



FOCUS ON EYE HEALTH

Do You Have Trouble Reading Small Print?



Presbyopia, Often Called the Aging Eye Condition, May Be the Cause

Presbyopia develops gradually and typically does not affect people until after the age of 40.

What Causes Presbyopia to Develop?

As you age, the lens of your eye naturally becomes less flexible and hardens. This means it can no longer change shape to focus on close-up images or text, making them appear blurry.

How is Presbyopia Diagnosed?

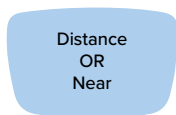
Your eye care provider can diagnose presbyopia during a comprehensive eye exam. If you have noticed a change in your vision, be sure to tell your provider during your exam.

Don't rule the possibility of presbyopia out if you have other refractive errors, such as nearsightedness (myopia) and farsightedness (hyperopia). It's possible to have both, or all three!⁶

What Can Be Done to Correct Presbyopia?

Eyeglasses are the most common way to manage and correct presbyopia.

Single Vision Lens



Bifocal Lens



Trifocal Lens



Progressive Lens



Alternative treatments include monovision or multifocal contact lenses and refractive surgery.

VBA offers plans that provide easier access to vision care.

To learn more, visit vbaplans.com.

400 Lydia Street, Suite 300 | Carnegie, PA 15106 | 1-800-432-4966 | www.vbaplans.com

The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. The Mayo Clinic (<https://www.mayoclinic.org/diseases-conditions/presbyopia/symptoms-causes/syc-20363328>) • 2. National Eye Institute (<https://nei.nih.gov/health/errors/presbyopia>)
3. American Academy of Ophthalmology (<https://www.aaopt.org/eye-health/diseases/what-is-presbyopia>) • 4. Everyday Health (<https://www.everydayhealth.com/presbyopia/guide/>)
5. All About Vision (<https://www.allaboutvision.com/conditions/presbyopia.htm>) • 6. National Eye Institute (<https://nei.nih.gov/sites/default/files/health-pdfs/Presbyopia.pdf>)

Presbyopia

is the gradual loss of your eyes' ability to focus on nearby objects. It is a common vision disorder that occurs as you age.¹

Symptoms² Include:

- Difficulty reading small print
- Blurred vision at normal reading distance
- Headaches after reading or doing close-up work

Did You Know?



The term presbyopia comes from the Greek word meaning "old eye."³



Certain medical conditions, such as diabetes and cardiovascular disease, can increase your risk of developing presbyopia.⁴



Approximately 2 billion people worldwide have presbyopia, and with the aging population, that number is increasing every day.⁵