

# RECOGNIZING AGE-RELATED BLURRY NEAR VISION (PRESBYOPIA)\*

## What is presbyopia?

A common condition in which the lenses of your eyes lose their flexibility, making it difficult to focus and see up close as you get older. Most people first notice presbyopia in their 40s.

### Do you have trouble with any of these tasks?

- Seeing a smartphone or smartwatch
- Seeing a laptop screen
- Reading a book or restaurant menu
- Looking at the interactive screen on gym equipment
- Reading a clothing, grocery, or nutritional label
- Signing a form or receipt
- Applying makeup
- Other \_\_\_\_\_

### Are you using any of these measures to help?

- Reading glasses
- Increased font size or lighting on screens
- Holding materials further out
- Squinting

**If you checked any of these boxes, you may have presbyopia.  
Talk to your eye doctor about presbyopia and management options.\***