The need for a pair of reading glasses may be nothing more than the natural aging process of work, but it can signal a serious problem with your eyes that can be treated if caught in time. Very serious eye diseases have very few symptoms until it is too late. Do not risk with your eyes – see optometry before buying reading glasses. Do you need a prescription for reading glasses? No, it's not. Is this one of many misconceptions and a lot of confusion when it comes to reading glasses, such as going to buy over the stock market readers make my vision worse? Why do I need reading glasses? The majority of purchases in the are for over-the-counter - also called OTC or over-the-counter readers, says John Corwin, director of growth marketing at Readers.com. It is not necessary to buy reading glasses, he adds. Readers who are not prescribed a prescription still have a specific lens increase, typically ranging from +0.25 to +6.00, called strength or strength. The need for a prescription against. Without a prescription readers ultimately depends on your state of vision. WHAT IS YOUR STATE OF VISION? Find an eye doctor near you and book a comprehensive eye examination. Why do people need reading glasses? With age, we lose our ability to focus on small printed and other nearby objects. This condition, called presbyopia, affects almost everyone in their 40s and then - even those who have never needed glasses or contacts before. It's just a normal part of the aging process. Researchers estimate that nearly 2 billion people worldwide have presbyopia. This condition can cause significant damage and reduce the quality of life of those who do not have access to adequate correction of vision. Correction options include progressive lenses (either bifocal or trifocal), multifocal lenses, vision surgery and readers. For many people, basic reading glasses are cheap, widely available and can be purchased over the counter without a prescription. What are over-the-counter reading glasses? You can purchase over-the-counter (OTC) readers without a prescription in a retail store or online. Typically, OTC readers are cheap, although higher quality and styles are available from some retailers. Reading glasses are available in powers or strengths ranging from +0.25 to +6.00 — this number shows how much they will increase what you see through their lenses. To determine how much power you need, you can use an online tool like this chart to print. Or, you can test several pairs at your local retailer to see who feels most comfortable in use. If you narrowed it down to two pairs of readers, it is usually best to choose the one with a smaller increase. Reading glasses are bad for your eyes? In short, no. Contrary to popular belief, wearing reading glasses will not impair your vision. If you've calculated your prescription inaccurately, you may find yourself experiencing eye strain or headaches, but these symptoms are temporary and should be improved as soon as you change your glasses. Are reading glasses needed? Buying prescription glasses for reading depends on your vision condition. Prescription glasses are designed to be worn for long periods of time and are more suitable for those with myopia, significant astigmatism and other eye disorders. If you have eye strain or double vision after wearing reading glasses for extended periods of time, it's a good idea to plan an eye examination. An exam can help to exclude eye disorders, contribute to your discomfort. In addition, an optometrist or ophthalmologist may be cataracts that become more prevalent with age. Prescription glasses for reading glasses are more expensive than their OTC counterparts, but can be covered by vision insurance. Costs, including lenses, frames and exams, can also be paid with funds from a flexible expenses account or health savings. DO YOU THINK READERS CAN HELP YOU SEE BETTER? Find an optical store near you or online and start shopping. Updated January 2020 page vision over 40C glasses | En Español Lori Steigenwald sees reading glasses from a unique perspective: She wears them and sells them. For 25 years, Zaygunwald has been wearing reading glasses. As national sales manager for retailer I Heart Eyewear and wholesaler Ron Optica in Liverpool, California, she has sold hundreds for hundreds of pairs of reading glasses. As such, Steigenwald understands the importance of making a pair of high-quality reading glasses if your close-up vision is not what it used to be. Consumers need to know what distinguishes a good couple from a couple that over time can cause headaches, she says. Knowledge is what makes every better user. When it comes to your eyes, you shouldn't hang out. And we're not going to make a joke. We're here to give you valuable insights into reading glasses — what they are when you need them, how to choose the right pair for your eyes and face, what are the alternatives to reading glasses, and what are some of the common myths about reading glasses. What are reading glasses? Reading glasses available in prescription versions or over-the-counter improve the ability to read something up close, such as a book or computer screen. Alabama optometrist Dr. Samuel Pierce, past president of the American Optometric Association, says over-the-counter reading glasses - which can be purchased at a pharmacy, stores and other general retailers without a prescription - are designed for short-term wear and are best suited to people who have the same lens strength, or strength, in every eye and have no asmatism, general condition , which causes blurred vision. The vision board, trade group says the lens strength of reading glasses typically ranges from +1 to +4.Over-the-counter reading glasses are an acceptable option for people who have good remote vision (foresight), says Dr Manning Wang Vision 3D Cataract & dLaskin in Nashville However, if you suffer from computer eyes or double vision, then it is wise to study glasses to read Wang said. Reading glasses are designed for a long time, Pearce says, and are ideal for people with astigmatism, myopia, serious eye diseases or an uneven prescription in every eye. When do you need reading glasses? Anyone who is in their 40s and beyond will at some point need read reading (a kind of correction in close vision), wang says. Reading glasses help to compensate for reduced vision associated with presbyopia, the normal loss of age associated with being able to focus on up-close objects, such as words in a book or text message on a smartphone.Dr. Michelle Andreoli, an ophthalmologist and clinical spokeswoman for the American Academy of Ophthalmology, says you usually realize the need for reading glasses if you encounter problems reading a small print when you are tired and when the lighting in the room is smoke, or if you find it easier to read something when you pull it a little further from your face. How do I choose the right reading glasses for me? Before choosing reading glasses – even over-the-counter – visit with your eye care specialist. Experts recommend an annual eye examination to check for problems such as glaucoma, cataracts and macular degeneration, even after you have acquired reading glasses. For computer work, most people can get low-power reading glasses (+1.25 to +1.5), Wang says. To read things that are closer, stronger glasses may be in order (+2.0 to +2.5). With age, the strength you need is likely to increase. Wang notes that some people need one lens power to read up close and another power for advanced reading such as using the computer - meaning that only one pair of reading glasses might not do the trick. Pearce warns that headaches, vision and even nausea can result from putting on reading glasses that don't have proper lens power. Once you've determined the right power, then focus on the glasses with high-quality lenses and a sturdy frame, Wang recommends. Depending on the quality, a pair of over-the-counter reading glasses can cost anywhere from \$1 to \$50 or more; a pair of glasses can easily cost \$200 and up. Lower quality, cheaper reading glasses can be made with low-quality lens materials, which can lead to vision distortion, color distortion or glare. This can contribute to difficulty reading. It's worth spending a little extra cost to get better visual quality, wang says. When shopping for reading glasses in a store, Andreoli recommends: Take a greeting card from the greeting card aisle. He goes to the cupboard where reading glasses are sold. Trying to stumble across glasses while holding a greeting card at a convenient distance. Selection of glasses that allow you to clearly and easily see a greeting card. Set up an appointment with the eye-opener if you can't pronounce a pair of glasses. In terms of style, Steigenwald, the eyewear sales manager, suggests choosing glasses that match the shape of your face and your fashion sense. You might prefer smaller, more traditional reading glasses, she says, while someone else might choose larger, chunky, outer frames. You may want to Supports a collection of glasses, as Steigenwald does, so you can change your appearance when the mood hits you. If you're torn about which glasses to buy, prompt an honest assessment - in person or via text selfies - of a friend or loved one about whether the couples you're considering are flattering. You just have to find the perfect pair for your face, Andreoli says. And I think with the perfect pairs, most faces look better in glasses than in glasses. What are the alternatives to reading glasses? Alternatives to reading glasses are multifocal glasses, multifocal contact lenses and surgery (including LASIK monovision and refractory lens replacement), Wang says. Of course, you can just try to wing it without reading glasses, but this puts you at risk from the eyes, which can cause headaches, double vision and other problems. What are some of the usual myths about reading glasses? One of the most common myths: Wearing reading glasses will lead to a weakening of your eyes. That's not true, Wang says. Another myth: undergoing cataract surgery will fix your eyes, which means you can cut yourself off from your reading glasses. That's not true either, Wang says. Andreoli notes that you may have major vision problems that cannot be corrected with reading glasses. And then I remembered that glasses make the wearer look old. Eye care experts dismiss this as an old way of looking at reading glasses, especially given that more than 150 million Americans wear eye-corrective glasses. I want to remind people that studies show that many people think that someone who wears reading glasses is often perceived as more intelligent than someone who doesn't know, Wang said. This page was updated September 2019 2019

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