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From Dr. Fine, Hoffman, & Sims

## **SELECTING EYEGLASSES AND FRAMES FOR YOUR NEARSIGHTEDNESS CORRECTION**

If you are nearsighted, corrective eyeglasses can give you sharper vision. Grinding the optical power into the glass for a nearsighted correction results in concave lenses, which are thicker at the edges than in the center. When you select the frames for holding these lenses, you should be aware that the frames you like most may not be the best choice for you to wear.

### **Why Does Lens Size Make a Difference?**

Because the eyeglass frame determines the size of your lenses, you need to know some facts before selecting a frame.

With concave lenses, larger lenses mean thicker edges. The more nearsighted you are, the thicker the edges will be. The result is added weight, distortion of vision when you look through the edges, and visible rings around the edges. If you are considering designer frames that hold large lenses, and you have a large correction, the optical fitter will have more difficulty positioning the centers of the lenses accurately in front of each eye. The glasses may give you strange visual sensations when you first put them on, especially if your last lenses were much smaller. Objects may look wavy, curved, distorted or crooked, or the floor may seem to be coming up at you. Fortunately, most of the time these sensations disappear after a few days.

### **Is There a Solution?**

Yes. Talk to your optical dispenser about ways to minimize problems. Weight can be lessened, and the look of "thick glasses" improved by having your lenses specially made of denser (high index) glass, which can be ground thinner. Plastic polycarbonate lenses, another option, are lighter in weight and safer, too. The rings seen around the edge can be minimized by having the sides of the lenses coated to match the frames and by having an anti-reflection coating put on the lenses.

If you select frames that hold smaller lenses, the only drawback is that the frames will be more apparent in your field of vision.