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Which one is better?

Contact lenses and glasses have the same effect but are treated very differently. Which is better for you?

Contact lenses are the alternative to glasses and have their advantages but they are not for everyone. Just like everything in life it is fun to explore your options. In fact contact lenses have become more popular since they offer certain benefits that glasses just don't. Contacts are just as easy to buy and replace and can change the lives of their users the same way eyeglasses can.

Benefits of Contact Lenses

One benefit of contact lenses is the obvious fact that you simply can't see them. They allow the user anonymity with their eye issue that can help with confidence and convenience. Contact lenses are basically weightless, travel safe and when not being used can easily be stored in a small travel case. For people musicians, athletes, travelers, dancers and others with active lifestyles, contacts are the perfect solution to help with nearsightedness. Another benefit is that they do not obstruct your view. Since there is no frame, peripheral vision is much better. There is no glare or reflection from the sun or other light sources. This especially comes in handy while driving.

Downfall of Contact Lenses

Contact Lenses constantly need to be replaced. Most contact lenses need to be taken out every night before you go to bed. Without the proper cleaning and storage your eyes can become severely infected. Contacts move in your eye. Sometimes, under just the right conditions a contact will move to the back of your eyeball. This is severely uncomfortable and very difficult to remedy. If you're at work and this happens, you can spend hours trying to get it back out. Not only are you buying contacts but you also need to buy cleaning products, replacements, travel cases and eye drops. Fact of the matter is, most people with contact lenses also have glasses. They are useful as a backup or right before you go to bed.

Benefits of Eyeglasses

Eyeglasses these days are sturdy. Some of them are made from titanium and other material that can withstand high impact and pressure situations. Glasses are amazing for expressing one's inner style in an outward manner. There are plenty of people who wear non-prescription glasses just to make it seem like they are wearing glasses. They make you stand out and now come in thousands of distinctive styles. Compared to contacts, you can just grab your glasses and go. You never have to worry about sterilization. They are easy to clean, pose no risk of infection and do not cause redness or irritation. They are most effective at treating astigmatism as well. Innovations such as the transitions lens allow glasses to never have to be taken off unless you go to sleep. Your daytime glasses can be your sunglasses and reading glasses all at once.

Downfall of Eyeglasses

The biggest downfall to wearing glasses is that they are obstructive to your peripheral vision. Most people wearing glasses have to turn their head side to side and up and down more than those wearing contact lenses. This allows for slower reaction time when driving and in other fast moving

situations. Glasses unfortunately get foggy in the rain. This is extremely inconvenient when transferring between your car, home and outside. If you don't choose correctly glasses can really clash with an outfit. Often people think that choosing a pair of glasses that stand out is a good idea but when they try on a dress or shirt that doesn't match it can become very inconvenient. Glasses get scratched. This just happens. No matter how well we take care of them, glasses will get dusty and eventually scratched up. This looks awful and is very annoying.

Wrapping it Up

Glasses look great on everyone. There is no shortage of styles and frames that can make you look unique and distinctive. Contacts also come in many different styles and colors. For those living alternative lifestyles or hate their eye color, designs and colors are widely available. There is much to choose from.

In the end, it is better to have both. These days, optometrists offer a two in one store where you can get both contacts and glasses. Having contacts for certain situations where you need to move around much is a good idea. Wearing glasses daily is also great. So don't limit yourself and if you can afford it get them both. There are millions of people these days that need corrective vision tools and having as many as possible are a great idea for flexibility.

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