



Understanding Vision Oct 16, 2017

## Contact lenses or glasses?

Both are a good choice. It's really a matter of taste – and a matter of what's good for your eyes

**Whether you're kissing someone, playing ball sports or riding a horse: The frames of spectacles do tend to get in the way sometimes. Your lenses may get all fogged up, which can spoil a romantic moment. For this reason, many near and far-sighted people opt for contact lenses. They are small, almost invisible and can even correct more severe cases of ametropia. However: There are many arguments in favour of spectacles as well - and sometimes you cannot do without them.**

Those who only need a visual aid for reading and driving, for instance, are better served with a pair of spectacles. Taking them on and off is a speedy affair, they are low-maintenance and do not incur follow-up costs. Furthermore, contact lenses cannot correct some [visual defects](#): For example, certain forms of squinting or impaired binocular vision. Contact lenses can also be incompatible in some cases of diabetes or "dry eyes". For these conditions, only classic lenses and an spectacle frame will work.

Apart from that, contact lenses are suitable for almost every eye. They play out their strengths in sports and recreation in particular: Contact lenses do not fog up or slip and they afford an unlimited field of vision and a more natural look for the eyes and face of the people who wear them. However, it is not just appearance that makes a difference in favour of contact lenses, but there are some good medical pros as well: For example, an irregular curvature of the cornea can only be corrected with suitably adjusted contact lenses. Furthermore, innovative solutions make it possible to use contact lenses for very specific visual impairments.

## The two types of contact lenses





There are essentially two types of contact lenses: **Rigid gas permeable** (colloquially known as “hard”) and **soft** lenses.

Nowadays, the use of soft contact lenses is widespread. They are characterised by their high water content and optimum oxygen permeability, and are thus barely noticeable. The result: Excellent compatibility, spontaneity and wearing comfort – a pleasure to wear from morning to night and for every occasion.

ZEISS brand **soft contact lenses** are available in disposable formats you put in daily or monthly. ZEISS contact lenses stand for exceptional visual acuity that provides perfect vision all the way to the periphery of the lenses and straightforward handling for placement and removal. A broad portfolio of choices ensures an optimal match for individual eyes. There are even single colour and tricolour contact lenses for those who want to change their look.

**Rigid gas permeable contact lenses**, also known as “hard” lenses. They may take longer to get used to, but they are also sturdier, require less maintenance and are also the only correction option for certain visual defects. They have the best long-term compatibility thanks to maximum resistance against deposits and the highest possible level of oxygen permeability: They can usually be worn for years without any problems if the level of visual impairment remains constant.

The same rules apply to both options: Proper customisation and thorough care are indispensable. A sufficient trial period and any necessary corrections should precede a contact lens purchase. When it comes to hygiene in particular, they require a little more attention on the part of the wearer than lenses and a spectacle frame: When handling contact lenses, it is important to thoroughly clean your hands, lenses and container (follow the manufacturer’s instructions for use diligently!) In addition, regular check-up appointments with your optometrist are recommended – once a year for rigid gas permeable contact lenses and every six months for soft ones.

Struggling to make a decision? This does not have to be the case. Ideally, contact lenses should be purchased in addition to spectacles. That way, you always have a back-up on hand and can choose the visual aid that is better suited for specific occasions: Spectacles for the office, contact lenses for going out.

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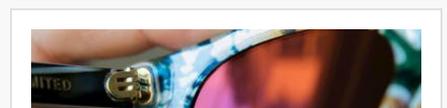
### Glasses, contact lenses or laser surgery – what's right for you?

Around half the population has a vision problem. However, this is now easy to correct since there is a suitable solution for virtually all vision problems.

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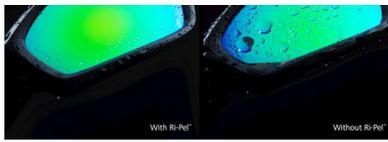




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