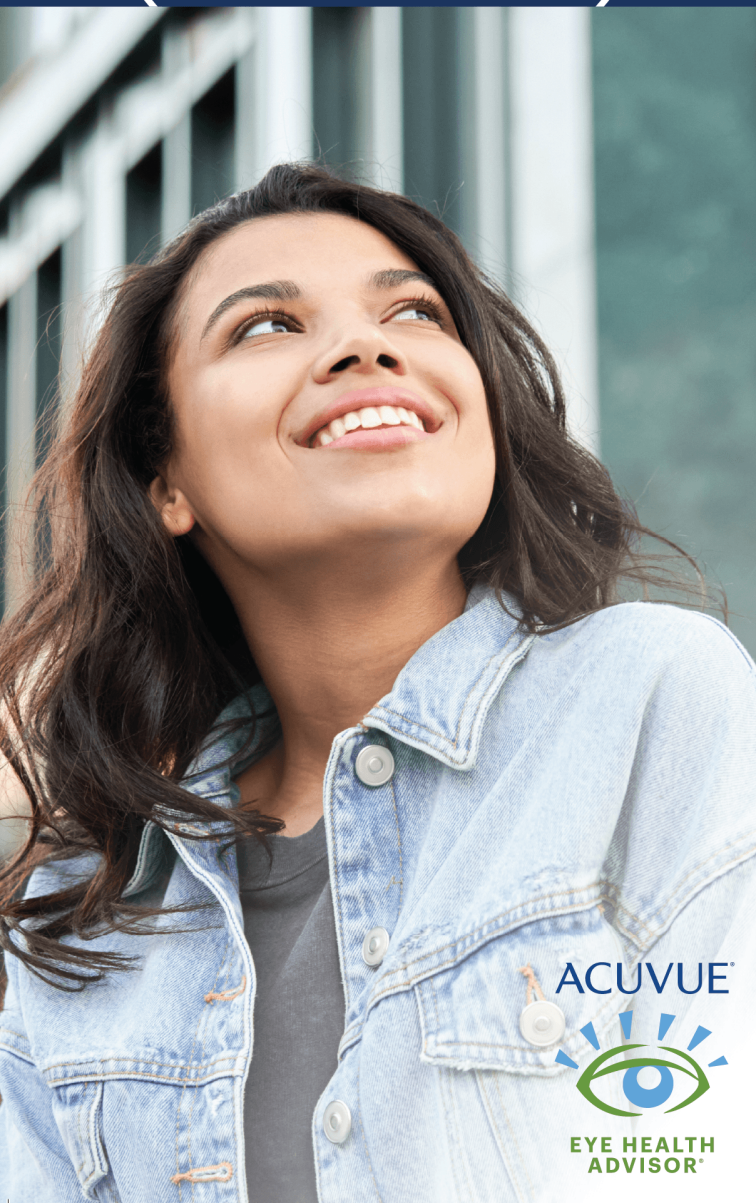


FULL VISION CORRECTION

AND WHY IT'S
ESSENTIAL



ACUVUE®



EYE HEALTH
ADVISOR®

VISION

Seeing well is important for good quality of life. Vision is a primary human sense and as such, determines our perception of the world around us. We often take good vision for granted. However, when we start having problems with vision, it often happens gradually so can go unnoticed.

People may ignore the signs of poor vision thinking along the lines of “well, it is not so bad, I can see enough” and “I am not sure I want to wear glasses!” Then they walk and do not recognise friends on the street, run after the wrong bus, miss balls doing sports or may do less well at school as they can’t see the board clearly.

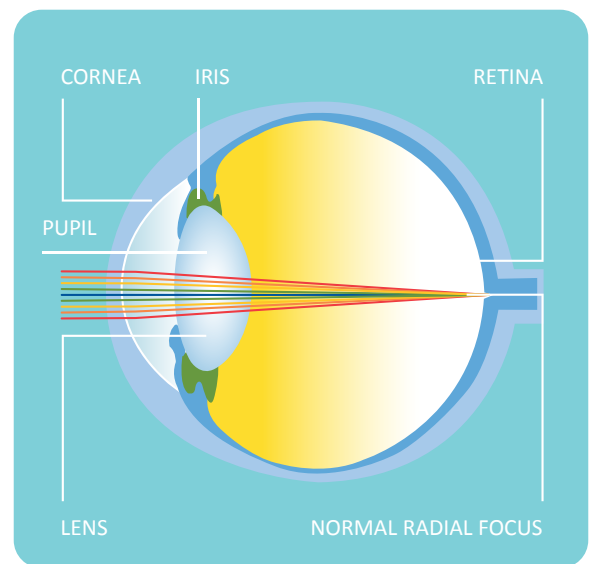
There are certain myths about vision and its correction. Have you ever heard that you should not wear your glasses all the time or the power of spectacles should be a bit less than you really need? Maybe even, the eyes need to ‘work hard’ so they don’t become lazy? Well, these are wrong.

The eye and its functions

The human eye is a complex organ that serves as one of the brain’s information suppliers, where visual patterns are shaped. Many scientists call the eye “the peripheral site of the brain”. The eye transforms light beams into nerve impulses. These impulses are converted into images allowing us to see the world around us.

To see, light must pass into the eye and arrive at the retina. There is a transparent refractive layer at the front surface of eye called the **cornea**. Light travels firstly through the cornea and the pupil. **The size of the pupil varies due to light conditions:** it constricts in bright light to reduce the amount of light entering the eye and enlarges in the dark to let in as much light as possible. Light beams then pass through the crystalline lens and are focused on the retina. The image is formed on the retina and transmitted via the optic nerve to the brain so we can see the world around us. If light rays focus either behind or in front of the retina, the image is out of focus and we are unable to see clearly.

These refractive errors such as shortsightedness (myopia) or long-sightedness (hypermetropia) are corrected by wearing glasses or contact lenses.



WHAT IS GOOD VISION

Vision is essential for perceiving the surrounding world, as the majority of the information interpreted is received through the eyes. This is one of the key reasons why it is very important to have your eyes examined regularly. Getting advice and recommendations from your Eye Care Professional will enable you to choose the optimal method of vision correction. Your eyes can reveal a lot of information not only about your ocular but also of your overall health.

Good vision is inherently subjective and different patients will have different visual requirements and needs. It is quite normal for different people to be able to achieve different levels of vision. As an individual, being able to perform the tasks you wish to means needing to achieve good vision to this individual standard.

However, within eye care, a specific measure is needed to monitor change and progress. An Eye Care professional will record vision as visual acuity and this can be recorded in several different ways. In a practice or optical store, 1.0 (100%) or 20/20 is considered to be a good level of vision. Besides 20/20 vision, visual satisfaction and visual comfort are also necessary to achieve good vision.



Why doesn't everyone have good vision?

Clear vision is provided when light rays are focused at one single point on the retina.

The farther the light rays are focused from the retina, the worse vision will be, and this is then a measure of the refractive error.

A large proportion of people have a refractive error with their eyes. The most common are: **myopia (short-sightedness)** – poor vision with distant objects, **hypermetropia (longsightedness)** – problems with seeing close objects, astigmatism – unfocused and blurry images at near or far distances - these refractive errors can affect people of all ages.

Presbyopia is also common and will affect almost everyone from their mid 40's whether you have had a refractive error before or not. Natural changes over time result in a loss of elasticity of the lens in the eye. This reduces the ability to focus for near vision.

And over time our vision might change. That is why it is important to have your eyes examined by an Eye Care Professional at least once every two years, with more frequent check-ups if you have ongoing ocular conditions, or if you are a contact lens wearer.

At each visit your Eye Care Professional will monitor your vision and any changes and prescribe the most appropriate vision correction for you based on your refractive error and lifestyle needs. They can also recognise the early signs of eye disease (and sometimes overall health conditions), even if asymptomatic, which could lead to visual deterioration or even loss of vision.

Eye Care Professionals remind us that regular eye examinations and early diagnosis of many eye conditions can help minimise their effect on your vision.



WHAT SHOULD YOU DO

IF YOU HAVE POOR VISION?

To get the clearest vision possible, you need to get your eyes examined by an Eye Care Professional and then have the right glasses or contact lenses prescribed. They help the eye focus the light rays on one point of the retina so that a clear image is transmitted to the brain.

Every eye is unique, so only an Eye Care Professional can identify the glasses or contact lens prescription and fitting you need. So, if you have noticed your vision is getting worse, you should visit an Eye Care Professional.

What is full vision correction?

Vision correction means wearing glasses or contact lenses to focus more clearly. These options of vision correction, e.g. glasses, contact lenses or refractive surgery, allow the focusing of light rays at one point on the retina aiming to achieve the best possible visual acuity. To achieve this, full vision correction is needed.

It is wrong to believe that glasses or contact lenses should not provide full vision correction to make eyes “work”. Such vision correction is “incomplete” and could lead to a range of negative consequences. Eyes could get tired, headaches may arise and vision can deteriorate even more.

In addition, if a person has astigmatism, they require a specific type of correction known as a cylindrical correction. If they do not have glasses or contact lenses specifically designed to correct this, this type of correction would be considered incomplete or ‘under-corrected’.



IMPORTANCE OF FULL VISION CORRECTION

The importance of full vision correction has been demonstrated. According to scientific data, full vision correction improves quality of life and can decrease further visual deterioration. During childhood, full vision correction helps the proper shaping and development of the eyes and may help reduce the progression of myopia (short-sightedness).

Apart from the benefits of full vision correction, ensuring good vision performance for children is very important for their healthy psycho social development. Uncorrected vision may lead to poor performance both inside and outside of school. It may affect their interaction with other children, potentially causing clumsiness in a physical as well a psychological sense. Therefore, to help children's optimal visual development, make sure they have regular eye examinations and do not underestimate signs such as changes in behaviour or school performance. Although there could be other reasons for such changes, they may indicate a need for vision correction.

There are potential issues if you were to drive without your vision correction, or only partial correction. You may judge distances

inaccurately, fail to spot potential hazards in a time or not react to avoid a collision. Do not underestimate the importance of seeing clearly at long distances while driving.

Aside from all the consequences mentioned above, full vision correction may have a positive impact on your everyday life. It can improve your performance in sports, especially high speed sports like skiing, snowboarding, motorcycling, roller-blading, tennis, football, hockey or volleyball. You may start recognising people walking on the other side of a street rather than missing the opportunity to say "hi" to them. You may not lose your friend in a crowd. You may not miss your bus or train by misreading the line number.

Are you currently under-corrected?

Modern innovative equipment available in optical stores and ophthalmic practices allows for accurate diagnosis and monitoring of refractive errors and eye disorders. That means that Eye Care Professionals can determine, with good accuracy, the optimal vision correction needed to prescribe glasses or contact lenses.

There is evidence that full vision correction may contribute to the improvement of eye function and the control of myopia progression.

That's why Eye Care Professionals advocate full vision correction in their practice to their patients.

CONTACT LENSES

FOR VISION CORRECTION

- As with spectacles, contact lenses provide sharp vision, but unlike glasses they give better peripheral “all around” vision. This is important, for instance, when driving or playing sports.
- Contact lenses allow freedom of movement, as they are unlikely to slip like spectacles. They are perfect for work, sport and leisure activities.
- Contact lenses can highlight the natural beauty of the eyes and provide another ‘style’ alongside spectacle wear.

Which contact lenses are suitable for vision correction?

ACUVUE® contact lenses are ideal for the vast majority of patients. They are suitable for correcting myopia, hypermetropia, astigmatism and presbyopia. In addition to the 2-weekly and monthly reusable ACUVUE® contact lenses, ACUVUE® daily disposable contact lenses are convenient, without the need for a contact lens case or care solution. They provide outstanding comfort for your eyes and a fresh, new pair of contact lenses every day is the healthiest way to wear contact lenses.

All ACUVUE® contact lenses have UV blocking to help protect your eyes from the transmission of harmful effects of UV-rays.*

Vision for life

Visiting your Eye Care Professional regularly is important to maintain good vision and eye health throughout your life. You can then truly enjoy and live your life to the fullest.

Full vision correction will enable you to make the most of your life. Take advantage of seeing in full detail and enjoy your surroundings, whatever you do, wherever you are!





SHARE THE KNOWLEDGE

If you have learned something by reading this leaflet, there's a good chance that a family member or a friend could also benefit, so spread the word to the people you care about, it's worth it!

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References:

* All ACUVUE® contact lenses have UV-blocking to help provide protection against transmission of harmful UV radiation to the cornea and into the eye. UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed by your Eye Care Professional.

ACUVUE® Contact Lenses can be used for vision correction. An Eye Care Professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and instructions on proper lens care. Do not wear contact lenses if you have an eye infection or experience other eye problems or if you are allergic to any ingredient. For more information, including warnings and precautions, read the Instructions for use available on the ACUVUE® website acuvue.com/en-me/

terms-of-use/

If you experience eye discomfort or if any condition occurs, remove the lens and contact your Eye Care Professional immediately.

ACUVUE®, ACUVUE® OASYS with HYDRACLEAR® Plus, ACUVUE® OASYS for ASTIGMATISM, ACUVUE® OASYS 1-Day with HydraLuxe™, ACUVUE® OASYS 1-Day for ASTIGMATISM, 1-DAY ACUVUE® MOIST, 1-DAY ACUVUE® MOIST for ASTIGMATISM, 1-DAY ACUVUE® MOIST MULTIFOCAL, ACUVUE® OASYS MAX 1-DAY and ACUVUE® OASYS MAX 1-DAY MULTIFOCAL are trademarks of © Johnson & Johnson Middle East 2025.

For more information on proper wear, care and safety, talk to your Eye Care Professional and read the Instructions for Use available on the ACUVUE® website www.acuvue.com/en-me

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ACUVUE® contact lenses are available for short-sighted, long-sighted, astigmatism and presbyopia (multifocal) vision needs.

Find out more at
www.acuvue.com/en-me

