

A FOCUS ON HEALTHY EYES

WHAT YOU CAN DO TO PRESERVE YOUR EYE HEALTH

PROTECT YOUR EYES

As we get older, it's normal for our vision to change. There are steps you can take to preserve your eyesight and improve your vision.

TIPS FOR PROTECTING YOUR EYES

- › Adults 65 and older should have an eye exam at least once a year
- › Find out if you are at higher risk for eye diseases (be aware of your family's health history)
- › Have regular physical exams to check for diabetes and high blood pressure
- › Watch for changes in vision (blurred vision, vision loss, dark spots) and notify a healthcare professional
- › Exercise more frequently
- › Protect your eyes from harmful UV light
- › Eat a healthy and balanced diet
- › Don't smoke

Adults aged 65+ are at a higher risk for a number of eye conditions that can threaten your sight, including:

Cataracts: Distorted or cloudy vision caused by the lens inside the eye losing its transparency over time.

Macular Degeneration: A disease that results in degenerative changes to your central vision and is a leading cause of vision loss among older adults.

Glaucoma: Caused by elevated pressure within the eye and can lead to serious vision loss if not detected and treated at an early stage.

Low vision: Very limited sight that, without treatment, interferes with a person's daily activities.

Maintaining a healthy lifestyle and having regular eye exams may help to optimize your eye health.