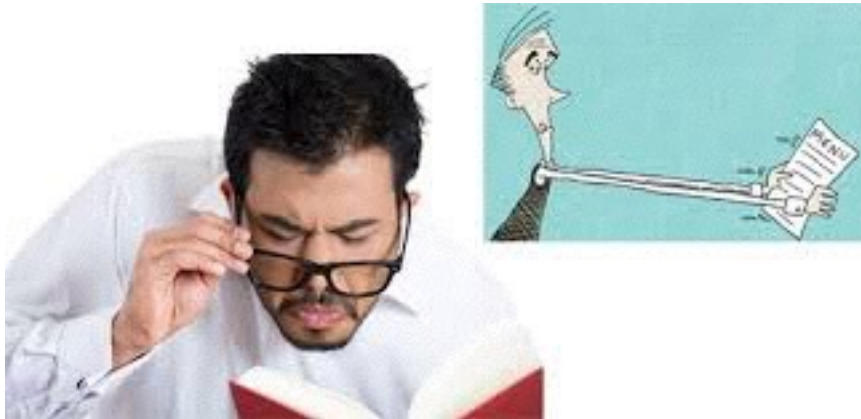


“PRESBYOPIA CAN BE DELAYED!!!!”



We are born with our two eyes placed divergent in the two orbits. In order to see a single image in space, we need to converge both eyeballs to see a single image of an object; the nearer it gets, the more we need to converge!!! With increasing age, the convergence muscles of the eyes get weaker while the muscles diverging our eyes become stronger and more active! This starts happening from 14-16 years onwards and that is the age when myopia sets in. If the teenager starts wearing myopic correction (***minus glasses***), it not only improves vision, but prevents further progression of Myopia, and at the same time, helps convergence of both eyes!! This delays PRESBYOPIA!!!

No one needs ***plus glasses*** after the age of 10-12 years. Plus glasses relax muscles that produce convergence(the medial rectii) . If young adults continue to wear plus glasses after this age, the medial rectii continue to relax more.

With age, they are already getting weaker, while lateral rectii becoming stronger and eyes start diverging (deviating) outwards. Such a person develops aesthenopic symptoms of tired, heavy eyes, misty vision, headaches. This is because of constantly straining one eye to see clearly while the other eye is defocussed.

So you need to talk to your Ophthalmologists regarding this!

After the age of 35-40 years, medial rectii muscles become very weak, and eyes diverge, as a part of normal ageing process. For reading or any type of close work, a person's eyes need to converge so he/she can comfortably read. But if the eyes become divergent, then that person is using one eye at a time while the other is deviated outwards. With time, the aesthenopic symptoms get worsened, particularly if the doctor or optician prescribes plus glasses for reading or close work, and one eye deviates more outwards!!!!

You can help yourself by avoiding plus glasses altogether and start doing pencil push-ups. This is the best exercise to strengthen your medial rectii muscles and control diverging eyes.

As the convergence improves, the accommodation process also improves by *CONVERGENCE-ACCOMODATION SYNKINESIS IN THE BRAIN. THIS DELAYS THE PRESBYOPIA !!!*

The video demonstrating correct pencil pushups is posted. These exercises should be done 20 x morning and evening for at least 2 months to control your symptoms.

By this technique, you can delay Presbyopia in yourself and your friends, patients till the age of 50 years or a lot more if you are slightly myopic!!