

Lifestyle/Occupation Lens Information

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Eyestrain

Mild to moderate eye strain and eye-fatigue: Two things could possibly be addressed to help with symptoms. A blue-blocking lens product, and/or a slight bifocal region to help facilitate accommodation for near work. (Make sure to take an optical center height (OC ht.) on the following designs, additionally, age ranges are suggestions)

1. Digital single vision
 - Ages 0-17: Use a digital single vision to give broader areas of clear vision by addressing off-axis astigmatism with a blue-blocking material.
2. Endless Anti-Fatigue lenses: (16mm minimum fitting height)
 - Ages 18-34: Endless Anti-Fatigue 0.50 add power w/blue-blocking material.
 - Ages 35-44: Endless Anti-Fatigue 0.75 add power w/blue-blocking material.
 - Ages 45+: Either the Endless Anti-Fatigue 1.00 add power or a digital progressive with their full bifocal refracted power.

Headaches/Migraines: If the patient typically wears polycarbonate consider a higher abbe value material such as Trivex or 1.70 index if the frame allows it.

1. Mild Headaches and infrequent Migraines: Higher abbe value lens with blue-blocking material.
2. Severe Migraines: FL-41 tint @~50% transmittance has shown benefits to patients that are extremely light sensitive and get frequent migraines. (Rose/Brown color)

Computer or office work: Tasks are done in the intermediate and near region primarily. Intermediate being 20" to 48" or 50cm to 120cm and near being 18" or less (45cm). Progressives have a narrow region for intermediate power, so a dedicated office lens is a great option for patients that spend a lot of time on computers. (Be sure the patient knows these are not to be used for driving)

1. Flat-top bifocal wearer: Refract patients' intermediate power or optician take half the patients full bifocal power and add to sphere power, round to nearest 0.25 diopter and order the remaining add power as their bifocal in a FT-28 or FT-35.
2. IOT Reader 2m (6.5ft) will cover most work environments and computer distances. Order the patients full distance prescription and measure like a regular progressive, and our computer software will transpose Rx into the selected intermediate distance.
 - a. Add blue-blocking material if they also experience eye-fatigue.

Lifestyle/Occupation

Motorcycle & Bicycle w/add: IOT Endless Steady Balance if an all-day pair, or Endless Steady Distance for a specific riding pair (Wrap frames recommended with the wrap angle entered upon ordering)

Instrument Players (Piano/Violin/Organ etc): IOT Reader 2m (6.5ft) if playing by oneself, or the 4m version if playing with orchestra or church.

Encore Vision

WHOLESALE EYEWEAR & OPTICAL LAB

Driving Lenses:

1. **Night driving:** Either clear lenses or light-Yellow tint so that the maximum amount of light reaches the patients retina. Yellow can help some patients with contrast, but too dark of a yellow tint will reduce the overall amount of light reaching the retina. Also, add an anti-reflective coat to reduce glare and increase light transmittance. (Doctors can consider a more minus Rx to address nighttime myopia)
2. **Daytime driving:** Digital Single Vision or IOT Universal Distance. Photochromic lenses do not darken much behind the windshield, you may wish to recommend a Transitions Drivewear lens, or a polarized gray or brown.

Mechanics, Electricians, & Pilots w/add: Double-D bifocal so they can see intermediate or near at the top of their frame. Specify when ordering if the top bifocal should be full add power or intermediate. Also, ask patient about workplace requirements regarding safety rated frames. (Note: Electricians may be required to have non-conductive frames)

Sports: Patients with an add power will struggle if the bifocal is distracting them or obscuring the ball.

1. Consider a lower Segment (Seg) height on a flat-top bifocal for most sports. This will move it away from the area of the lens they use for putting and driving. (Make sure to measure the OC height from the top of the FT bifocal as lowering the seg will increase the OC height from the normal 5mm above segment)
 - a. Golfers sometimes prefer a bifocal at the top of their lens. (Contact the lab for details)
2. Progressive wearers you want to consider the IOT Endless Steady Distance lens, or a low fitting height on a balance design.

Shooting:

1. Patients that need a bifocal and participate in **Trap, Skeet, and Sporting Clays** should only be given Flat-top bifocals. Progressive lenses can throw shots off as it distorts the aiming of the gun.
 - a. Additionally, the segment should be lowered out of peripheral vision as it is only used for scorecards. (Make sure to measure the OC height from the bifocal as lowering the seg will increase the OC ht. from the normal 5mm over segment)
2. Ideally, **rifle with optics** should be in a single vision lens or Flat-top bifocal, but progressives can also be used so long as the patient can look straight through the middle of the eyeglass lens.
3. **Pistol shooters:**
 - a. "Red dot sight" users can use their normal single vision, bifocal, or progressive lens.
 - b. Pistol shooters that use "iron sights" may need to have a top or bottom bifocal with their intermediate power to quickly switch between target and sights, or a progressive style lens that the patient could use the intermediate power for sighting. IOT Endless Steady Intermediate or Balance is a good fit for progressive wearers.
 - i. This may not work for patients that turn their head to line up shots as they may look through the peripheral blur region of progressive lenses. (Contact lab for details)