

Vision and Aging

Age	Eye Problems	What To Do
40s	<p>You can't escape presbyopia (difficult with near vision focus).</p> <p>Be aware of increased risk of dry eye & computer vision syndrome.</p>	<p>Have routine eye exams at least every two years, and explore vision correction options.</p> <p>Eat a healthy diet high in omega-3 fatty acids and antioxidants.</p>
50s	<p>Risks increase for cataracts, glaucoma & macular degeneration (AMD).</p> <p>Presbyopia becomes more advanced.</p> <p>Risk of dry eye increases for women after menopause.</p>	<p>Have routine eye exams.</p> <p>Multiple eyewear solutions might be needed for presbyopia at this age.</p> <p>Tell your eye doctor about medications (some can cause visual side effects, including dry eye).</p>
60s	<p>Risks increase for common age-related eye diseases (see 50s above).</p> <p>Ability to see in low lighting decreases.</p> <p>Age-related eye changes cause visual disturbances such as spots and floaters.</p>	<p>Besides regular eye exams, have annual physicals to identify underlying conditions such as diabetes that might cause eye problems.</p> <p>Use brighter lights for reading. Allow more time to adjust to changing light conditions.</p> <p>If eye floaters appear suddenly, see your eye doctor immediately (this might be a retinal detachment).</p>
70s and 80s	<p>Most people in this age group already have or will develop cataracts.</p> <p>Color vision declines, and visual fields begin to narrow.</p>	<p>Cataract surgery is the only option for correcting cataracts.</p> <p>Ask your eye doctor about eyewear or lenses for increasing contrast vision. Use extra caution while driving.</p>

Sight-Threatening Eye Diseases

Eye Diseases	Symptoms
Cataract	<ul style="list-style-type: none">- Cloudy or blurry vision- Faded Colors- Glare- Headlights, lamps, or sunlight that appear too bright- Halos around lights- Poor night vision- Double vision or multiple images in one eye- Frequent changes in your eyeglasses or contact lens prescription
Diabetic retinopathy	<ul style="list-style-type: none">- Severe vision loss, even with no initial symptoms- Blurred vision- Specks of retinal blood, or spots, affecting your vision; spots may clear without treatment, only to be followed by severely blurred vision, severe vision loss and blindness
Glaucoma	<ul style="list-style-type: none">- No symptoms initially- Gradual decrease of peripheral vision- Eventual loss of peripheral vision and blindness
Dry macular degeneration	<ul style="list-style-type: none">- Blurred vision, which is a common early sign- Inability to see details clearly at a short distance as disease progresses- Small, growing blind spot in central vision
Wet macular degeneration	<ul style="list-style-type: none">- Straight lines appear crooked- Loss of central vision

Source: National Eye Institute, U.S. National Institutes of Health