Making Vision a Health Priority
See Well for a Lifetime
Everyone’s Vision Can Change With Age

- Some vision changes make it difficult to perform everyday activities.
- These changes can also impact one’s feeling of independence.
Common Vision Changes

- Some changes are common:
  - Losing focus
  - Noticing declining sensitivity
  - Needing more light

- People can age without ever experiencing changes in their vision.
Many Vision Changes Can Be Corrected

- Some of these common vision changes can be corrected with the following:
  - Glasses
  - Contact lenses
  - Improved lighting
Vision Loss and Aging

- Losing vision is not a normal part of aging.
- As you age, you have a higher risk of developing the following age-related eye diseases and conditions:
  - Age-related macular degeneration (AMD)
  - Cataract
  - Diabetic retinopathy
  - Glaucoma
Age-Related Macular Degeneration (AMD)

Normal vision

Same scene as viewed by a person with AMD
Cataract

Normal vision

Same scene as viewed by a person with cataract
Diabetic Retinopathy

Normal vision

Same scene as viewed by a person with diabetic retinopathy
Glaucoma

Normal vision

Same scene as viewed by a person with glaucoma
Low Vision

- Visual impairment that is not corrected by standard eyeglasses, contact lenses, medication, or surgery.

- Low vision may interfere with the ability to perform everyday activities.
Vision Loss and Aging

- These diseases often have no warning signs.
- Early detection and treatment can help save your sight.
- Everyone aged 50 or older should have a comprehensive dilated eye exam.
Comprehensive Dilated Eye Exams

- Not the same eye exam for glasses or contact lenses.
- Detects eye diseases in their early stages.
Can also detect other common vision problems:

- Presbyopia
- Farsightedness
- Nearsightedness
- Astigmatism
What Is a Comprehensive Dilated Eye Exam?
The Dilated Eye

**UNDILATED PUPIL**
- RETINA
  - Portion of retina that can be seen through undilated pupil.
- OPTIC NERVE
- PUPIL
- RAY OF LIGHT

**DILATED PUPIL**
- RETINA
  - Portion of retina that can be seen through dilated pupil.
- OPTIC NERVE
- PUPIL
- RAY OF LIGHT
Protect Your Vision

- Visit your eye care professional for a comprehensive dilated eye exam even if you aren’t noticing any vision problems.
Protect Your Vision

- Stop smoking.
- Eat a diet rich in green leafy vegetables and fish.
Be physically active every day.

Maintain normal blood pressure.

Control diabetes if you have it.
Wear sunglasses and a brimmed hat.

Wear protective eyewear.
Questions To Ask Your Eye Care Professional

- Am I at higher risk for eye disease?
- What changes can I expect in my vision?
- Will the changes in my vision get worse?
- Can the changes in my vision be corrected? How?
- What can I do to protect my vision?
- Will diet, exercise, or other lifestyle changes help?
Review

- Make your vision a health priority!
- Some vision changes are normal as you age.
- Visit your eye care professional for a comprehensive dilated eye exam.
- Questions?
Where To Get More Information

National Eye Institute (NEI)

Visit the Healthy Eyes Website: www.nei.nih.gov/healthyeyes

Or call NEI at 301-496-5248