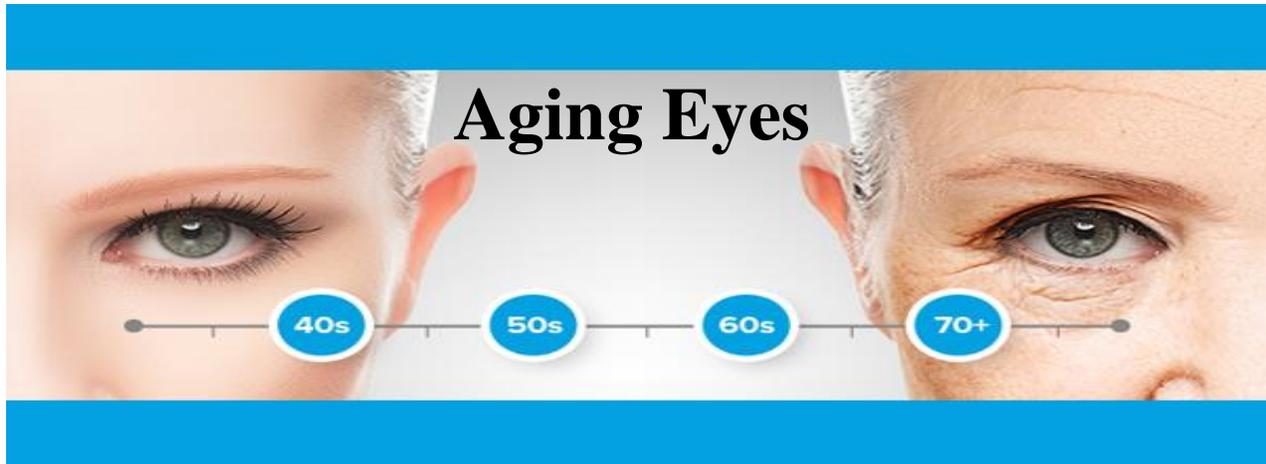


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Our bodies undergo many changes as we age, and our eyes are no exception. Some of these changes begin in our 40s; others start to impact vision and eye health in our 60s and beyond.

Common age-related vision changes

- **Presbyopia:** When you have to reach for readers to focus on near objects, it means your eye's natural lens is losing its ability to flex. This is one of the most common conditions that affect aging eyes. In addition to readers, you can get prescription glasses or contacts to correct this. There are also elective procedures that swap out your natural lenses for artificial ones.
- **Eye floaters:** These annoying little spots floating across your vision move as the eye moves, making it difficult to focus on them. While often harmless, they could be a sign of a more serious condition, especially if they are accompanied by other symptoms.
- **Cataracts:** A cataract is a clouding of the normally clear lens in the eye. This can cause several symptoms, including blurry vision, halos or a starburst effect around lights, and poor night vision. Everyone will develop cataracts as they age. While this often happens after age 60, some people may begin developing them in their 40s or 50s. Surgery is the only effective option.
- **Glaucoma:** This condition is the leading cause of irreversible blindness worldwide and occurs more frequently in people over the age of 40. It's most commonly caused by a pressure increase in the eye that damages the optic nerve, which carries visual information to the brain.
- **Age-Related Macular Degeneration:** This affects the macula, the center of the retina, and is a leading cause of vision loss in older adults. Unlike glaucoma, AMD does not lead to complete blindness if left untreated, but it can cause you to lose all of your central vision. Without this, you are left only with the ability to see out of the corners of your eyes. This can limit your ability to see fine details and cause significant loss in your quality of life.

Fun Facts

Human eyes blink 17 times every minute on an average. This sums up to 14,280 blinks each day and 5.2 million blinks every year.

A person can be born with two different eye colors. This eye condition is medically known as heterochromia.



No human in this world can sneeze without closing eyes.



Tips to help care for your eyes:

- * **Eat well.** Ensure you include citrus fruits, vegetable oils, nuts, whole grains, dark green leafy vegetables and cold water fish in your diet.
- * **Exercise regularly.** Not only does it help your heart, waistline and energy levels, but 30 minutes of physical exercise a day will also benefit your eyes.
- * **Wear sunglasses.** Sunglasses protect the eyes from cataracts and even eye lid cancers, so make sure you wear them, especially during the summer, when at the beach or in the water, when participating in winter sports, and when taking medications that increase your sensitivity to light.
- * **Don't smoke.** Smoking increases your risk of cataracts and age-related macular degeneration, as well as risks for cardiovascular diseases that indirectly influence the health of your eyes.

Eye exams are the key to healthy vision!
When was your last eye exam?



Sources: <https://www.henryford.com/blog/2019/09/aging-eyes> <https://factslegend.org/40-facts-about-human-eyes/>
<https://agesafeamerica.com/facts-about-aging-eyes-and-vision-problems/>