



# Know Your Progressive Addition Lenses

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## Common Anatomy of Progressive Lenses

A Progressive Lens offers you 4 important zones :

Distance Viewing Zone

Near Viewing Zone

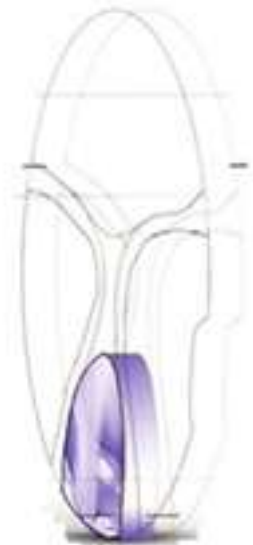
Mid-Distance Viewing Zones

Blending Region



## Distance Viewing Zone

Your distance lens prescription is stabilized in the upper portion of the lens.



## Near Viewing Zone

Lower portion of the lens provides the specific near prescription.

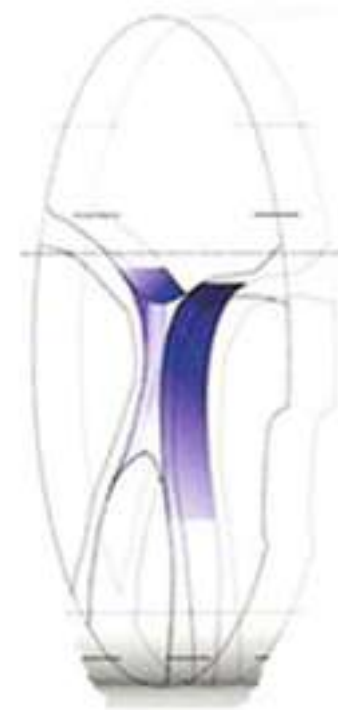


## Mid- distance Viewing Zones

Distance & Near portions are connected by a zone of progressive power that provides you vision at mid range distances.

## Blending Region

Two sides- temporal & nasal side offers only minimal visual clarity. They are because of the optics of the progressive lenses. They produce blur and distortion.



# Uses of Progressive Lenses

To provide you

- Distance vision
- Near vision
- Vision at a range of mid – distances in between distance and near



## Visible Bifocal lens Vs Progressive Lens

You do not have any segment line as a reference .

You have to use only clarity of vision to tell when the eyes are viewing through the respective zone of the lens

## Change your Visual Habits

To appreciate and adapt to the new Progressive Lens:

You need to break your past visual habits &  
Follow certain guidelines

## Distance Vision

Look at the target from the top portion of the lens. You may need to bend your head down or raise your eyes up.

Best vision is possible from the central top region of the lens.



## Near Vision

Your correct near power is emphasized at the lowest end of the lens.

Hold the near target right at the mid of your two eyes at your habitual reading distance

Bend your chin down and depress your eyes.



## A Word of Caution

- You must learn to depress your eyes by larger amount than for Segmented Bifocal lenses to be really successful with Progressive Lenses.
- Near working distance depends upon your lens prescription

*In general a new prescription may bring the near working distance a little closer.*

## Mid – Distance Vision

- The channel of relatively clear vision connecting distance and near viewing zones provides you to see at various extended near distances.
- The width of the channel is not wide enough to allow eye excursion. So must make unnatural lateral head movement to align target near the midline and adjust the head tilt simultaneously to required near power using clarity of vision as guide.

## Mid – Distance Vision



# Peripheral Vision

Progressively changing Near Addition and unwanted cylinder power in the periphery may produce a rapid variation in prism and magnification.

The result is an optical effect known as image swim that is produced in which objects appear to shift, distort or even sway unnaturally.

This occurs when there is movement of the patient's eyes or head relative to the object or if there is a movement of an object relative to the patient's eyes and head.

The wearer needs to be aware of this phenomenon during the initial days of use till he is adapted.

Successful wearer of Progressive Lenses are those who emphasize function and cosmetics.

For whom segmented line is unacceptable

Perhaps image jump is also a hindrance



You should be ready to change your past habit and try adapt.

You should be willing to try new ideas.

Progressive Lenses are excellent overall presbyopic correction option for modern lifestyle.

That's all