

Controlling Glare

Have clearer and more comfortable vision with appropriate frame and lens choices.

While sensitivity to light and glare increase with normal aging, glare sensitivity often becomes a severe problem for many low vision patients. Retinal disease and opacities in the cornea, lens and vitreous create intraocular light scatter that can cause discomfort and significantly reduce vision. The eyes become oversensitive to what the normal eye sees only as moderate glare. The shorter wavelength, high-energy part of the visible spectrum dominates daylight and is a major contributor to glare. Visual function is impaired by glare and patients complain of intense light sensitivity, hazy vision and loss of contrast. To effectively improve a person's vision, the problems associated with glare need to be addressed. Because there are several lens options available, your eye doctor can help you decide on the appropriate lens choice for your eyes.

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Anti-Reflection Coatings

Anti-reflection coatings are clear coatings that are added to glasses to reduce reflection off the front and back surface of the eyeglass lens itself. This coating helps reduce ghost images and lessens glare and reflection from fluorescent lighting, computer screens and headlights at night.



Lens Tints

The proper choice of lens tint can also increase comfort and visual acuity. Patients should not pick eyeglass tints based solely on the cosmetic appearance of the color. The tint should give relief from glare and also improve visual acuity. While gray lenses preserve normal color vision by evenly absorbing all colors in the visible spectrum, they may decrease a person's contrast sense and make curbs and steps difficult to see.



Amber and yellow lenses increase contrast by filtering out the blue end of the visible spectrum of light. However, amber

lenses can also distort color perception which may pose a hazard when identifying traffic lights while driving. When deciding which tint is best for your vision, take several tint samples outdoors and look at objects that are in the sunlight and also objects that are in the shade. A tint that

gives comfort and good vision in the sunlight but also makes curbs in shadow invisible may pose a hazard.

Polaroid Lenses

While tinted lenses reduce the overall amount of light coming into the eye, they have no effect on reducing reflected light. Light that is reflected off of light colored sidewalks, cars, snow and water can be particularly bothersome. Polaroid filters are very helpful in reducing this type of glare.



Scene Through a Polaroid Lens

They are available in many lens styles and can be tinted to the color of your choice to further reduce glare sensitivity.

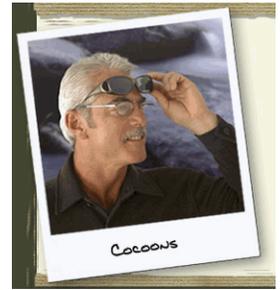
Frame Style

Frame style is also an important factor in glare control. Wrap style frames that fit close to the brow and have side shields prevent light from coming in to the eyes from around the frame. Often a person can decrease the density of the tint needed for comfort by choosing this type of frame. The darker the tint, the more contrast sense can be lost. Wrap style frames can be worn over existing glasses or can be custom made with your eyeglass prescription and choice of lens style and coating.



Cazal Frame # 954 offers great style and side shields. It can be made with your prescription and lens choice.

Fitover's sunglasses are designed to be worn over prescription eyewear. They are available with either amber or gray Polaroid lenses.



Revolution Eyewear

Every frame includes a magnetic clip-on Polaroid sun filter.



It is not unusual for a person who is glare sensitive to need more than one pair of tinted glasses. Typically, a person may need a clear lens with anti-reflection coating for indoors and for outdoors at night, a yellow filter can be added to further reduce glare indoors and can also be used outdoors on a hazy day. Lastly a darker tint mounted in a wrap-style frame is often needed to control glare outdoors on a sunny day. Having all of these choices need not be expensive. Many filter options can be clipped to or worn over existing glasses.

Miscellaneous News:

- ◆ ViewFinder now offers **no-interest-3-month financing** on low vision glasses, products and services costing over \$750.00 and can arrange extended payment plans fixed at 9.9% for up to 5 years.
- ◆ This year's Vision Rehabilitation & Technology Expo 2005 will be held on Friday November 17, 2006 at the Glendale Civic Plaza. Go to VRATE.org for more information.

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