



ROBERTS EYECARE

InSight

Bifocal/Multifocal Contact Lenses

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Many of our patients who wear bifocal or multifocal glasses ask us about bifocal contact lenses. Technology has improved to the point where bifocal contact lenses are available for many patients. With bifocal glasses, the distance vision is achieved through the top of the lens while the near vision is seen through the bottom portion of the lens. Bifocal contact lenses are generally made in a design where there are concentric rings of

focus built into the lens. For instance, the distance prescription is placed in the middle of the lens with concentric rings of near power surrounding it. Some lenses are made with the near vision prescription in the middle of the lens and the distance power surrounding it. With this system you would have what's called simultaneous vision where both the distance and near focal points are achieved at the same time while wearing

the lens. Some people are distracted by this simultaneous vision effect, but with time the brain usually learns to adapt and many people have excellent distance and near vision with bifocal contacts. There is a higher success rate with lower reading powers versus higher reading powers when it comes to bifocal contacts. Talk to the Dr's at Roberts Eyecare to see if you are a candidate for trying this type of contact lens.

November Is Diabetes Awareness Month

Recommended Eye Exam Schedule for Diabetics:

- Annually if no diabetic damage
- Every 6 months if mild retinopathy
- Every 3-6 months and consider retinal specialist consult if moderate retinopathy
- Retinal specialist consult if severe retinopathy

Diabetes is a disease that can have a significant impact on vision. When the blood sugar remains out of control, the crystalline lens of the eye can swell which causes fluctuating vision and eyeglass prescription changes. This process may also lead to diabetic cataracts over time. Diabetes is a disease of the small blood vessels of the body. Since the eye is one of the most

vascularized organs of the body, it can be especially susceptible to damage from uncontrolled diabetes. Hemorrhaging from leaky blood vessels can cause damage to the retina which is the lining of the inside of the eyeball. Vision can be impacted if the retina is damaged by the leaky blood vessels. It's possible to even go blind from diabetes if the damage isn't halted and treated. The Doctors at

Roberts Eyecare monitor diabetic patients for eye damage. In most cases a newer technology called the Optomap retinal exam can replace the dilated eye exam. If diabetic eye damage progresses to a point where further evaluation or treatment is needed, a retinal specialist would be consulted. A retinal specialist can perform laser surgery to halt the damage from leaky blood vessels.