Taking care of your eyes

It is important to make sure you receive regular check-ups with your eye doctor. Remember that Cataract, Glaucoma, and AMD are not a part of the natural aging process and if caught early, the damage may be stopped before permanent vision loss occurs.
Presbyopia

Presbyopia, or the loss of focusing power, is one of the most common, age-related vision deficiencies. Somewhere around the ages of 45 and 50, individuals corrected for distance vision will need an arms length to read normal print. By about the age of 60, almost everyone must wear different glasses or bifocals for reading and for distance.

Good lighting can often make the difference between seeing and not seeing. Here are some home lighting tips from CNN.com health:

- Make sure bulbs are covered with a lamp shade to prevent a painful glare.
- Focus light on the work in front of you, not toward the eyes.
- Provide lots of light in the bathroom, especially overhead and in the shower.

Cataract

Cataract is a clouding of the lens of the eye that affects more than half of Americans by the age of 80. Wearing sunglasses or a hat with a brim may help prevent Cataract. Researchers also believe that eating green leafy vegetables, fruits, and other antioxidants may help aid in the prevention of Cataract.

Glaucoma

Glaucoma damages the eye’s optic nerve and can lead to vision loss & blindness. With early treatment, a person can often protect their eyes against serious vision loss. Treatment includes medications, laser, and conventional surgery, or a combination of any of these. These treatments will save remaining vision but will not improve sight already lost.

AMD

Age-related macular degeneration destroys the ability to see objects clearly and for common daily tasks. AMD may advance slowly or fast. Some types of AMD may be treated with surgery, therapy, or eye injections.