

**As a general rule, just point your nose in the direction of something you want to focus on and then move your head up or down until the right focus has been reached.**

- This will soon become second nature to you and you will be experiencing the full benefits of your new varifocals.

Varifocal lenses are dynamic and ideally suited to an active lifestyle. You no longer need to carry several pairs of specs.

However, no single pair of spectacles can cover every situation and sometimes you will have to adapt.

For example, when shopping you may have to lower an item to clearly read the label.

Whilst driving you will get used to moving your head more when looking in different directions (for example at a road junction or reversing).

#### **AFTER SALES**

You will need your spectacles adjusting before you can fully adjust to your varifocals and several times during their life, so please just call in and we'll be only too happy to help.

**OVERTON EYECARE**  
**OPTOMETRISTS**



## ***Varifocals***



***Explained***

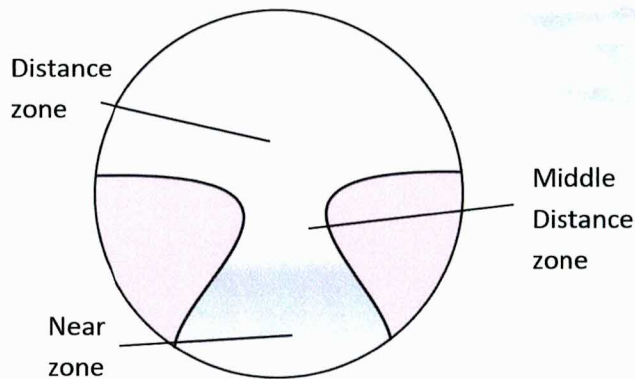


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Varifocals are a type of spectacle lens that allows the wearer to see distance, intermediate (computer distance) and near vision clearly. This works by the lens gradually changing in strength from your distance prescription at the top to your intermediate prescription in the middle and your reading prescription at the bottom. Because the changes are gradual, varifocal lenses look like standard single vision lenses with no obvious sections in it.



### **WHO SHOULD BE CONSIDERING VARIFOCALS?**

As you pass 40 the focussing system of the eye becomes less effective. This is known as Presbyopia and is perfectly normal. So, anybody in their mid-

forties or beyond will not be able to focus satisfactorily near and far with single vision lenses. This is the time to seriously consider varifocals.

### **ARE THERE DIFFERENT TYPES OF VARIFOCAL?**

There are. To a certain extent you get what you pay for, with some lenses giving priority to different areas of usage, be it reading or computer usage or long distance. However, with modern technology it is now possible to get a very high quality varifocal lens at a very affordable price.

Computer aided design has brought forth the age of digital free-form lenses which are designed for exactly the prescription required. These are now available at an affordable price giving excellent visual properties as well as the convenience of one pair of spectacles for all purposes.

### **WILL I GET ON WITH VARIFOCALS?**

The simple answer is that you won't know until you try them. However, more than 90% of people who try them will happily adapt within only a few weeks. This is most important. The frame must be adjusted so that it fits perfectly and the lenses must be fitted to the frame in exactly the correct position.

Once fitted properly, for most people it is a matter of simply getting used to varifocals. Where the strength of the lens changes there are areas which will at first seem blurred (known as the 'swim' effect) but the brain will very quickly learn to deal with this and it is true to say that within a few weeks of wear most people literally do not notice this.

Nowadays varifocal lenses can be fitted to almost any design of frame although it should be borne in mind that the larger the lens, the better your overall vision in each sector will be.