

THE FUTURE OF BEAUTY AND ANTI-AGING

NEW YOU

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The EYES of Youth

How will you
reclaim yours?

TROPICAL BEAUTY TIPS

Q & A with

"Miami Housewife"
Adriana de Moura

Age Defying

The latest
youth-enhancing
products

Hormones For Women
Regain your youthful balance

The Eyes In Focus

One day you uncomfortably realize that you can't read the menu at your favorite restaurant. Price tags are difficult to decipher. You stretch your arm out farther and farther to read magazines.

What's going on?

"The lens starts to harden usually around age 40," says Joseph A. Eviatar, MD, assistant clinical professor of Ophthalmology at New York Medical College. "That hardening causes us to need reading glasses because the lens cannot focus."

The condition is called "presbyopia," and sooner or later, it happens to everyone. You can pick up reading glasses at the drugstore, or head to the ophthalmologist for prescription spectacles. Not ready for granny glasses? You have options:

Contacts. *"We use contacts to correct the dominant eye for distance, and nondominant eye for reading," Dr. Eviatar says. This means you learn to use one eye for close-up vision, while using the other to focus on distant objects. Bifocal contacts are another popular option.*

LASIK. *"You can also achieve mono-vision correction with LASIK or mono-focal surgery," Dr. Eviatar says. "This is useful for patients who are just starting to need reading glasses, where the difference between the eye prescriptions is not that bad."*

Lens implants. *This surgical procedure is growing in popularity for both distance and near vision. "There may be side effects like glare, but the technology has improved dramatically in the last two years," Dr. Eviatar says. "Most patients who undergo the surgery are thrilled."*

**Not ready for granny glasses?
Contacts, LASIK or lens
implants may be the answer.**