

GUY'S GUIDE to READERS

Reading glasses are an essential for many guys who need a little help with seeing the finer print.

While some men may be hesitant to embrace readers, those that already sport them know it's better than getting caught squinting at the menu or the newspaper, which makes you look much older than pulling out a pair of dapper reading glasses. So forget all your preconceived notions about readers – today's wide selection of designs and technological features are turning out stylish selections for men that look much more attractive than the aging squint.

"Wearing readers will improve your quality of life and boost your confidence," says Kristie Whitford, spokesperson for The Vision Council, a global trade association for the eyewear industry. "With the right fit and style, a pair of readers can really complement your overall image."

Whether you're the Mr. Fix-It type or spend your workdays behind a desk, there are great options in reading glasses for everyone. One of the best things about readers is how accessible they are. Readers can be purchased at many convenient locations, from drugstores to department stores and are very affordable. This is all the more reason why Whitford recommends buying multiple pairs to have readily available for your everyday tasks.

"It's easy to build a collection of reading glasses because they are available at a lower price point, so you can have a pair for everywhere. Readers look good but are also functional so you can keep a pair handy at home, at the office or in your car – that way you're never without a pair."

So where do you start?

Here's The Vision Council's guide to selecting readers that will help you power up your vision and your style:

Troubleshoot

Before you think style, you need to know what magnification your reader should be. While trying readers on, hold something book distance (about 14 inches) away from you and once the words are clear you've found the right power. If you aren't sure that you've chosen the right power or if your vision does not become clear when trying on different powers then make sure you go see an eyecare professional. They can help you find the correct power or determine if you may have another vision problem.

Shape Up

Frames should contrast with your face shape, so brush up on your basic geometry. Generally, round faces should wear square or rectangular shapes, square faces should wear rounded shapes, heart faces should wear rimless styles or frames that are wider at the bottom, oblong faces should wear deep frames and oval faces can wear almost anything. Visit with an optician or check out eyecessorize.com to determine your face shape and learn tips on how to find the best frames for your face.

Mind Your Man-ner

Readers come in men's, women's and unisex styles. So how do you make sure you're not picking women's frames? Trust your gut. Stay clear of bright or warm colors, as well as softer, feminine shapes like cat-eyes or almond styles. Unisex styles tend to be round or oval frames, so if choosing these shapes be sure to find a dark color or metal style.

Be the "Eye-T" Guy

If comfort and function are your number one priority, then keep your eye out for technical features that will give you the best fit and quality. Look for spring hinges, scratch resistant lenses and lightweight frames that can withstand your toughest days.

Be Fearless

Function is one thing, but finding a great style is important too. Have fun with trying multiple pairs in different styles, and don't be afraid to play around with your look. Choose different options from metal to plastic, geek chic styles to more classic shapes or pops of subtle color to switch up your look.

"Remember, readers don't age you, but squinting does," says Whitford. "The benefits of embracing readers are invaluable – not only will you see better, but you'll look better too and you can't put a price tag on your vision or your confidence."