

# 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.

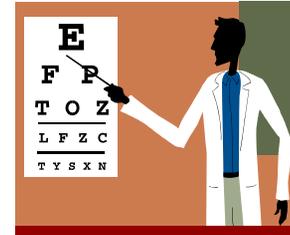
- Some symptoms of glaucoma are:
  - Vision that is blurry or dark around the edges
  - Not being able to see out of the corner of your eye when you are looking straight ahead
  - Eye pain
  - Bad headaches
- Your doctor can give you medication to keep glaucoma from getting worse.

# 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.

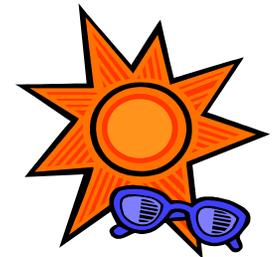
# If you are having trouble seeing, talk to your doctor.

- 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.

