

PRESBYOPIA

AND CONTACT LENSES



ACUVUE®



EYE HEALTH
ADVISOR®

WHY IS VISION SO IMPORTANT?

Vision is essential for the perception of the world, since the majority of all information we receive about it, is through vision.

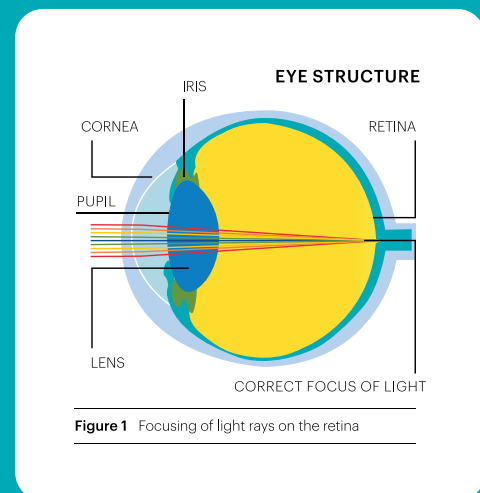
Vision is not provided simply by our eyes. Light rays focus onto our retina and the brain processes this information into the images we perceive. For the clearest images, light needs to be focused so that it accurately falls onto the retina (Figure 1).

If, for some reason, rays are not focused to a point or are being focused beyond or in front of the retina, then the vision is affected. The most common eye problems are:

- **Myopia** (short-sightedness): distant objects appear blurred or fuzzy
- **Hyperopia** (long-sightedness): vision is poor for nearby objects
- **Presbyopia** (age-related): poor vision causing difficulty focusing on objects that are close to you
- **Astigmatism**: irregular or blurred vision at all distances

People with refractive eye problems should wear a visual aid to focus the rays to one point on the retina.

The solution: spectacles or contact lenses can be worn.



What is presbyopia?

Presbyopia is not a disease! Presbyopia is a natural age-related vision condition.

This condition affects our eyes' ability to focus on nearer tasks - whether reading a text message on your phone, magazine, or labels of ingredients during shopping. It is a gradual process that starts in your 40s or 50s. You may find it harder to focus on nearby objects especially in low light.

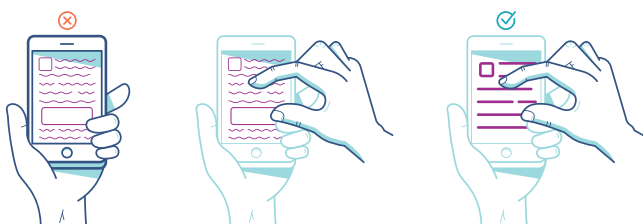
Even if you already use vision correction you may notice that your near vision starts to blur; maybe you have had to increase the size of the font on your phone or computer, stretching your arm to properly read a menu or a newspaper, or are using the light on your phone to help read the dinner menu.

This happens because the lens inside the eye progressively loses some flexibility, which is called presbyopia.

Don't worry you are not alone, presbyopia eventually happens to everyone, whether glasses have been worn before or not.

It's important to mention that uncorrected presbyopia causes blurred vision close-up, and can lead to headaches and eye fatigue when doing near work.

Although you can't prevent presbyopia, you can manage it with the use of glasses or contact lenses.



How do people with presbyopia see?

With presbyopia we may find it hard to focus on objects in front of us or in dim light.

When presbyopia is properly corrected, you can focus on enjoying the things around you.





What causes presbyopia?

Inside the eye, there is a lens which is flexible and needs to change its shape to maintain a clear image when we change our focus from distance to near or vice versa. In the eye, we call this process accommodation and it happens naturally.

The lens of our eye is composed of many constituents including proteins and water and continues to grow throughout life – building layer upon layer – a bit like an onion. Early in life the lens is supple and flexible, however as the layers increase there is compression of the inner layers that leads to less flexibility. In addition to this, the lens becomes larger and has less room to change its shape. These changes **lead to a loss in accommodation and a change in the ability to adjust focus from distance to near and vice versa**. At this stage we cannot see as well at near distances as we could.

This is a gradual process and we rarely notice when we can't focus on something right in front of our nose. We tend to notice the issue when we can't focus clearly at our 'normal' reading distance.

How can I find out if I have presbyopia?

Eventually your near vision will become affected. That is why regular eye examinations are advisable. An Eye Care Professional can diagnose your presbyopia and prescribe you with specific spectacles or contact lenses according to your individual needs.

**WHAT ARE
MY OPTIONS**

FOR VISION
CORRECTION?



There are many options available to correct your vision. The best option for you depends in your own individual correction needs and lifestyle. It is important therefore for you to talk to your Eye Care Professional about the options available to you.

The two most common methods for correcting presbyopia are **prescription spectacles and multifocal contact lenses**. Unlike reading glasses, prescription spectacles and **multifocal contact lenses are prescribed by your Eye Care Professional to provide your eyes with the proper amount of correction to see both near and far.**

To manage your presbyopia, your Eye Care Professional may recommend prescription spectacles such as a bifocal. **Bifocals** are a lens with two prescriptions, one in the lower part of the lens to correct for near vision and one in the top part of the lens to correct for distance vision.

Your Eye Care Professional may also recommend a **varifocal or progressive spectacle** that can be designed with a gradual blend of varying prescriptions to help you comfortably see from distance, through intermediate to near.

If you wear, or are interested in wearing contact lenses you should ask your Eye Care Professional about multifocal contact lenses. In the past, presbyopia often meant a need to wear spectacles or prescription glasses over the top of contact lenses. The contact lenses would focus for distance, and the additional spectacles at near. Sadly, many people simply stopped wearing contact lenses as they became presbyopic.

Fortunately, this is no longer the case as with multifocal contact lenses, many contact lens wearers can continue to enjoy the same benefits of contact lenses they've always enjoyed. Similar to a progressive spectacle, **a multifocal contact lens is designed to help you comfortably see objects near, far and in-between.**



What are the advantages of contact lenses?

The advantages of contact lenses are highly appreciated by millions of wearers all over the world:

- Compared to spectacles, contact lenses allow not only **clear and stable vision**, but **better peripheral vision**, which is extremely important, for instance, when driving a car
- Contact lenses **do not limit freedom of movement** since they can't mist up or slip and fall down. They are a great option for working, leisure, and specially for doing sports and outdoor activities
- **Contact lenses do not mask the natural beauty of the eyes**

Not all multifocal contact lenses are designed the same

Ask your Eye Care Professional about **ACUVUE® MULTIFOCAL PORTFOLIO** contact lenses, the only multifocal contact lenses with PUPIL OPTIMIZED DESIGN Technology, a unique optical design system that is inspired by the natural changes of the aging eye.¹ **Pupil Optimized Technology is the unique, proprietary approach ACUVUE® contact lenses developed to help you overcome this natural condition.**

The optic design of each lens is optimised to reflect the natural variations of pupil size that occurs as we age and across the refractive range (hyperopia to myopia).¹

ACUVUE® MULTIFOCAL PORTFOLIO contact lenses help you experience clear vision at all distances: near, intermediate and far¹, so you can continue wearing contact lenses to do the things you love.

What should I take into consideration when choosing contact lenses?

- Ask your Eye Care Professional about contact lenses
- Remember, the more often you replace your contact lenses with a fresh pair, **the higher the level of comfort and health** you experience. Alongside this, a daily disposable lens provides the ultimate experience in terms of convenience.
- Choose contact lenses that **match your individual vision needs**
- Choose only **high quality branded contact lenses** recommended by your Eye Care Professional
- Don't forget to ask about contact lenses that help to **block UV rays***





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:

1. JJV Data on file 2022. CSM- ACUVUE® PUPIL OPTIMIZED DESIGN Technology: JJVC contact lenses, design features, and associated benefits.

* 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 www.acuvue.com/en-me. If you experience eye discomfort or if any condition occurs, remove the lens and contact your Eye Care Professional immediately.

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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

