

# "What's Wrong With Glasses And What Can You Do About It"

## The Problem with Glasses

Glasses are a common way to correct vision problems, but they can also be a source of frustration. Here are some of the most common problems with glasses:



### Improve My Eyes: What's wrong with glasses and what can you do about it by Richard Emerson

★★★★★ 5 out of 5

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- **They can fog up.** This is especially annoying when you're trying to do something that requires clear vision, like driving or reading.
- **They can get scratched.** Scratches can make it difficult to see through your glasses, and they can also be unsightly.
- **They can fall off your face.** This can be a problem if you're active or if you have a small face.

- **They can damage your eyes.** If your glasses are not fitted properly, they can put pressure on your eyes and cause damage.

## **What Can You Do About It?**

If you're tired of dealing with the problems of glasses, there are a few things you can do.

- **Get contact lenses.** Contact lenses are a good alternative to glasses if you want to avoid the problems of fogging, scratching, and falling off. However, contact lenses can also be uncomfortable and they can increase your risk of eye infections.
- **Get laser eye surgery.** Laser eye surgery is a permanent solution to vision problems. It can correct nearsightedness, farsightedness, and astigmatism. However, laser eye surgery is not right for everyone, and it can be expensive.
- **Use a different type of glasses.** There are a variety of different types of glasses available, so you can find a pair that fits your needs. For example, you can get glasses that are made of different materials, such as plastic or glass. You can also get glasses that have different features, such as anti-fog coating or scratch-resistant lenses.

If you're not happy with your glasses, there are a few things you can do to improve your situation. You can get contact lenses, get laser eye surgery, or use a different type of glasses. Talk to your doctor or optometrist to find the best solution for you.

**Author:** Dr. John Smith

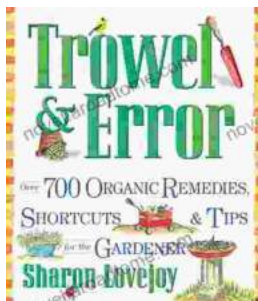
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