

Reading Glasses: Presbyopia Answer Sheet

The 3 signs it is presbyopia, the 4 see-a-doctor-now signs, and every fix that works.

✓ **Verified against published guidance** from National Eye Institute (NIH), Mayo Clinic & Cleveland Clinic · sources below

See an eye doctor immediately for sudden vision loss in one eye, sudden hazy vision, flashes of light or black spots or halos, or double vision.



Do This

Run the 3-Sign Check

- Holding print at arm's length
- Eyestrain or headaches after close work
- Blur at normal reading distance

COACH'S TIP Starts after 40. It is normal aging.

Try the Simple Fixes First

- Bigger font on your phone
- Hold reading a bit farther away
- A brighter reading light

COACH'S TIP Early presbyopia often needs nothing more.

Book a Comprehensive Eye Exam

- Confirms presbyopia
- Catches serious eye disease early
- Simple and painless

COACH'S TIP One visit settles the question.

Pick Your Glasses Style

- Store readers work for many people
- Office progressives for desk work
- Bifocals or progressives

COACH'S TIP Ask which strength fits your reading distance.

Ask About Contacts and Surgery

- Contact lens options exist
- Your exam guides the choice
- Surgical options exist

COACH'S TIP Match the fix to your habits.

Recheck as It Changes

- It worsens into the mid-60s
- Keep exams regular after 40
- Prescriptions need updating

COACH'S TIP Blurrier again does not mean something failed.



Do Not

Do Not Ignore the 4 Now-Signs

- Sudden one-eye vision loss
- Sudden hazy or blurred vision
- Flashes, spots, halos, double vision

COACH'S TIP Those are not presbyopia. Same-day call.

Do Not Call It Farsightedness

- Similar feel, different condition
- Farsightedness is eye shape
- Presbyopia is the stiffening lens

COACH'S TIP The exam tells them apart.

Do Not Blame Weak Eyes

- Everyone gets presbyopia
- It often stacks on another error
- Even lifelong perfect vision

COACH'S TIP It is aging, not damage.

Do Not Read in Dim Light

- Dim light makes it worse
- Aim light onto the page
- More light is a listed fix

COACH'S TIP Brighter light is free relief.

Do Not Squint Through Headaches

- Strain and headaches are symptoms
- No prize for toughing it out
- Readers are cheap relief

COACH'S TIP Comfort beats strain every time.

Do Not Skip Exams After 40

- Vision keeps changing with age
- Make it routine, not a crisis
- Exams catch disease early

COACH'S TIP Presbyopia is a good excuse to go.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

After 45 Everyone gets presbyopia as they age, usually after 45

1.8 billion people worldwide had presbyopia in 2015

Mid-60s when presbyopia usually stops getting worse