## A Lens for Every Lifestyle

What's your lifestyle? When it comes to choosing a lens, one style no longer fits all.

Athlete = High impact resistant lenses

Computer Specialist = Computer lenses

Fisherman = Polarized sun lenses

Indoor/Outdoor Activities = Photochromic lenses

Driving, Working, Everyday Living = Progressive lenses

These are just some of the choices. Today, there's a lens choice or combination for all your activities. Be sure to discuss your unique lifestyle with your eyecare professional.

## LENS MATERIALS

**Plastic** – plastic lenses are lighter than glass lenses, and can be tinted to almost any color and shade.

**Thinner, lighter high-index** – technologically advanced high-index lenses create a thinner profile for those with strong prescriptions. These lenses are more comfortable as well as cosmetically desirable, as highindex glass or plastic usually is lighter in weight than standard glass or plastic lenses.

#### Just Like the Pros!

When your Little Leaguers suit up to play ball, make sure that protective eyewear is part of the uniform.

Talk to your eyecare professional about high impact resistant shatter-resistant sports glasses. Many of the styles for children are fashioned after those worn by professional athletes, so your kids can look just like the pros.

**High Impact Resistant** – dispensers recommend high impact resistant lenses for two good reasons: they are lightweight, yet are the most impact-resistant lenses available. Your dispenser will likely suggest high impact resistant lenses for children, teens, active adults, occupational safety, and anyone needing superior eye protection.

**Glass** – Glass offers superior optics and the best scratch-resistance. However, glass lenses must be specially treated for impact resistance and can be heavier to wear than other lens materials.

# Your Lifestyle – Your Choices

Your lifestyle will affect your eyecare professional's recommendations for various types of lens options. Consider your vision requirements for the following activities and discuss your choices with your eyecare professional team.

Rate the importance of:	High	Medium	Low
Computer Glasses			
Reading Glasses			
Driving/Road Sport Glasses			
Sports Glasses			
Hobbies			
Special Interests			

#### Vision Safety Notice

When selecting eyewear, keep these safety factors in mind and be sure to discuss any safety needs with your eyecare professional team.

- The type and style of the eyeglass frame is an important factor in determining how much protection your eyeglasses will provide. Many frames are designed for appearance, not protection.
- Federal law requires all lenses to meet a standard of impact resistance. Lenses used for dress eyewear are not required to meet as rigorous an impact resistance standard as lenses used in industrial or sports spectacles. Discuss with your eyecare professional team the lens impact resistance requirements of your lifestyle.
- No lenses are unbreakable or shatterproof. They can break into sharp pieces that can cause serious injury to the eye, or blindness. Even if the lenses do not break, the frame can break or distort and result in serious eye injury.
- The continued impact resistance of your lenses depends on how well you
  protect them from physical shocks and abuse. For your own protection and
  visual comfort, scratched or pitted lenses should be replaced immediately.
- If your occupation or recreational activities expose you to severe risk of flying objects or physical impacts, eye safety may require special safety spectacles with safety lenses, side shields, goggles, and/or a full face shield.

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Day	Date	Time	

We look forward to seeing you. If you are unable to keep this appointment, please give 24 hours notice. This quick and easy "menu" will help you and your eyecare professional select the best lenses for your lifestyle.

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> Ask your eyecare professional to explain and demonstrate the lens materials, designs and treatments that are most appropriate for your needs.

## LENS DESIGNS



Single Vision - this all-purpose lens is available in all materials, and can be used for either distance or near vision correction.



Multifocals - will be suggested when both distance and near correction are needed together in a single lens.



No-line progressives - correct for far (driving a vehicle), intermediate (viewing the dashboard), and near (reading a map) vision all in one lens. Because there is no visible line, progressives have the appearance of single-vision lenses and are, therefore, the most cosmetically desirable multifocal. Progressives are available in all lens materials.

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**Bifocals** - provide both far (driving) and near (reading a map) correction in one lens.

Trifocals - are basically progressive lenses with visible lines. The majority of the lens is for distance viewing, while the center portion is divided into intermediate and nearviewing segments.

Thinner, flatter lenses - are recommended when a prescription is either "high-minus," meaning lenses are thicker at the outer edges, or "high-plus," when lenses are thicker in the middle. Flatter lenses enhance lens appearance by reducing edge or center thickness. They are lighter weight and can provide edge-to-edge visual clarity by utilizing an aspheric or atoric design.

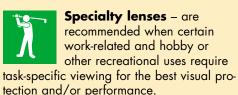


**Aspheric** – offers less magnification or minification of the eyes, as well as in images viewed. Edge-to-edge visual clarity means that as the eyes move, vision will remain clear rather than "blur out" when the viewer looks away from the center of the lens.



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Atoric - also helps reduce visual aberrations, allowing for a wider field of view as well as a cosmetically pleasing slim and lightweight lens. Ask your dispenser which flatter lens option - aspheric or atoric - is better for your particular vision correction.



Industrial/occupational lenses special occupational designs allow dispensers to customize lenses for virtually any occupational or hobby visual and/or safety requirement. Be sure to discuss with your dispenser the tasks you do at work, and also what you do in your spare time.

### Sun Watch

Did you know that ultraviolet (UV) radiation from the sun is associated with the development of cataracts? It also can damage the retina – the part of the eye that picks up images and transmits them to the brain. Make sure the whole family is protected from harmful UV rays. Ask your eyecare professional about lenses that provide UV protection.

#### SUN LENSES – should always be ultraviolet (UV) protective.



color options.

**Polarized lenses** – are the top pick for eliminating glare. Hunters, boaters and fishermen, golfers, and drivers are a few who benefit from polarized lens' glare-cutting properties. Any surface can create glare in sunlight, including water, sand, snow, windows, vehicles, and buildings. Polarization eases eye stress and fatigue in the sun, and comes in several color and density options.

**Tinted lenses** – the majority of lenses can be tinted from light to very

dark. Tints for sun lenses are usually medium to dark shades, and can

lighter or clear at the bottom of the lens. Tints also come in a rainbow of

be solid through the whole lens, or gradient, darker on top fading to

Mirrored lenses - not only look cool, they are cool. Mirrored coatings

while keeping the wearers eyes protected from glare and heat. Mirrors

come in a variety of colors to enhance tints and visual performance.

provide a reflective surface that makes the eye virtually invisible to viewers,



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## Looking Good With AR Coated Lenses

Lenses with an anti-reflective (AR) coating not only improve your vision, but they improve your appearance by reducing unwanted light reflection.

Ask your eyecare professional to discuss the benefits of AR coated lenses, along with the best way to keep them like new.

Computer lenses - if you're viewing a computer video display terminal (VDT) for more than two hours a day, you may need variable focus lenses. These lenses help correct vision for the specified length of your eye to the computer screen and the immediate vicinity. A variety of computer-specific lenses include special filters, tints, and anti-reflective properties.

**Sports lenses** – come in many designs, colors, and treatments for every sport. Safety is key with sports eyewear, so tough high impact resistant lenses are most commonly recommended.

#### **PHOTOCHROMIC LENSES**

Sometimes called "comfort" lenses, photochromic lenses 00 darken and lighten according to light exposure. If the wearer is in the sun, photochromics darken, if indoors, the lenses are light. Photochromic lenses are available in virtually all lens materials and lens designs. Ask your eyecare professional for a demonstration.

### LENS TREATMENTS



**UV protection** – the sun's ultraviolet rays pose potential harm to your eyes. UV protection on lenses accomplishes the

same thing as sunscreen lotion on your skin -it shields your eyes from harmful ultraviolet rays. Plastic and glass lenses may require UV coating, while high-index and high impact resistant lenses provide UV protection inherently in the lens material.



Scratch-resistance coatings recommended to protect lenses from everyday wear-and-tear.

Some materials, such as high impact resistant, high-index lenses, and several new plastic lens designs, include scratch protection.



Anti-reflective – dispensers suggest anti-reflective, or AR lenses, to help reduce eye fatigue in all situations, particu-

larly while viewing computer screens and driving at night. In addition to enhancing vision by removing distracting reflections, AR lenses are cosmetically desirable, as the wearer's eyes are clearly visible behind the lenses.

