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MISCONCEPTION ABOUT EYEGLASSES

Can wearing eyeglasses weaken your eyes? The most common misconception about wearing eyeglasses is "if worn too much, they can make your eyes lazy or weak." This is far from accurate. The goal of a perfectly prescribed vision correction is two-fold. The first is obvious, to provide clear eyesight. The second is equally important but less obvious, to provide effortless visual ability.

Many eyes see clearly without vision correction but they may achieve this clarity by exerting unnecessary effort. For example, many automobiles reach high speeds with ease while others reach the same speed by exerting "pedal to the floor" effort. If your eyes routinely exert unnecessary focusing effort to see, you may experience unnecessary fatigue, symptoms of discomfort and loss of visual achievement.

Feel confident that wearing a properly prescribed lens correction will not in any way hasten the natural and expected changes your eyes will undergo throughout your lifetime. Don't forget, before a person needs eyeglasses, they were not wearing eyeglasses. What came first, the chicken or the egg?

I hope you have found this report interesting and informative. This personalized report has been motivated by my goal to provide excellence in eye care. I look forward to seeing you for your future eye care needs.

Respectfully,

Jane Wright, O.D.