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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Contact Lenses 101

By Briana Liebmann

Contact lenses are a great alternative to glasses. Many people who live an active lifestyle have enjoyed the ease and convenience of contacts now for many years. Today, there is an extensive choice to best fit your need.

Contacts now have so many options; it may seem a bit overwhelming to find the right pair for you. In truth, there are a few things you should know when shopping for contacts. But when done right, you will find much better prices and varieties than your optometrist could provide.

After a visit to your eye doctor, you can ask for a prescription of your eyes. This little sheet of paper will tell you everything you want to know about the shape, size, and power of your eyes. First, you will need to decipher the abbreviations on your prescription

PWR: this is the strength in diopters your new lenses must have in order to sharpen your sight to an acceptable level.

BC: Known as back curvature, this number indicates the shape of your cornea and helps with overall fit and comfort.

DIA: The distance in milliliters across your contact lenses

CYL: For those of you with astigmatism, this measures how advanced it is.

AXIS: Also for astigmatism patients, this helps the contacts correct the oval shape of your cornea.

ADD: For bifocal users, this will show the additional strength in the section of your contacts used for reading or close viewing.

COLOR: If you have chosen contacts that will enhance or change your eye color, your desired color will be shown here.

BRAND: If your doctor has prescribed a certain brand for you, in most cases, retailers are required to

sell you only that brand.

Now that you know what your prescription means, you can now shop for the best contacts for you, there are some things to note though. After talking to your doctor, you should be aware if you need soft or gas permeable contacts.

Soft contacts are quite common and take less time for your eyes to adjust to. Because they contain anywhere from 25% to 79% water, they are more comfortable but less durable. Some also allow you to sleep in them. Soft contacts are generally replaced more often than gas permeable lenses. The life expectancy of soft contacts vary from once a day to once every few months. This factor depends on upkeep and how sensitive your eyes are.

Gas permeable lenses are made from a rigid silicone which is considerably more durable and longer lasting. In the long run, gas permeables are slightly more expensive up front but less expensive over time since one pair will last a couple of years compared to soft contacts lasting an average of around a month.

A new craze today is color changing or enhancing contacts. Some people add this feature to their already existing prescription and some even buy them simply for decoration. Color can come in a variety of intensities.

Tinted contacts have a visible tint meant to enhance the natural color of your eyes. this type looks best on light colored eyes.

Color tints have an opaque solid color pattern around the center of the lens which can dramatically change eye color. The color pattern is based off of natural color occurrences in the iris. The center is clear so you can see. These lenses come in colors such as blue, hazel, green, and even violet.

Costume tints have been used in movies for special eye effects and are now available to the general public. Options include white-out, spiral, cheetah, and alien. These are obviously not for everyone.

With this information, shopping for the best contacts can be a fun and rewarding experience. You are almost guaranteed a better price and more ease than conventional ordering from your optometrist. The best way to find the best prices is to browse around and compare prices. Be careful of scammers and stay with reliable companies.

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variety of topics.

Contact Lenses: See The World Through Different Lenses

By Barney Garcia

Contact lenses are for those who wouldn't dream of spoiling their looks with glasses and who still need a seeing aide. Contact lenses are a very inexpensive option prescribed by most opticians for their clients. Although almost anyone can wear a contact lens, there are a few individuals whose eyes cannot adjust to contact lenses. It is recommended that a good eye doctor be consulted before you begin using contact lenses on your eyes.

Contact Lenses - To Wear Or Not To Wear Contact lenses may have shown us the way out of the good "old" glasses, but it is highly recommended that contact lenses be used only after consulting an eye specialist or optician. Wearing contact lenses at all times may cause harm to your eye. Also it is important to know the right way to wear your contact lenses. Continuous wear is not advisable and there are ongoing debates about whether one can wear contact lenses to sleep. Still, contact lenses are quite the rage among office workers as well as those from the fashion world such as models and stars.

Colored Contact Lenses Some of us have been endowed with uniquely colored eyes, while for some; colored eyes can enhance the attractiveness and charm of an individual. Colored contact lenses are available for those who would like the world to show a different side to them whenever they choose. Hazel, brown, blue, grey, green and even hard-to-find colors like purple or yellow is not unlikely colors for contact lenses worn by people in today's modern and fashionable world. Many contact lens manufacturers also make colored contact lenses to cater to this rapidly growing clientele of contact lens users.

Disposable Contact Lenses Many manufacturers of contact lenses have come up with disposable contact lenses. These lenses can be thrown away after use and do not carry the risks of infection or other side effects of normal contact lenses. Disposable contact lenses may be an expensive option, but they have been in great demand for quite some time among those who are constantly traveling or are exposed to various hazardous substances. It is easier for them to throw away used contact lenses than to face infections or other eye-related problems because of unclean contact lenses.

Barney Garcia writes about contact lenses. Visit

<http://www.thebest-contact-lenses.info>

,

<http://www.thebest-contact-lenses.info/contact-lense.html>

and

<http://www.thebest-contact-lenses.info/contact-lense-cleaner-systems.html>



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