

<http://www.optom.on.ca//secondary.cfm?page=110>



Ontario Association of Optometrists
Excellence in Advocacy, Community and Education

Eye Glasses

Should you buy eyeglasses online? OAO's Dr. John Mastronardi explains why not.

Today, it seems as though you can buy almost anything online as the internet continues to expand and bring a new level of convenience to the shopping experience.

So it's no surprise that you can now find prescription eyeglasses for sale online and if you have thought about purchasing your next pair online, there are a few things you need to know.

Your prescription given to you by your optometrist is only one piece of information that will determine how well you see with your new eyewear. During the normal process of selecting and getting properly fit for your new eyeglasses, your eye care professional is determining a number of things to make sure your new purchase is custom made to give you clear and comfortable vision while making sure you look great. Some of those things include:

1. Accurately measuring the distance between your pupils so that your new lenses will be properly located in the new frames
2. Selecting the right size of frame for you
3. Selecting the right shape of frame for you
4. Determining what curvature of lens to use
5. Determining what type of lens material to use
6. Determining what coatings to use on your lenses that best suit your needs
7. Determining the height to place the optical center of the lens in your frames
8. Measuring how high to place the bifocal (if you wear a multifocal lens)
9. Properly adjusting the frame to your face

If all of the above are not chosen specifically for you, it's not uncommon to have problems that may be immediate or come on after using your new eyeglasses for an extended period of time. Common complaints for improperly ordered or fit eyewear can include headaches, fatigue, an "eye pulling" sensation, nausea, and pain or pressure marks on your nose or around your ears. Eyeglasses are the traditional method of correcting vision problems. They can correct almost all common vision conditions. They are available in a wide array of fashionable styles to suit many lifestyles.

Regular Plastic and High Index Plastic Lenses

- Lightweight and impact resistant
- Can be tinted for sunglasses or cosmetic tints
- Scratch-resistant coatings make the lenses more durable

- Available in photochromic tint

Glass Lenses

- More durable and scratch resistant compared to plastic
- Lens material is twice as heavy as plastic
- Can be made impact resistant but not as safe as plastic
- Should not be used in children's eyeglasses
- Available in photochromic tint

Bifocal Lenses

- Available in traditional bifocal or invisible/progressive lenses
- Traditional bifocal offers a wide reading area without distortion
- Newer progressive lenses offer a gradual change or progression of power from distance to near vision
- Available in all lens materials

Specialty Lenses

- Newer lens designs for computer use are available
- Vocational or multi-focal lenses for working overhead
- Polycarbonate safety lenses are recommended for safety eyeglasses
- Several tints, coatings, and ultraviolet absorbing lens materials are available

Talk to your optometrist and allow them to help you make the right choices for you.

Dr. John Mastronardi is OAO Vice President and an active advocate for patient care. He is a partner in his practice - the Windsor Eyecare Centre, in Windsor.

© 2010 Ontario Association of Optometrists