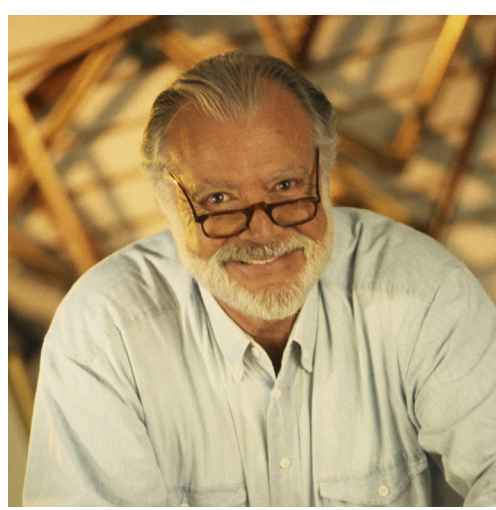


Aging and Your Eyes

What vision changes are normal with age?



- Needing glasses to see up close.
- Having trouble adjusting to glare.
- Having difficulty telling apart some colors.
- Needing more light to see well.

Are vision loss and blindness a normal part of aging?

No! But as you age, you are at higher risk for developing age-related eye diseases and conditions:

Age-related macular degeneration (AMD)



Damage to the macula of the eye.

Cataract



Clouding of the lens of the eye.

Diabetic retinopathy



Damage to blood vessels in the retina.

Glaucoma



Damage to the optic nerve.

Dry eye



Eyes do not make enough tears.

Low vision

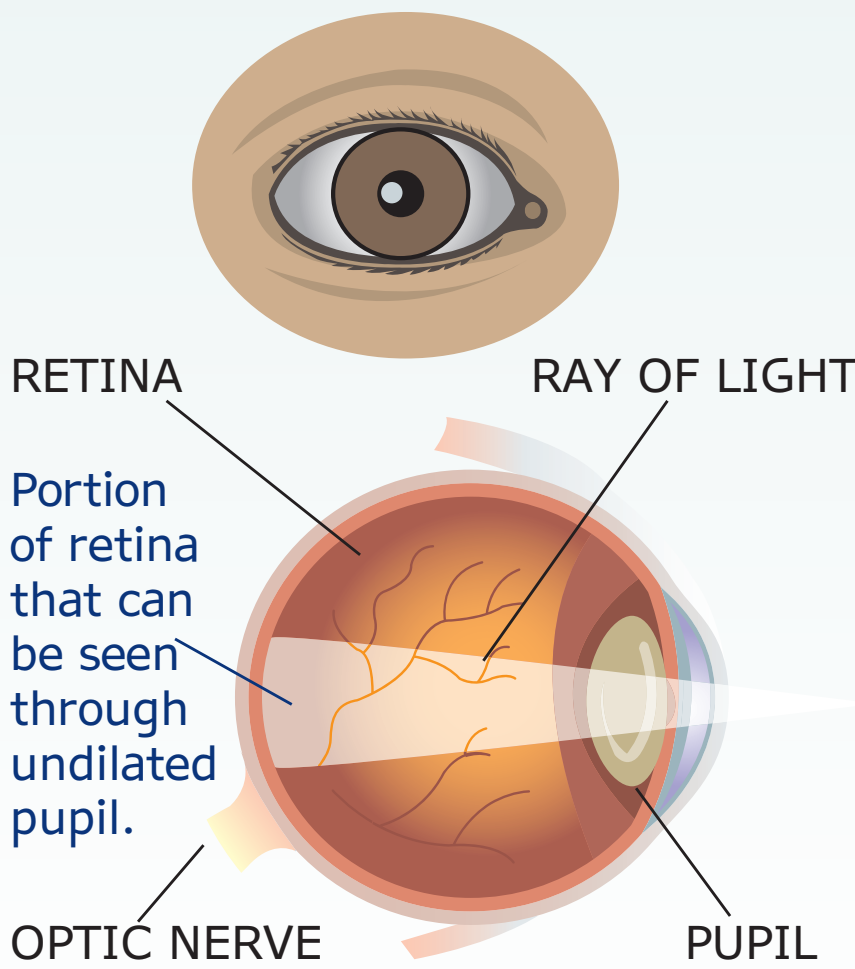


Difficulty seeing, even with glasses, medicine, or surgery.

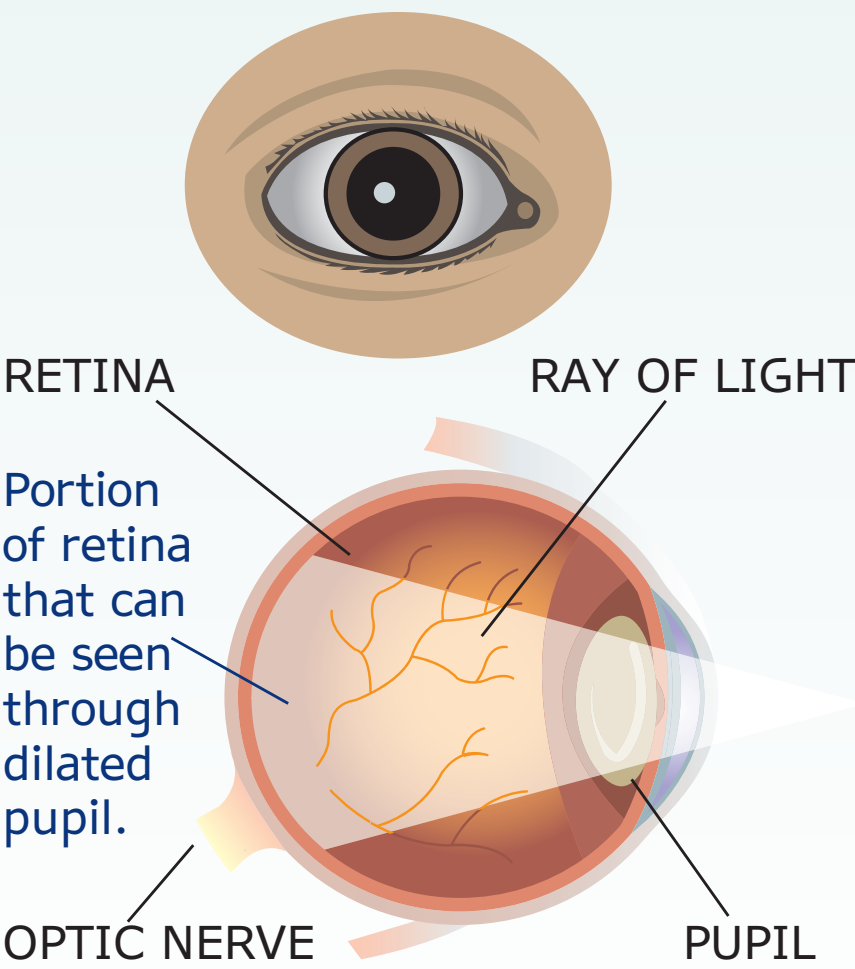
Are there warning signs?

Many eye diseases have no early warning signs but can be detected through a comprehensive dilated eye exam.

UNDILATED PUPIL



DILATED PUPIL

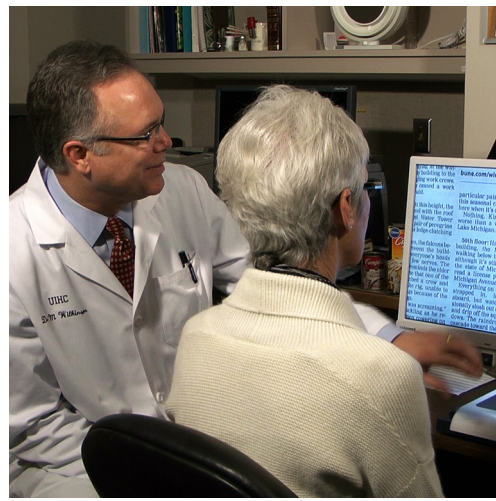


What can I do to protect my sight?



- Have regular dilated eye exams.
- Know your family's eye health history.
- Be physically active.
- Eat a diet rich in fish and green leafy veggies.
- Control your diabetes if you have it.
- Stop smoking.
- Wear sunglasses and a brimmed hat outside.
- Wear protective eyewear when working around your house or playing sports.

What if I've already lost vision?



Help is available. Talk with your eye care professional about vision rehabilitation.

Where can I learn more about vision and aging?

Visit www.nei.nih.gov/agingeye