

VISION SOURCE

Mandan



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Q: I wear a no-line bifocal and they don't work well at my office job. Are there other options?

A: The no-line bifocal, otherwise known as a progressive addition lens (PAL), is an advantageous lens because it blends distance, intermediate, and near viewing in the same lens. It typically works great for a wide range of daily tasks. However, the intermediate and near zones often aren't large enough to be comfortable for 8 hours of office-type work.

Fortunately, there is an alternative to the regular PAL. We can get the same design in a specialty computer PAL. The idea is the same, but the zones are shifted. In a regular PAL, the distance zone is the largest and viewed straight ahead. In a computer PAL, the intermediate (computer) zone is straight ahead and largest. There still is a distance zone at the top of the lens so you can see across the room, and a near zone at the bottom so you can read your paper documents.

So if you work on a computer all day long, ask your eye doctor about a specialty computer progressive lens for work.

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