

Vision Corrections

By Irshad Mahmood – Director, Global Right Path

Eye is one of the fifth key senses and one needs to take very special care of it. Technologies are always advancing and it is advised to see the output for at least ten years of past available results and in the case of vision correction one should go for thirty years of past available results, also make sure to make Duaa from Allah as well for good health.

Here I would like to give hints about **Eyeglasses**, **Contact Lens** and **Laser Eye Surgery** for those who need vision correction. It is one's own decision after going through eye examination, which is a series of tests performed by an ophthalmologist (medical doctor) or optometrist assessing vision and ability to focus on and discern objects, as well as other tests and examinations pertaining to the eyes.

Eyeglasses:

Eyeglasses are frames bearing lenses worn in front of the eyes. They are normally used for vision correction or eye protection. One might need single vision or double vision corrections. Single vision correction is straight while double vision corrections are complex and need to understand the real need of the patient.

There are several types of Eye glasses for those who need for both near sighted as well as far sighted. Depending upon one's requirement he/she may go for the following:

- 1> Two pairs of separate **Eyeglasses** (one for near sighted and other for far sighted).
- 2> One pair of **Bifocal Eyeglasses** for multipurpose for those whose requirements are very dynamic. Upper portion for far sighted and lower portion for near sighted.
- 3> One pair of **Trifocal Eyeglasses** for multipurpose for those whose requirements are very dynamic and are working on computers. Upper portion for far sighted, middle portion for working on computer and lower portion for reading books. Since reading number for reading books are different than reading from computer since computer screen is little far distance than reading books.
- 4> One pair of **Progressive Eyeglasses** provide a smooth transition from distance correction to near correction, eliminating segment lines and allowing clear vision at all distances. It might not be suitable for few exceptional people, so they might need to go for Trifocal lenses. Check what suits for you.

Contact Lens:

Contact Lens is a thin lens placed directly on the surface of the eye. Special precaution is needed to take care of Lens. However, Contact Lens use is not without risk, and the potential for vision threatening problems is present, especially in those who abuse the use of contacts. One may lose their eyesight permanently due to extreme heat like during barbeque etc. Take care of yourself very sincerely. **Do NOT wear it for over 20 years.**

Laser Eye Surgery:

Laser Eye Surgery is not new anymore and is around since 1970s. Millions of people have gone through it and enjoying their life. If your Eyeglasses number gets very stable after age of 20 for far sighted, you will need to check with your ophthalmologist (medical doctor) or optometrist if it is suitable for you. It is very safe now a days and for those whose number is very high, it is highly recommended to go for it. **You must regularly use good Ultra Violet Protection Glasses after Laser Eye Surgery, and make sure it's color does not change in shadow. Since even in shadow Ultra Violet Light may enter the cornea during daytime from other reflected surfaces, especially during driving or riding in vehicles. Make sure to go for Re-Correctable one for future corrections if needed.** One may also need reading glasses after age of 40.