

FAMILY EYE CARE



Children's Vision:

It is critically important to have your child's eyes examined at an early age. To ensure your child doesn't develop amblyopia (or lazy eye) have their 1st exam before age 6. Remember, the early years are most critical for learning and your child deserves to see their best. We recommend eye exams every year for your children.



Teen Years:

Teenagers tend to have larger prescription changes more often than any other age group. While they are growing, prescription changes tend to be more constant. Yearly eye exams are strongly recommended. As personal appearance becomes more important, teenagers tend to look to contact lenses instead of glasses. Don't worry, there is no age you must wait for to wear contacts. Proper wearing schedules, correctly fitted lenses and proper lens care will ensure safe, comfortable lens wear during these challenging years!



Adult Vision:

Past age 20, eye exams every two years should be adequate, since prescription changes tend to slow down. Contact lens wearers should be seen yearly.



Over Age Forty:

Welcome to the bifocal era! Unfortunately, past age 40, our eyes normally lose their ability to see up close naturally. This usually means bifocals or reading glasses at about age 42, as well as the need for more light needed to read! Remember, these are just natural age related changes and are nothing out of the ordinary. Just one more thing to adjust to! Fortunately with the new progressive lineless multifocals the adjustment to bifocals is made easier.



Over Age Sixty:

Adults over age 60 tend to have more health related problems and more eye problems as well. We have to be more concerned about cataracts, glaucoma and retinal disease developing during these years. For complete eye health evaluation, your eyes should be dilated at every eye exam.