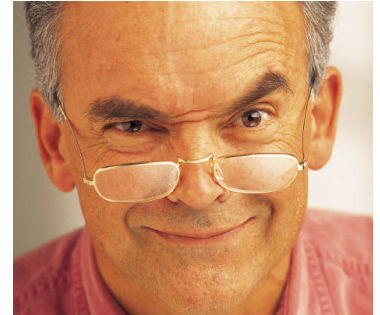


Hints from the Heart



Keeping an Eye on Vision as You Age

After forty, you'll notice it's more difficult to focus on objects up close. This is called presbyopia (*prez-bē-ōpē-a*). It is perfectly normal due to the hardening of the lens inside your eye, but will progressively cause you to need glasses, multifocal glasses or contacts or corrective surgery. As you continue to age, presbyopia becomes more advanced. You may notice the need for frequent changes in eyeglass or contact lens prescriptions. One prescription may not be the best solution because you may need one pair of eyeglasses for normal tasks and another for working at the computer.



Changes to expect as you age:

Age	Eye Problems	What To Do
40's	Presbyopia (<i>difficulty with near vision focus</i>). Increased risk of dry eye & computer vision syndrome.	Have routine eye exams at least every two years, and explore vision correction options. Eat a healthy diet high in omega-3 fatty acids and antioxidants.
50's	Cataracts, glaucoma & macular degeneration (AMD). Risk of dry eye increases for women after menopause.	Have routine eye exams. Multiple eyewear solutions may be needed for presbyopia at this age. Tell your eye doctor about medications (<i>some can cause visual side effects, including dry eye</i>).
60's	Risks increase for common age-related eye diseases (<i>see 50s above</i>). Decreased ability to see in low lighting settings. Visual irritation such as spots & floaters.	Regular eye exams and annual physicals to identify conditions such as diabetes that may cause problems. Use brighter lights for reading. Allow more time to adjust to changing light conditions. See doctor immediately - possible retinal detachment.
70's - 80's	Most have or will develop cataracts. Color vision declines, and visual fields begin to narrow.	Cataract surgery is the only option for correction. Ask your doctor about eyewear or lenses for increasing contrast vision. Use extra caution while driving.

For more details about eye problems or what to do, go to www.allaboutvision.com.

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