

## Is it time for new glasses? Ophthalmologist shares 5 signs to watch out for



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Adrija Dey

adrija.dey@hindustantimes.com

Your spectacle prescription is unlikely to remain the same for life. Headaches, squinting and holding your phone farther away could signal that your spectacle prescription has changed. An ophthalmologist explains when vision is most likely to change, the signs to watch for and why regular eye tests matter.

"The earlier window (of power change) falls across childhood and the teenage years, a period when the eyes are still actively developing and growing," says Dr Ankit Vinayak, a Gurugram-based consultant ophthalmologist. "Then, somewhere around the fourth decade of life, a second shift quietly takes hold as presbyopia emerges, gradually stealing the ability to see nearby objects with clarity," he adds.

Dr Vinayak advises against skipping routine eye examinations, as uncorrected vision problems can affect children's academic performance, adults' productivity and cause unnecessary eye strain. Regular eye tests can also help detect eye diseases early. He recommends routine eye examinations for children and adults over 40, even if they do not notice any changes in their vision.

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