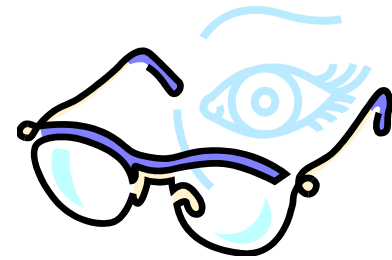


# Health Point: Aging and Your Eyes



# As you get older, you may notice changes in your vision.

- For instance, it may become harder for you to:
  - See clearly.
  - See small print.
  - Focus on close objects.
- Two diseases that can affect your eyesight as you get older are **glaucoma** and **cataracts**.



# Glaucoma can be treated with medicine.

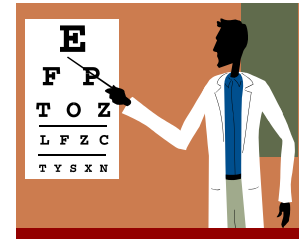
- Some symptoms of glaucoma are:
  - Vision that is blurry or dark around the edges.
  - Inability to see out of the corner of your eye when you are looking straight ahead.
  - Eye pain.
  - Bad headaches.
- Your doctor can give you medication to keep glaucoma from getting worse.

# Cataracts can be treated with prescription glasses or surgery.

- Some symptoms of cataracts are:
  - Sensitivity to light.
  - Double vision in one eye.
  - Trouble seeing well at night.
- If you have cataracts, your doctor may:
  - Ask you to wear glasses.
  - Treat them with surgery.

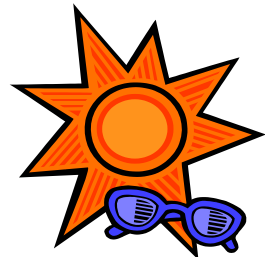
# If you are having trouble seeing, talk to your doctor.

- You should see a doctor if:
  - Objects look blurry.
  - You feel pain in your eyes.
  - You have to squint to see things.
  - You need to hold things far away or very close to your face to read them.



# There are steps you can take to keep your eyes healthy.

- As you get older, you should:
  - Get an eye exam at least every two years.
  - Eat a lot of green, leafy vegetables (like spinach).
  - Take breaks to rest your eyes if you work in front of a computer or read.
  - Wear sunglasses with UV protection.
  - Stop smoking, if you smoke.



# You can keep your eyes healthy as you age!

Talk to your doctor about more ways to protect your eyes. If you follow your doctor's advice, you can improve your chances that your eyes will stay healthy as you age.

