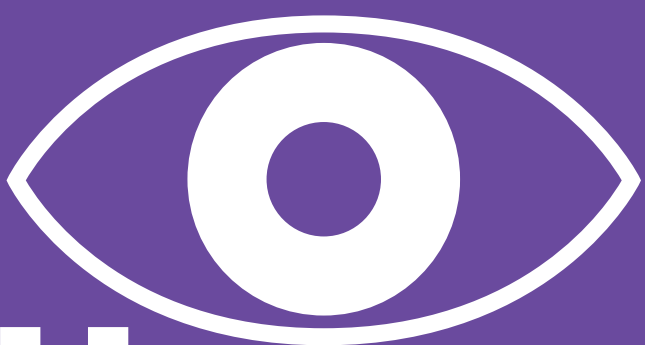
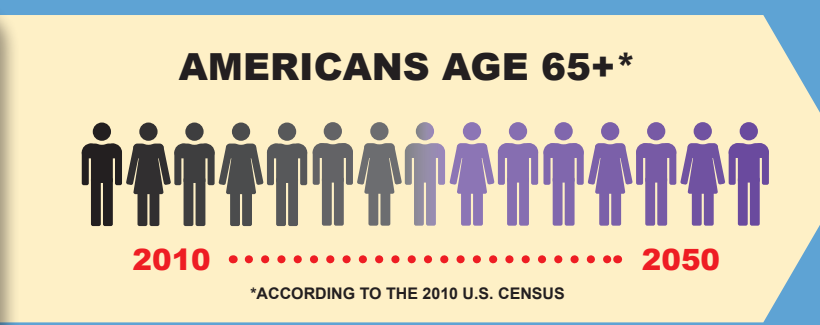


AGING & EYE HEALTH

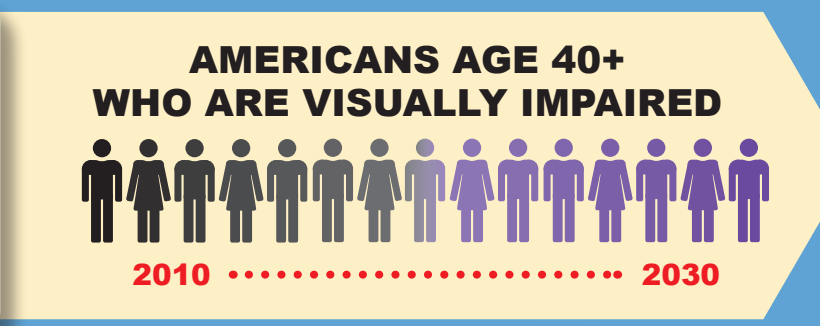


40⁺
MILLION



88⁺
MILLION

4⁺
MILLION



7⁺
MILLION



Vision loss and blindness ARE NOT a normal part of aging.

But as people age, they are at higher risk for age-related macular degeneration, cataract, diabetic eye disease, and glaucoma.

.....
These diseases often have no early warning signs, but can be detected early.



Adults 50+ should visit an eye care professional for a comprehensive dilated eye exam.

Drops are placed in the eyes to dilate, or widen, the pupils so that they can be examined for signs of disease.



MEDICARE helps to pay for comprehensive dilated eye exams for people with diabetes and those at higher risk for glaucoma. People with Medicare who are eligible include:

Medicare

- ▶ African Americans age 50 or older
- ▶ Hispanics/Latinos age 65 or older
- ▶ People with a family history of glaucoma
- ▶ People with diabetes

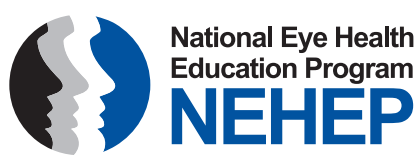
TO LEARN MORE: Contact 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov

Other steps you can take to keep your eyes healthy:

- ▶ Eat a healthy, balanced diet.
- ▶ Maintain a healthy weight.
- ▶ Don't smoke.
- ▶ Wear sunglasses and a brimmed hat when outdoors.
- ▶ Control diabetes (if you have it) to prevent vision complications.



National Eye Institute



A program of the National Institutes of Health

For additional information and resources, please visit www.nei.nih.gov/agingeye