

**- Vision**

## Take care of your precious eyesight

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Your eyesight is precious and there are no second chances. Regardless of your age, get your eyes examined at least every two years because the health of your eyes can change quickly.



Your optometrist can provide a full eye examination to detect any vision problems or eye diseases at an early stage, long before you'd notice symptoms.

See a specially trained ophthalmologist if you have a serious eye problem. Using modern technology to look at your eyes from the inside out, they will be able to spot any signs of cataracts, macular degeneration or corneal ulcers, as well as high blood pressure, diabetes and other diseases.

A glaucoma test uses a small puff of air to measure the pressure inside your eyes. Glaucoma is known as a 'silent disease' because it doesn't become apparent until the disease is well advanced, leading to blindness.

Your optometrist may prescribe custom-made glasses or contact lenses for a vision problem, medication for an eye condition, or eye drops for dry or inflamed eyes.

Most people notice their eyesight starting to deteriorate after the age of 40. The pupils no longer dilate as easily in the dark; and the cornea and lens become less clear, scattering light across the retina and increasing glare, so you may find it harder to drive at night.

You may notice that you sit closer to the TV than before, hold books or newspapers out at arm's length, or avoid activities like using a computer because it hurts your eyes.

Most people start with a pair of reading glasses rather than bifocals or progressives. For an active lifestyle, contact lenses may be a better option.

You can also get UV-blocking glasses to wear outdoors, polarised lenses to cut glare from reflections, and computer glasses.

More than just a practical piece to improve your vision, your glasses should be an extension of your style and personality. When choosing frames, consider which styles best suit your face shape, skin colouring (cool is blue or pinkbased; warm is yellow-based), lifestyle and personality. The frames should accentuate your best feature (such as your blue eyes), be in scale with your face size, and the shape should help balance out or soften your features. For example, if you have a round face, choose angular frames. For a long face, try frames with decorative or

contrasting temples to add width. For triangular faces, look for frames with bright colour and detailing at the top.

Now decide whether you want a classic, retro or modern look. In 2022, the world's your oyster when it comes to the frames available, but if there are just too many choices, ask your optician for advice. Here are some of the latest trends, according to [specsavers.co.nz](https://www.specsavers.co.nz) and [womanandhome.com](https://www.womanandhome.com)

**Classic cat eyes:** A retro classic, this timeless shape will suit virtually all faces.

**Thick & dark:** Forget bookish nerds, these are super popular among celebrity wearers.

**Wire:** These delicate glasses, particularly in lighter colours, create the illusion of a "naked" face. Some include embellishments such as pearls.

**Clear & pastel acetate:** "Invisible" frames are "right now", offering a fresh, calming effect.

**Vintage style aviators:** Go oversized for a statement, retro, boho look and, bonus, wide fields of view.

**Round:** Quirky and cool, round and circular frames balance a squarer faces.

**Colourful:** Glasses in a rainbow assortment of colours and styles invite you to be bold.

**Oversized:** Borrowing from some of the best sunglasses trends, bigger is better. Go wire, thick or colourful for impact.

**Tortoiseshell:** Universally flattering, this comes in all shapes and sizes, so go for it.

**Wooden:** Influenced by the ethical fashion movement, wooden frames are staking a claim, with walnut to black to tortoiseshell-like colours.