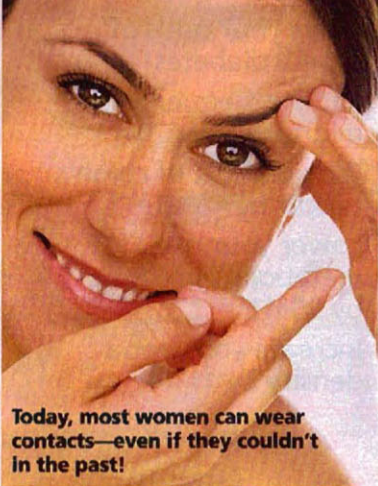


Think you can't wear contacts? Think again!



Today, most women can wear contacts—even if they couldn't in the past!

ronment for your eyes. "You can even wear these contact lenses overnight with little to no irritation or health risk," Dr. Brisco says.

● See-better, feel-better hybrids

Sure, soft contacts are comfortable. The downside? They don't offer the clear, crisp vision that hard contacts do. What to do? Choose hybrid lenses. With hard centers and soft edges, they combine the best of both options, resulting in more comfort than hard lenses and sharper vision than soft lenses, according to University of Michigan research. "Hybrid lenses are a particularly good option for people with irregular corneas and/or who have a hard time seeing well with other types of contact lenses," he notes.

● Moisturizing lenses

Dryness is another top reason why people stop wearing contacts. "It can be an especially prevalent problem in arid climates, like Colorado or California, and for women approaching menopause, since hormonal changes decrease

Contacts as good as surgery?

Yes! If you long to go glasses- and contact lens-free, but aren't up for LASIK surgery, ask about contacts that reshape the cornea to correct minor nearsightedness and astigmatism while you sleep. The procedure, called orthokeratology, works best with 30-day continuous-wear lenses made of silicone hydrogel.

moisture throughout the body," Dr. Brisco says. Easy solution: Try FDA-approved lenses that hold in moisture rather than letting it seep out throughout the day.

● Improved multifocals

Have trouble seeing both near and far? In the past, only half of the patients who tried

multifocal contacts—which offer near, mid-range and distance correction—stayed with them.

These days, the number is closer to 70%, thanks to improvements in both vision range and clarity.

—Camille Noe Pagán

Health News!

Soy shakes melt fat!

Drinking a shake made with soy milk daily can trim ab flab within three months, suggests a new study in the journal *Fertility and Sterility*. Soy's isoflavones help regulate fat metabolism.