

## 10 things Everyone Should Know About Eyes

### Your Glasses Prescription

1. The first line tells us if you are nearsighted or farsighted.

A Minus sign means you are nearsighted E.G: -3.50

A Plus sign means you are farsighted E.G: +2.25

2. The next number listed is the amount of Astigmatism you have

We measure this in 0.25 increments, so -0.50 or -2.75

3. The third number is where we should align the astigmatism.

This is where you will see your best and we call it an Axis

The Axis is a number between 0 and 180 degrees

4. If an "Add" is listed your lens has power to help you with near tasks Most of the time there is no line (progressive)

If it has a line it is a bifocal or trifocal

The power listed is usually between +0.75 and +3.00

5. The big "D" stands for diopters

It is the fancy way we eye doctors measure power

6. If you need relief from double vision you might have added prism

The power of the prism is listed with a small triangle for prism diopters

7. Prism also has a direction associated

If it is Base In, then the image moves out

If it is Base Up, then the image moves down Confusing huh?!

8. Prescriptions can be written in minus or plus astigmatism form

To convert from plus cylinder to minus cylinder there are 3 steps

E.G: +2.00 +0.50 X 180 (plus cylinder)

Step 1: Add the first two numbers together  $+2.00 + 0.50 = +2.50$

Step 2: Keep the astigmatism power the same but change the sign + à -

Step 3: Move the axis 90 degrees 180 becomes 90 degrees

New and equivalent Rx = +2.50 -0.50 X 090 (minus cylinder)

9. Only an optometrist or ophthalmologist can authorize a glasses Rx

10 Glasses prescriptions are generally authorized for 2 years

In some cases, your eye doctor may go with a shorter or longer expiration