



The Importance of Eye Health



The Aging Eye

As you age, you may notice changes that affect your eyes and vision. You may also experience unusual conditions that make it more difficult for your eyes to work like they should. Many eye problems can affect your eyes and vision as you age. They often get worse over time, if untreated.

SYMPTOMS OF COMMON AGE-RELATED EYE CONDITIONS

- Cloudy or blurred vision.
- Discomfort, burning eyes or stinging.
- Producing too many or too few tears.
- Seeing spots or flashes of light in your field of vision.
- Sensitivity to bright light or glare.
- Trouble telling colors apart (like dark blue and black).
- Tunnel vision (peripheral vision loss).



Our eyes are the
window to our health.

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How do you take care of your eyes and vision?

Take steps to help protect your eyes and prevent vision loss:

- Eat nutritious foods: You can nourish your eyes – and vision – by eating plenty of fruits and vegetables every day. Eating fish and nuts high in omega-3 and omega-6 fatty acids may benefit eye health.
- Know your family history: You may be at a higher risk for developing genetic disorders that can affect your eyes.
- Manage diabetes and high blood pressure: These conditions may cause eye problems if unmanaged.
- Wear sunglasses and a brimmed hat: Protect your eyes from the sun's harmful UV rays, which can raise your risk of developing eye disease.
- Quit smoking: Tobacco use can increase your risk of eye problems like cataracts and age-related macular degeneration. Quit smoking to lower your risk of eye conditions.

How can you prevent age-related eye problems?

Comprehensive eye exams are the most important way to prevent eye problems and care for your eyes and vision, especially if you have underlying conditions like diabetes. Make regular appointments with your eye care specialist even if you don't notice vision changes or have symptoms.

Regular eye exams
can help protect your
eyes and your ability
to see the people and
places you love.



We are here for you.



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