

Arms getting shorter? You may be a presbyope!

Do you seem to have difficulty focusing on objects up close these days? Are you are holding your reading material farther and farther away? If so, you are probably one of the millions of Americans with presbyopia.

Presbyopia is not a disease but a normal part of the aging process. As we age, the clear lens of the eye gradually loses the flexibility required to focus on near objects. This loss takes place over the years, generally becoming noticeable by your mid- to late 40's. Presbyopia can cause eye fatigue and headaches when doing close work and can complicate other vision conditions such as astigmatism.

There is help! Reading glasses may provide a solution, or we may suggest an option such as bifocal or multifocal lenses. The American Optometric Association recommends annual comprehensive eye exams. An annual eye exam will ensure that your vision remains optimal as presbyopia develops and progresses.

Did you hear? Dr. de Simone wins Palo Verde Award

In November we learned that Dr. de Simone was chosen by the Ahwatukee Foothills Chamber of Commerce as the



EYE PRIORITY, P.C.
A Vision Development Center
480-893-2300



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Holiday Shopping?

Gift ideas for all ages

Playtime is an opportunity to develop and practice visual skills. These skills help children read and learn efficiently and they also keep adult brains sharp.

Kids of all ages enjoy mazes, crossword puzzles, Sudoku and other brain teasers. Enhance visual memory and visualization skills with puzzles, blocks, building sets, dominos, board games and books.

Remember...time spent playing with your child is a gift in itself.

HAPPY HOLIDAYS!

winner of this annual award for outstanding community service, business success and mentorship. We thank the Chamber for this honor and for all the support they provide to us and other local businesses.



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