



Insight About Your Eyesight: Eyes, Vision and Aging

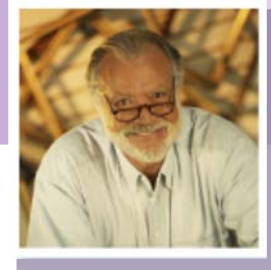
St. Paul's Towers



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Vision In Older Adults

- Changes with aging
- Many changes can often be corrected.
- As you get older, there is a higher risk of age-related eye diseases and conditions.

..... but the good news is that the majority of older adults maintain good vision throughout a lifetime

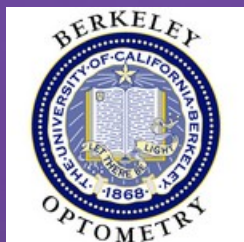


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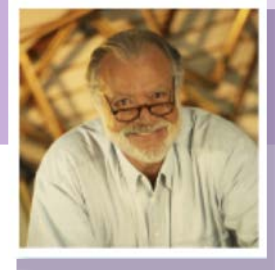


Learning Objectives

- Review common causes & risk factors for vision loss
- List current treatments
- Consider future therapies



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Eye Diseases and Conditions

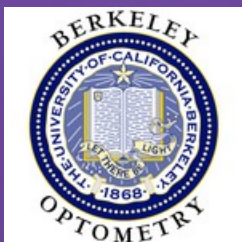
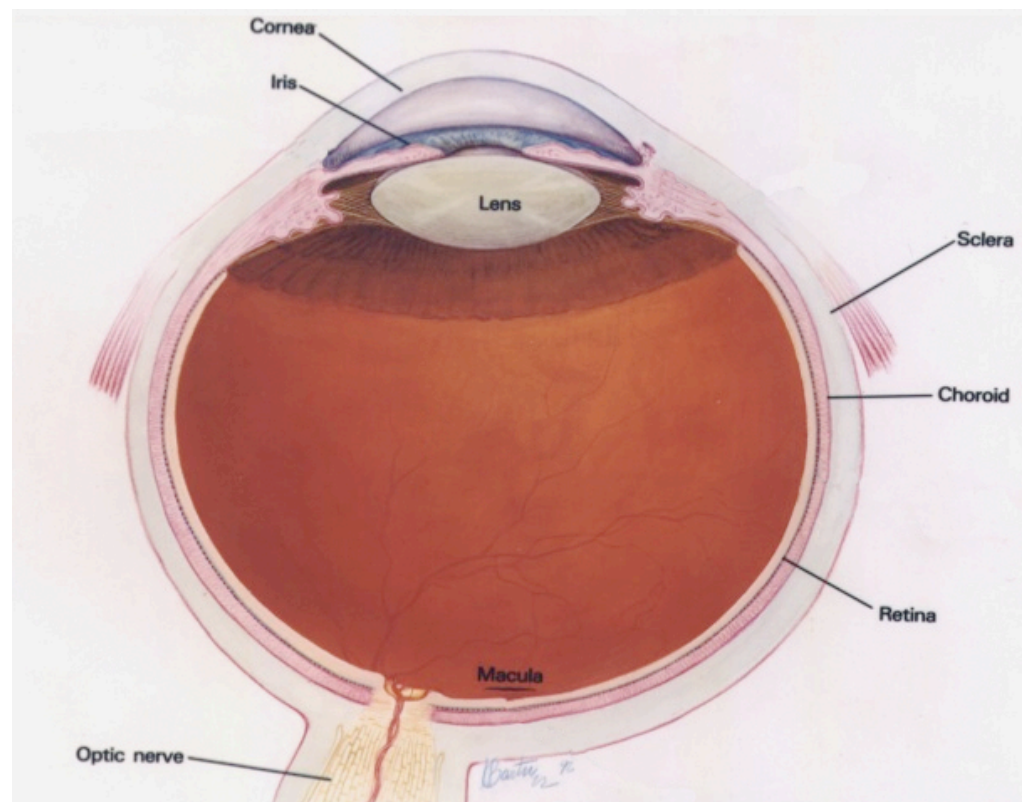
- Cataract
- Age-related macular degeneration (AMD)
- Diabetic eye disease
- Glaucoma

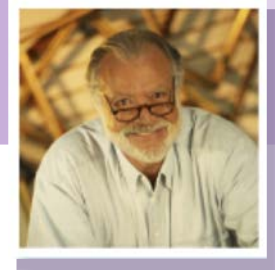
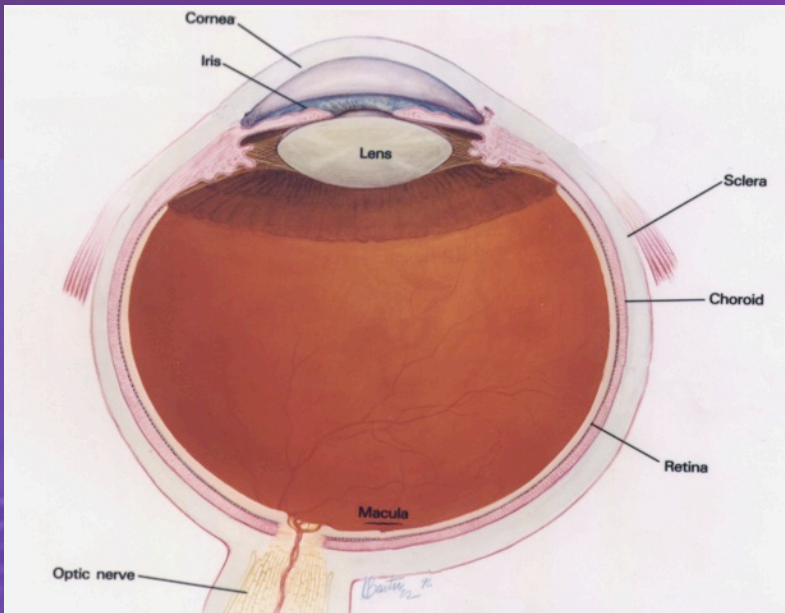


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Eye Anatomy

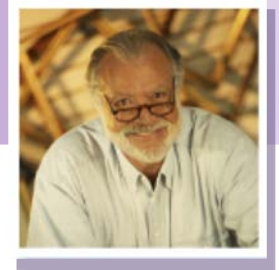




Cataract

- What is it?
 - Clouding of the eye's lens that causes loss of vision.





Cataract

- Who is at higher risk?
 - Most cataract are related to aging
 - Other risk factors
 - Diabetes
 - Smoking
 - Exposure to sunlight



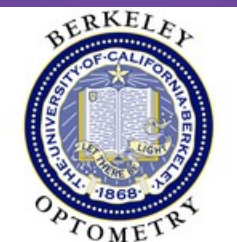
Cataract



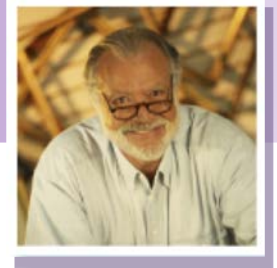
Normal vision



Same scene as viewed by a person with cataract



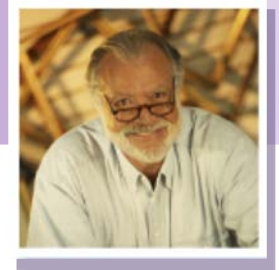
Cataract



- Treatment options
 - Glasses
 - Better lighting
 - Surgery



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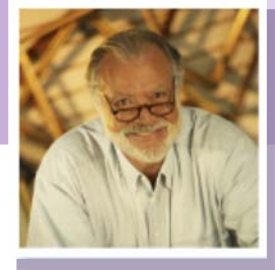
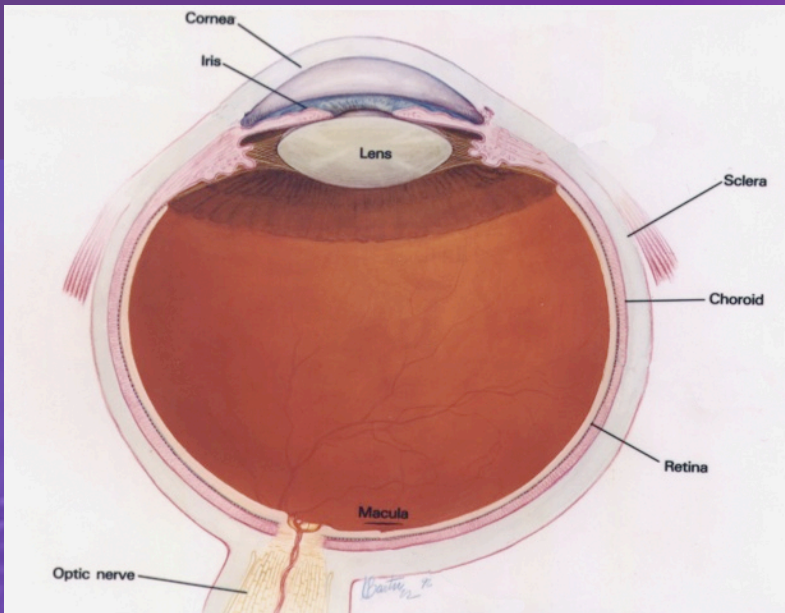
Cataract

- What can you do?
 - Eat a healthy diet
 - UV protection: sunglasses & a brimmed hat when outdoors
 - Don't smoke

- What's the latest research?
 - Vitamins?
 - Eye drops?



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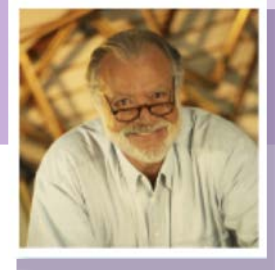


Age-Related Macular Degeneration

- What is it?
 - Common among people aged 60 or older.
 - Can damage the macula, which is needed for sharp, detailed central vision.



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Age-Related Macular Degeneration

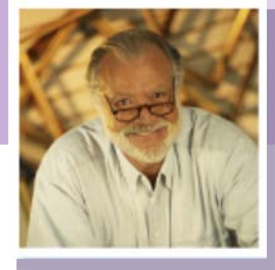


Normal vision



Same scene as viewed by a person with AMD

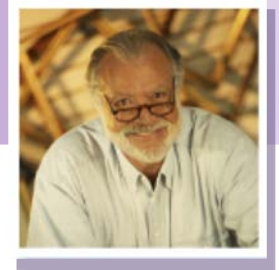




Age-Related Macular Degeneration

- Who is at higher risk?
 - The greatest risk factor is age.
 - Other risk factors
 - Smoking
 - Family history
 - Obesity
 - Race. Caucasians are more likely to lose vision from AMD.



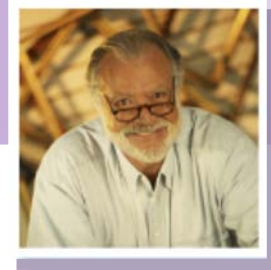


Age-Related Macular Degeneration

- What can you do?
 - Eat a healthy diet
 - For some: AREDS vitamins
 - Don't smoke, or stop smoking
 - Maintain normal blood pressure
 - Maintain a healthy weight & exercise



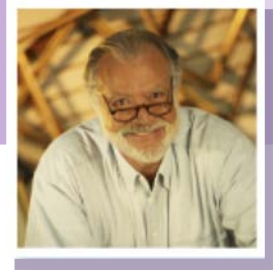
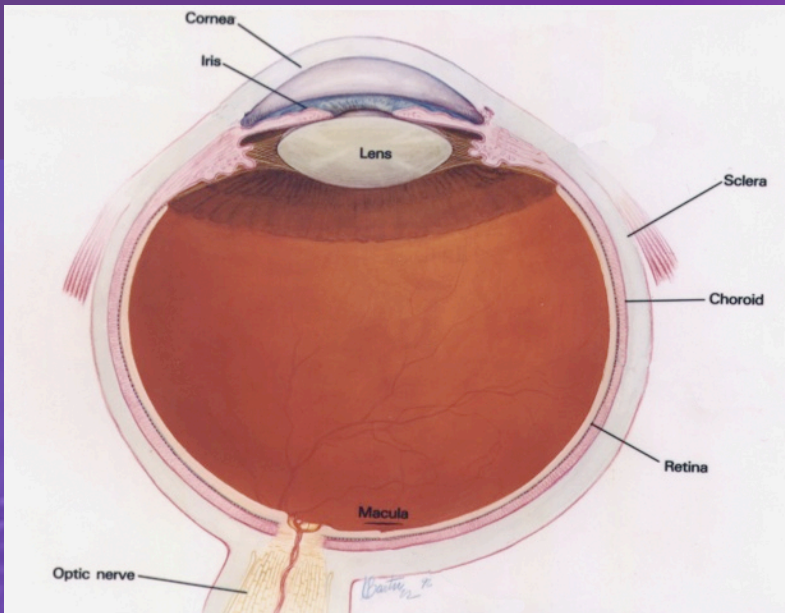
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Age Related Macular Degeneration

- What can you do?
 - Eat a healthy diet
 - For some: AREDS vitamins
 - Don't smoke, or stop smoking
 - Maintain normal blood pressure
 - Maintain a healthy weight & exercise
- What's the latest research?
 - Medications to slow progressive loss
 - Improvements in identifying and predicting disease





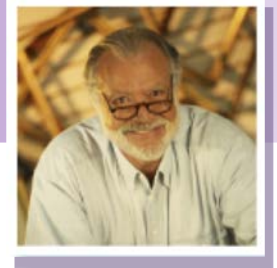
Diabetic Eye Disease

- What is it?
 - A group of eye problems associated with diabetes.
 - Diabetic retinopathy is a leading cause of vision loss and blindness.



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Diabetic Eye Disease



- Who is at higher risk?
 - People with diabetes.
 - The longer someone has diabetes, the more likely it is he or she will get diabetic retinopathy.



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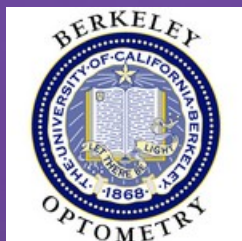
Diabetic Retinopathy



Normal vision

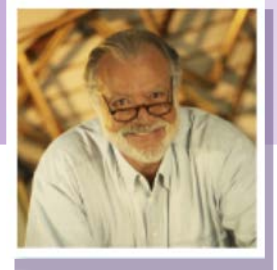


Same scene as viewed by a person with diabetic retinopathy



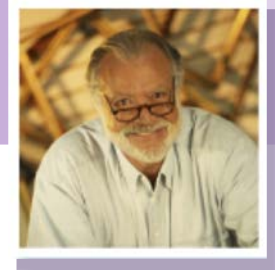
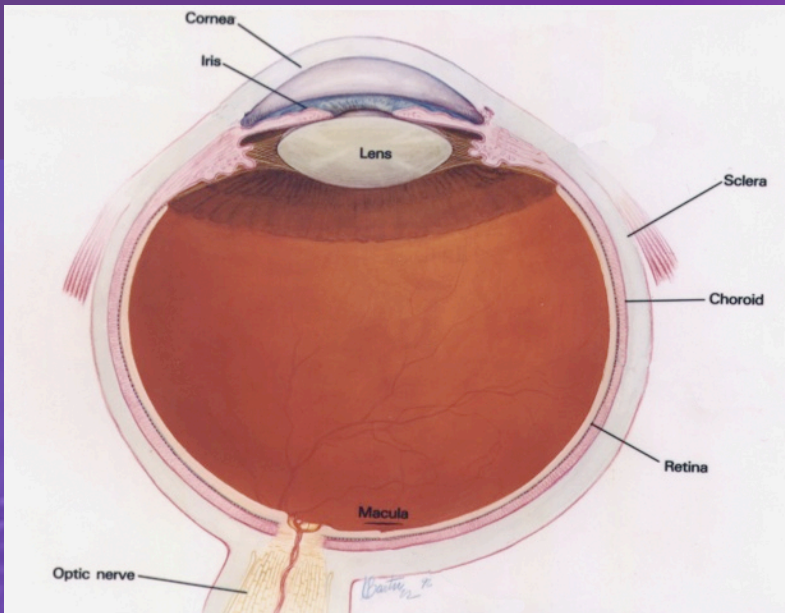
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Diabetic Eye Disease



- What can you do?
 - Control your ABCs - A1C, blood pressure, and cholesterol.
 - Take your medications as directed.
 - Maintain a healthy weight.
 - Exercise.
 - Don't smoke.
 - Have a dilated eye exam at least once a year.
- What's the latest research?





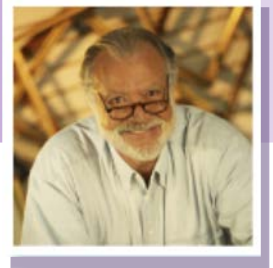
Glaucoma

- What is it?
 - A group of eye diseases that can damage the optic nerve in the eye.
 - Glaucoma can develop in one or both eyes.
 - Primary open-angle glaucoma is the most common form.



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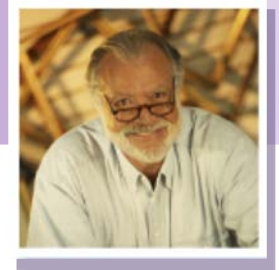
Glaucoma



- Who is at higher risk?
 - African Americans over age 40.
 - Everyone over the age of 60, especially Mexican Americans.
 - People with a family history of glaucoma.



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Glaucoma



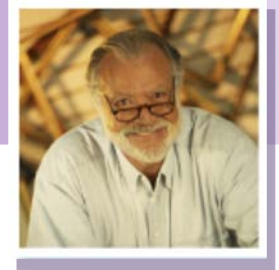
Normal vision



Same scene as viewed by a person with glaucoma



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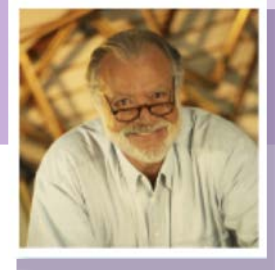
Glaucoma

- What can you do?
 - People at higher risk should get a comprehensive dilated eye exam every one to two years or as instructed by your eye care professional.

- What's the latest research?



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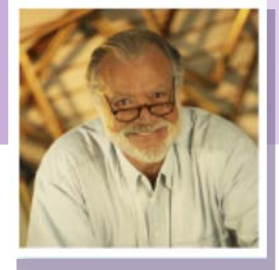


Review

- As you age, you are at higher risk of age-related eye diseases and conditions.
- Have a comprehensive dilated eye exam to detect eye diseases in their early stages.



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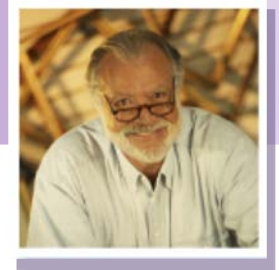


Get Your Eyes Examined

- Everyone aged 60 or older should have a comprehensive dilated eye exam.
- Your eye care professional can tell you how frequently you need to have one but typically 1x/year is recommended.



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Where To Get More Information

National Eye Institute (NEI)

For more information, visit
www.nei.nih.gov/agingeye

Or call NEI at 301-496-5248



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Thank You

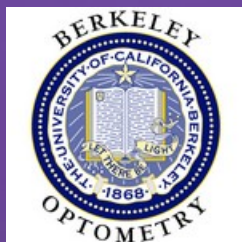


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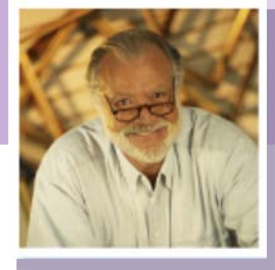


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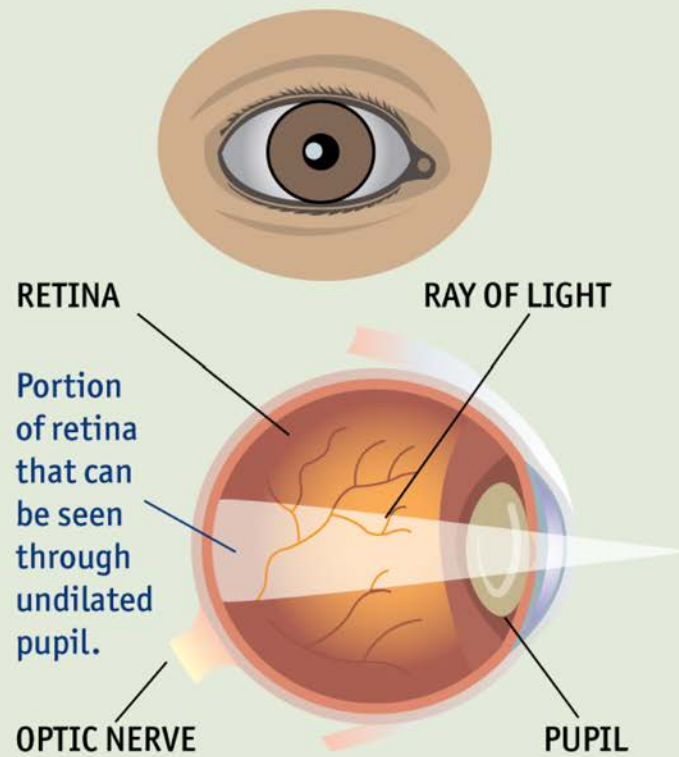


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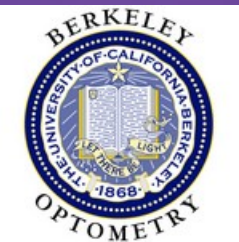
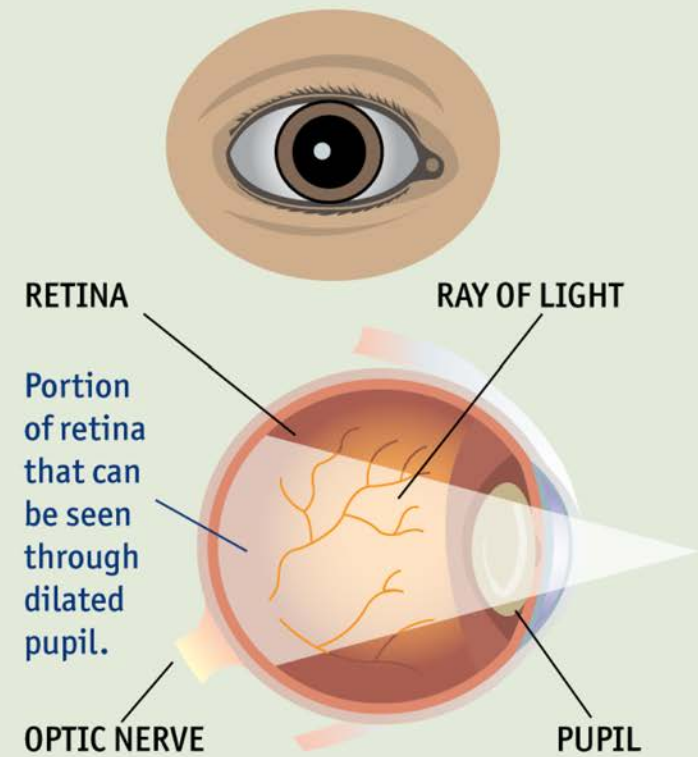


The Dilated Eye

UNDILATED PUPIL



DILATED PUPIL



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