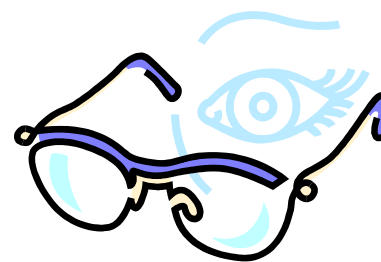


Health Point: Aging and Your Eyes



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.

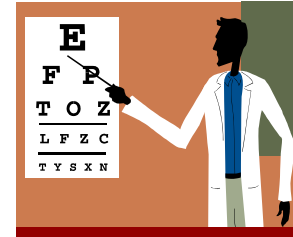
- Some symptoms of glaucoma are:
 - Vision that is blurry or dark around the edges
 - Not being able to see out of the corner of your eye when you are looking straight ahead
 - Eye pain
 - Bad headaches
- Your doctor can give you medication to keep glaucoma from getting worse.

Cataracts can be treated with prescription glasses or surgery.

- Some symptoms of cataracts are:
 - Light may seem too bright and hurt your eyes
 - Double vision in one eye
 - Trouble seeing well at night
- If you have cataracts, your doctor may:
 - ask you to wear glasses, or
 - treat them with surgery.

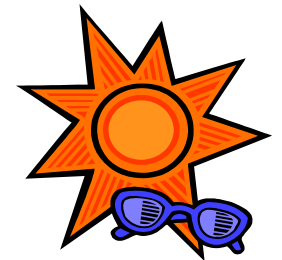
If you are having trouble seeing, talk to your doctor.

- 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.

