

The Scoop On Selecting Specs

Tips to Simplify Your Search for the Perfect Pair of Eyeglasses

(NAPSA)—Seeing your way to getting an eyeglass prescription is just the beginning. From fabulous frame shapes and colors to advanced lens technologies, today's eyeglass wearers have almost endless options.

To help make your next purchase as easy as possible, optometrist Rod Tahrán recommends five “eye”-savers that every spec sporter should consider before heading to the eyecare professional.

Eyesaver 1: All in a Day's Work

Do you find yourself sitting in front of a computer at work all day? Or do you drive at night with the glare of headlights straining your eyes? If so, you might want to look into anti-reflective lenses, which help reduce the glare and reflections that often cause eye fatigue. Additionally, anti-reflective lenses help reduce the reflections other people see on the outside of your glasses. This allows others to see you “eye to eye.”

Eyesaver 2: Tired of Dirty Lenses?

Dirty eyeglasses are an eyesore. More than 64 percent of eyeglass wearers in a recently conducted survey have noticed or commented on other peoples' dirty lenses. While lenses can get dirty from everyday things such as the environment, cosmetics and adjusting your glasses, you can avoid constant cleanings. Ask your eyecare professional about a new dirt-resistant lens, such as Crizal® Alizé™ from Essilor of America. These new anti-reflec-



tive lenses help resist dirt and smudges and are specially treated to be ten times easier to clean than standard anti-reflective lenses, while offering two-sided scratch resistance that helps extend their life.

Eyesaver 3: Tennis Anyone?

Perhaps you play golf, basketball or even flag football. Whatever your sport of choice, you need eyeglasses that fit your active lifestyle. First off, consider a polycarbonate lens. These lightweight lenses provide more impact resistance—meaning they're more durable and less likely to break. Polycarbonate lenses also are scratch resistant and can offer UV protection from the sun. Besides the lens, you'll also want to invest in a flexible frame. Metal frames often provide the most flexibility, as these types will bend without breaking. And did you know that certain tints are an advantage in certain sports? A light-brown tinted lens can help you better spot the ball and the green when playing golf.

Eyesaver 4: Face and Friendly Facts

Glasses play a big part of how you look and feel—so you'll want to find frames that are a match for your face shape, size and coloring. The frame shape should contrast with your face shape (i.e. if you have a curved face, you should choose angular frames). The frame size should be to scale with your face size and your eyes should be centered in the frame. You might want to bring along a trusted, fashionable friend for some help and that extra vote of approval when you are choosing your frames. An extra set of eyes can definitely help you decide on a fashionable look that's just right for you.

Eyesaver 5: Over 40?

Do you have trouble reading the menu in candle-lit restaurants? Are you finding it more difficult to read telephone numbers or price tags? You are probably becoming “presbyopic”—a natural part of aging caused by the lens inside your eye becoming less flexible. Did you know that you can have one pair of eyeglass lenses that can provide good correction for all of your visual needs—distance, intermediate and up close? They can even do it without the telltale signs of the unsightly bifocal lines that your grandparents wore. These lenses are called “progressive lenses” and they allow a smooth transition from all fields of vision. Varilux® lenses by Essilor of America are the most prescribed progressive lenses in the world today, and they can be made to fit a variety of frame sizes and fashions. Why show your age if you don't have to?