Article Side
Get to Know About Presbyopia by Fay Pratt

Article published on June 6th 2012 | Health

Presbyopia is a condition in which a person struggles to see things that are near him and one symptom of presbyopia is blurred vision. People with presbyopia often have to read books or other items from a distance. A main cause of presbyopia is the aging process, and as people get older they lose the flexibility in their eyes. Common methods of treating presbyopia are contact lenses and eyeglasses, but some presbyopia sufferers mentioned that laser surgery worked the best in treating this condition. You should discuss the surgery with your eye doctor to see if you're a good candidate for it.

Aside from the laser surgery, there are two other surgeries which help those who have presbyopia. The NearVision CK surgery uses low-level radiofrequency energy to change how the cornea is shaped in order for you to get better vision and so you can see things near you. This surgery doesn't require cutting in the eye, but unfortunately the results are not permanent. Refractive lens surgery is when the surgeon replaces a patient's original lens with artificial lens, and patients who get this surgery usually have better vision.

Here are some ways to detect possible signs of presbyopia. If you experience headaches while reading or trying to see signs on the road, then you're probably experiencing eyestrain that is a symptom of presbyopia. If you have to look at objects from a distance, then you may have presbyopia. Meet with your eye doctor if these symptoms get worse over time so you can get treatment.

Eye exercises are also beneficial in preventing presbyopia. If you're not sure which eye exercises to use, you can read some books and articles on eye exercises to determine which ones are right for you. Your eye doctor can also give you eye exercises to do for relief.

In conclusion, presbyopia is a part of the aging process rather than poorly managing your eye health or genetics. As a result it will be important to maintain good eye health while you're young in order to reduce the effects of aging on your eyes. Get eye exams regularly and take vitamins so your eyes will be strong. For example, carrots are rich in vitamin A, which is good for your vision. Give your eyes a break occasionally if you work on the computer and get adequate sleep so your eyes can rest. Take good care of your eyes, we all know how important they are.

Article Source:
http://www.articleside.com/health-articles/get-to-know-about-presbyopia.htm - Article Side

Fay Pratt - About Author:
The writer of the artile has been working with aging people for years and is occasionally writing about aging difficulties such as a presbyopia, and possible ways to deal with them.

Article Keywords:
presbyopia, eyes

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!