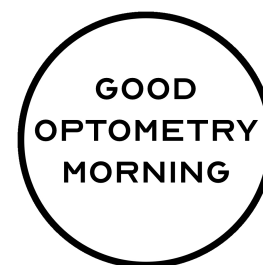


Reading Glasses Summary



4 Ways To Determine the Reading Glasses Power

1. If you have lost all of your auto-focus ability (accommodation) you could base your reading power on your working distance. People typically lose almost all their accommodation by the age of 60. You could also use this method if you have had cataract surgery and do not have a multifocal lens implant.

P = Diopter power of lens
f = distance in meters

Formula: $D = 1/f$

Example:
Your book is 40 cm (0.4m) away from your eyes

$P = 1/0.4 = 2.5 \Rightarrow$ Choose a +2.50 lens

2. Use age approximated reading (Add) powers to choose your over-the-counter reading glasses strength. The following chart summarizes the approximate add power needed at a particular age. This add power will vary from person to person as people can lose their accommodation (ability to auto-focus) at different rates.

	Add power (Diopter)	Amplitude of accommodation (Diopter)
	Mean±SD	Mean±SD
35-40	0.29±0.41	7.45±2.73
41-45	1.03±0.39	4.43±1.19
46-50	1.52±0.23	3.15±0.55
51-55	1.99±0.24	2.33±0.51
56-60	2.24±0.25	1.72±0.61
61-65	2.54±0.12	1.22±0.31
66-70	2.57±0.11	1.18±0.23
Male	1.57±0.82	3.52±2.6
Female	1.56±0.83	3.43±2.42
Total	1.57±0.82	3.48±2.5

3. Trial and Error. Try different strengths of reading glasses while looking at your phone or reading material and choose the one that seems the best to you for that distance.
4. Print out Page 2 of this document and use it to determine the reading power of your reading glasses.

Reading Glasses Strength Test

To determine the proper strength for your reading glasses, follow the steps below.

- 1** Print this file at Actual Size using 100% scale.
To ensure that the ruler on this page is printed at the correct scale ONLY Adobe Acrobat or Adobe Reader via IE, Firefox, or Safari should be used. Other browsers including **Google Chrome** may use a default PDF viewer which will not print to the correct scale; users with these browsers should first save this file to their computer and open it directly for accurate results.
- 2** Hold the page approximately 30-35cm (12-14 inches) away from your face.
- 3** Start reading the chart below from top to bottom. If you can't read the top line, move to the next line down.
- 4** Keep repeating this process until you can **clearly** read a full line.
- 5** When you can clearly read a line, stop and look to the strength listed for that line. The strength listed is the proper strength you'll need for your reading glasses

Strength

+1.00

If you can read this, 1.00 is the proper strength for you.

+1.25

If you can read this, 1.25 is the proper strength for you.

+1.50

If you can read this, 1.50 is the proper strength for you.

+1.75

If you can read this, 1.75 is the proper strength for you.

+2.00

If you can read this, 2.00 is the proper strength for you.

+2.25

If you can read this, 2.25 is the proper strength for you.

+2.50

If you can read this, 2.50 is the proper strength for you.

+2.75

If you can read this, 2.75 is the proper strength for you.

+3.25

If you can read this, 3.25 is the proper strength for you.