

VIEWPOINTS

DRS. DISTIN & DOYLE

As Seen on TV: the Varilux Family of Lenses

It's been a long cold winter and we've spent a lot of time indoors with the TV and commercials on. From time to time patients mention a particular commercial they've seen. This newsletter will highlight some of the good things related to eye-wear and vision that patients may have seen.

Patients who've seen Varilux lenses advertised on television may be interested to know that these lenses are among Dr. Distin's and Dr. Doyle's favorites for many presbyopes (patients of a certain age who need a different prescription for near work than for distance vision).

The first benefit the ads tout is the ease of changing from one viewing distance to another. In the era B.P. (before progressives), new presbyopes had three less-than-ideal choices. One could wear different glasses for near and far tasks, not ideal when quick changes are needed

and/or your hands are full. Second, there were bifocals with lines. The lenses were actually halves of two different lenses joined together. The distance vision was typically at the top of the lens and a small section at the bottom was for tasks at about 16" with a distinct seam between the two. Trifocals, incidentally, would have two such lines. The third less-than-ideal choice was a lens called a blended bifocal. This lens still had only two distances available. The difference was that instead of a distinct seam between the two lens powers, there was a blurred, blended area to disguise the change from the distance prescription to the near prescription. Such a lens was, for most, more difficult to work with than a lined bifocal. The appeal of the blended bifocal was cosmetic; others could not see a line so they did not know the wearer was old enough for a bifocal.

In the middle of the last century, progressive addition lenses became more readily available and successful. By now, we're many "generations" into progressive lenses and today's progressives provide the ability to move easily from looking at objects in the distance to working on close work like knitting or reading. Because the prescription change in progressive addition lenses, like the Varilux lenses, is gradual (progressive) the wearer can also see well at intermediate distances (about arm's length) for tasks like computing, dishwashing, shopping. Progressive lenses, then, are the ultimate multi- (not just bi- or tri-) focal.

Now that we work with or enjoy leisure time with a variety of hand held devices, we're changing focus more than ever and working with more distances. Our vision needs are **continued on back**

Varilux Lenses:

- **A big improvement over "old-fashioned corrections"**
- **Not just two prescriptions**
- **A variety of options and enhancements within the "family"**

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As Seen on TV: Crizal No-Glare Lenses

Of all the good ideas in frames and lenses that appear on television, Crizal lenses are the ones patients mention most often lately. Perhaps Crizal ads have greater impact because the primary benefit they offer is easily demonstrated by the vis-



ual medium that television is. Crizal offers a variety of anti-reflective (“no-glare”) lens treatments.

Video comparing vision with and without the Crizal No-Glare anti-reflective treatment is very informative and the difference is dramatic.

All the Crizal lenses are anti-reflective lenses that reduce glare and reflections, but they also offer a number of benefits that are not visible. The anti-reflective treatment incorporates scratch resistance and UV protection. The UV protection is 25 times more protection than no eyeglasses at all. Crizal lenses also repel water.

Further, Crizal offers lenses that resist smudges, repel dust, and are easy to clean. The newest addi-

tion to the Crizal family of lenses offers a version that filters blue-violet light from everyday surroundings including sunlight, indoor light, and most digital screens.

Initially, lenses treated for anti-reflection were seen only on people who were appearing on camera in film or television. Shortly, professional drivers learned about them and adopted them as favorite for night driving and rainy weather driving. Now they’re in general use for a broad range of needs and have been very well received.

Dr. Distin and Dr. Doyle Continue Service in Infant SEE program

Infants age six to twelve months can have an Infant-SEE assessment at no charge at this office. Both doctors participate in the program and have had additional training for it.

In doing the assessment, the doctors are seeking answers to questions much like those the parents (or grandparents) have: Does the baby’s history suggest a problem? Can the baby see? Are his/her eyes straight? Healthy? Is intervention needed?

From its start in 2005, the number one focus of Infant-SEE was amblyopia. For-

mer President Jimmy Carter and Rosalynn Carter have supported InfantSEE from its start. For them it’s personal. Two of their grandchildren have amblyopia. For one, the condition was undetected until he was in grade school and having classroom problems. Had the condition been found early, it might have been treated more easily and he’d have been successful sooner.

Amblyopia is reduced vision in a healthy eye and is sometimes called “lazy eye.” Vision, like other skills, must develop. Development does not happen optimally when the two eyes

do not focus or align properly; then the brain ignores the weaker “signal” and, if the situation continues, the ignored eye does not develop.

The doctors recommend the InfantSEE assessment at about six months but they are done at no charge in the first twelve months of life. Much more information from statistics on childhood vision problems to how to prepare for the visit can be found at the program web site: infantsee.org.

As Seen on TV too: Transitions Lenses

Transitions lenses have done nothing but get better and better since they came into general use. They're not at all the heavy, inconsistent lenses that the old glass Photogrey lenses were.

Perhaps they'd be said to be **habit-forming**; more than nine of every ten patients who try Transitions select them again for their next prescription. At our

office, we have referred to the Drivewear version of Transitions as being **contagious**. We find that when one person gets Drivewear, soon one of his friends wants some too. And shortly another friend or family member wants some too. Men seem to be especially likely to "catch" Drivewear.

Transitions are another of the good things seen on

TV this long winter.

Transitions are available in a variety of styles to meet the needs of a range of patients. The lenses will get their darkest in cold temperatures and lighten fastest in warm weather. The chart below, provided by the makers of Transitions, points out many of those possibilities for the three "everyday" Transitions.



For the chart

Your Hometown Family Doctors of Optometry

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Varilux Lenses . . . from p. 1

not just at near and far. We're looking at many intermediate distances. We also move quickly between those distances. Varilux Comfort lenses provide very natural vision and comfortable changes between those distances.

The Varilux family of lenses includes digital (DRX) progressive lenses which are able to be four to five times more true to prescription than earlier lenses. Another excellent

choice is Varilux Comfort Enhanced. These lenses are digital lenses which also feature a wider central area of vision and improved peripheral vision as well. Varilux lenses are well-designed advanced lenses, just what our patients should have.

But what about the patient who does not wear a prescription for distance jobs like driving but must have help for needlework, fly tying, or computing? Are

progressive lenses a good idea? They are. There will be little or no distance prescription but the many other prescriptions needed for intermediate distance and close work will be in the lenses already on the patient's face, not in a case somewhere else when they're needed. Do you really want to have to go find glasses on your desk or beside your reading chair when you're called upon to remove a splin-

ter (nearpoint task) or to un-knot a shoelace (intermediate distance job)? Will you be comfortable driving (distance task) without being able to be certain what that speedometer (intermediate distance) says for sure?

Finally, children. There are children for whom the doctors prescribe bifocals and in certain circumstances, they may recommend progressive addition bifocal lenses even for children.