



Do you get confused by all of the options available when you purchase new glasses? In this newsletter we will review several popular lens choices that enhance your vision, comfort and appearance.

### LENS OPTIONS

#### GLASS OR PLASTIC? WHAT TYPE OF PLASTIC?

Spectacle lenses are available in a multitude of materials. Glass lenses are still available but lighter weight and more shatter-resistant plastics are much more popular and comfortable. Your choices in plastic lenses are: regular plastic (CR-39), Trivex, polycarbonate and high-index plastics.

**Regular plastic** is much more break resistant than glass but it can chip or crack more easily than other plastics. Regular plastic absorbs about 90% of harmful ultraviolet light (UV) and with treatment in a UV-blocking dye protection increases to 100% absorption. Uncoated regular plastic scratches easily so we strongly recommend adding scratch-resistant coating.

**Polycarbonate** is very break-resistant, lighter and thinner than regular plastic. It absorbs 100% of UV light and comes with a standard scratch-resistant coating.

**Trivex** is a newer material that is similar thickness to polycarbonate but offers even better optical quality and is extremely lightweight. Like polycarbonate Trivex is very break-resistant, absorbs all UV light and includes standard scratch-resistant coating. Both Trivex and polycarbonate are good choices for children, athletes and low to moderate prescriptions.

For higher prescriptions, **high index plastics** are an excellent choice. They can be made thinner than other plastics. They offer 100% UV light protection and include standard scratch-resistant coating. High-index lenses are available in four levels with the highest numbered index being the thinnest.

#### ASPHERIC LENSES

Conventional lenses are made with a spherical front curve, like the curve on a basketball. Aspheric lenses have a more complex front curve that gradually changes

from the center of the lens to the edge. This design allows aspheric lenses to be flatter and thinner with better optics in the periphery. We recommend aspheric lenses for all farsighted prescriptions and moderate to high near-sighted prescriptions.

#### ANTI-REFLECTION COATING

This is a terrific lens option that *improves both your vision and the appearance of your glasses*. Anti-reflection (AR) coating is a multi-layered metal oxide coating applied to a new lens surface. AR coatings are found on camera lenses, microscope lenses and the lenses that we use to test your vision. The layers of coating block reflections of different colors of light resulting in *reduced glare, less annoying reflections* and fewer halos around lights. With AR coating on the front and back surface lenses appear thinner and your eyes are more visible.

Sunglasses with an AR coating on the back surface will eliminate the dazzling reflections of overhead sunlight.

**Mirror coatings** can be added to the front surface to make lenses darker. These coatings are variations of AR coatings made to purposely reflect certain wavelengths of lights to produce the desired color. Quality sports sunglasses have mirror and AR coatings which enable you to see very clearly compared to uncoated lenses.

Newer premium AR coatings are also designed to be hydrophobic (water will bead up on the surface), oleophobic (resist smudging and fingerprints) and scratch-resistant. The new AR coatings make it easy to keep your lenses clean and unscratched. We *recommend anti-reflection coatings for ALL lens types and prescriptions*. Premium AR coatings have manufacturer warranties on scratch-resistance for 2 years.

#### SCRATCH-RESISTANT COATING

If you tend to scratch lenses easily, you may choose a tougher two-year warranty scratch-resistant coating for your new lenses. To decrease the risk of scratches, keep your lenses in a protective case when not in use. Use a clean, microfiber cleaning cloth and cleaning solution that is recommended for spectacle lens use. We are happy to provide you with lens cleaning supplies when you purchase glasses at Yin Eyecare.

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We will be closed Monday, July 5, but will be open Saturday, July 3 morning, as usual. Happy Independence Day!

*Cynthia Yin, O.D., Rick, Myla & Jish*

**Did you know that volunteering can increase your lifespan and your well-being?**

*We believe in giving back and promoting our community's quality of life.*

One way in which we contribute is by providing one free eye examination per week to a diabetic patient referred from our neighbor, **Health Partnership Clinic**. Diabetics are at higher risk of eye disease and blindness so we determine if diabetic eye disease is present with a dilated eye examination.

Health Partnership Clinic provides free medical and dental care at two clinics, one in Overland Park near Yin Eyecare and one in Olathe. To qualify for services a patient must live in Johnson County, be uninsured and have a household income at or below 200% of the federal poverty level. Services are provided through partnerships with local organizations, hospitals and a cadre of volunteers. The Clinic receives funding from individual and corporate donations, the United Way, and government grants.

If you would like more information about Health Partnership Clinic, visit [www.hpcjc.org](http://www.hpcjc.org) or call 913-648-2266.



## NEW FRAMES

We just couldn't resist adding a new, colorful line of modern frames from [Reflections by Traff](#). These frames for women are constructed from corrosion-resistant, lightweight stainless steel. Styles range from sassy to professional. Stop by and try on these eye-catching designs.

SERAPHIN: This wonderful new line for men and women from Ogi features handmade details and nouveau-retro styling. View the collection at <http://www.ogiframes.com/catalog/seraphin.html>.

New frames arrive weekly. We're eager to help you find a frame that suits your style.



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