Presbyopia: Aging Eyes

Nearly everyone in their mid-40s notices a change in their vision. They find themselves holding newspapers or menus at arm’s length to see them clearly. This is due to a natural process of aging called presbyopia (meaning “aging eye”).

When we are young, our eyes’ natural lenses are flexible. They can bend slightly to allow us to focus on near objects. But as we age, the lens loses its flexibility, making it difficult to focus up close. That’s when we need to wear eyeglasses to change focus.

Today, there are IOLs that allow you to focus at more than one distance, reducing the need for glasses.

Multifocal and accommodative IOLs for presbyopia

Some IOLs provide clear vision at more than one distance, making you less dependent on glasses or contacts. These types of IOLs are called multifocal and accommodative lenses. They can help people frustrated with presbyopia, the loss of focusing power that normally comes with age.