

Some Common Changes as You Grow Older - Changes in Eyesight

Adults in their 40's can have a slow loss in being able to see small objects or print. They also have trouble seeing things close-up. This is known as far-sightedness or presbyopia. It may be easier to read print if you hold reading materials further away. "Reading" glasses can help.



Another change related to age is cataracts. A cataract is a cloudy area in eye lens. This causes loss of eyesight. Cataracts are easily detected with a routine eye exam. Cataracts can be removed with surgery. Surgery may be needed if these changes in vision interfere with every day activities.

As you age, you are less able to make tears and your eyes may feel dry, itchy or burning. A home humidifier or special eye drops may help. Talk with your eye care provider about what would be best for you.

Over time, if glaucoma is not treated, it can result in loss of vision or blindness. The risk of glaucoma increases if you are over 65 years of age or an African American over 40. Glaucoma may not have any symptoms. It is detected with an eye exam. There are many treatments for glaucoma ranging from eye drops to surgery.

See an eye care professional immediately if:

- you suddenly cannot see
- vision is dim, or
- you see flashes of light

You also need to be seen if you experience:

- eye pain,
- fluid coming from eye,
- double vision, redness or
- swelling of eyelid



And remember... when you are outdoors, wear sunglasses that block UV rays.