

Whether you are buying a pair of reading glasses for yourself or for your parents, there are a number of issues that you should be aware of when using them to avoid damage to your eyesight and your health due to incorrect purchase and use of reading glasses instead. In order to strengthen your knowledge in this area, the following is a list of ways to use reading glasses and precautions to take.

1. There are many elderly people who resist wearing glasses in their hearts when they experience blurred vision, so they put off getting them. If they have blurred vision for a long time, it may also cause dizziness and eye swelling. Therefore, when elderly people have blurred vision, they must go for reading glasses as soon as possible.

2. Where can I find reading glasses? They can be found all over the place, for a few dollars or tens of dollars. Older people should not buy reading glasses at random. Before buying glasses, seniors must have a thorough examination, including distance vision, near vision, eye pressure and fundus examination. Only after you have ruled out cataracts, glaucoma and some fundus diseases can you have an eye test to determine the prescription and then choose the right glasses for your eye condition. Most of the cheap reading glasses available on the street stalls are of questionable quality. If the elderly wear glasses of questionable quality

for a long time, they will naturally cause damage to their eyes and aggravate their eye diseases.

3. The best material for reading glasses lenses is resin, which can effectively filter ultraviolet light, infrared light and glare. For the elderly, their eyes are less regulated and less resistant, and only by filtering out harmful light and protecting their eyes can they prevent age-related cataracts, macular degeneration and other eye diseases. However, resin lenses have the best refractive index and transmittance, as well as the best protection against UV and other glare, compared to other materials.

4. Reading glasses are mainly optical products used to supplement the eyesight of the elderly. In order to meet the psychological age of the wearer, the frames are generally made of plastic TR, most of which are made of resin, which is twice as resistant to corrosion and abrasion as well as impact resistance than ordinary plastic, and the quality is more than 35% lighter and thinner. The rubber cover of the frame can be made of a better textured material, preferably with no allergic reaction to the skin, and also effective in preventing slippage, etc. The nose rest can be made of silicone, combined with the one-piece artificial ergonomic principle design, in order to fit the bridge of the nose perfectly and give you a comfortable and pressure-free wearing experience.

5. If you wear the same pair of reading glasses for a long time, scratches and aging of the lenses will cause a decrease in the amount of light passing through the lenses, affecting the quality of imaging and accelerating the aging of the eyes. In addition, patients need to have their vision reviewed regularly, have their frames adjusted, have their lenses replaced at the right time, and have their lenses re-opened and refitted every 3-5 years, otherwise wearing unsuitable glasses will only backfire and even delay the manifestation of some eye diseases, such as cataracts and diabetes in the eyes.

6. Be sure to wear them for different occasions. Reading glasses are only suitable for looking at close objects and should not continue to be worn when looking at distant or normal things in general. Wearing reading glasses for long periods of time without differentiation can cause problems such as dizziness, blurred vision and reduced eye regulation.

7. Do not use magnifying glasses instead of reading glasses. Some elderly people read books and newspapers, like to hold a magnifying glass in their hands instead of reading glasses, so although they can see clearly, but in fact is "indulging" their eyes. The magnifying glass, if converted into reading glasses, is equivalent to 1000-2000 degrees, long-term use of magnifying glasses, will make the vision condition

worse and worse, it is difficult to get used to the appropriate reading glasses.