



Lions Eye Health Program

Age-Related Eye Diseases and Conditions

See Well for a Lifetime



National Eye Health
Education Program
NEHEP



National
Eye
Institute

NATIONAL INSTITUTES OF HEALTH





Vision Changes

- You may notice vision changes with aging.
- Many changes are common and can often be corrected.
- As you get older, you are at higher risk of age-related eye diseases and conditions.



Get Your Eyes Examined

- Everyone aged 50 or older should have a comprehensive dilated eye exam.
- Your eye care professional can tell you how frequently you need to have one.

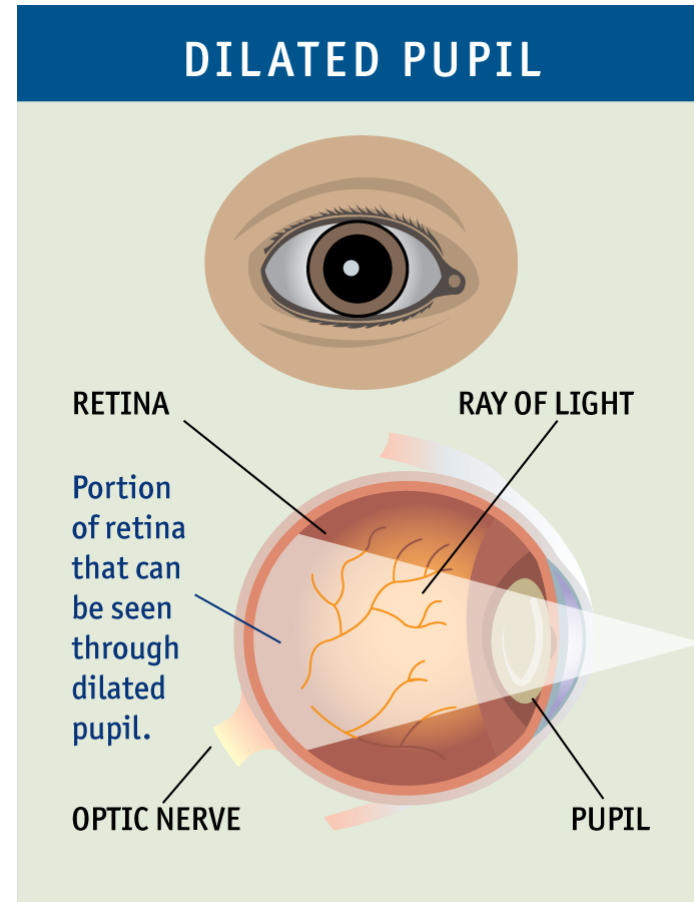
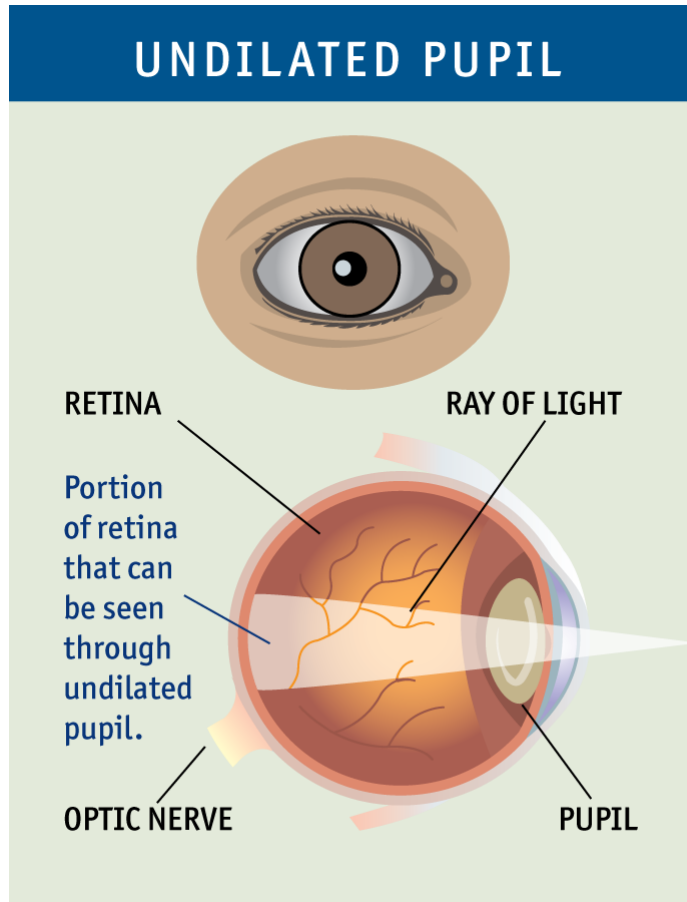


What is a Comprehensive Dilated Eye Exam?





The Dilated Eye





Eye Diseases and Conditions

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



Age-Related Macular Degeneration (AMD)

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





AMD

- 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 (AMD)



Normal vision



Same scene as viewed by a
person with AMD



AMD

- Symptoms
 - No pain.
 - Blurred vision.
 - Drusen (can only be seen by an eye care professional).



AMD

- Treatment options
 - Age-Related Eye Disease Study (AREDS) special vitamins/minerals supplement formulation.
 - Laser surgery.
 - Eye injections.
 - Photodynamic therapy.



AMD

- What can you do?
 - Eat a healthy diet
 - Don't smoke, or stop smoking
 - Maintain normal blood pressure
 - Maintain a healthy weight
 - Exercise





Cataract

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





Cataract

- Who is at higher risk?
 - Most cataracts 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

- Symptoms
 - Cloudy or blurred vision.
 - Colors that may not appear as bright as they once did.
 - Glare.
 - Poor night vision.



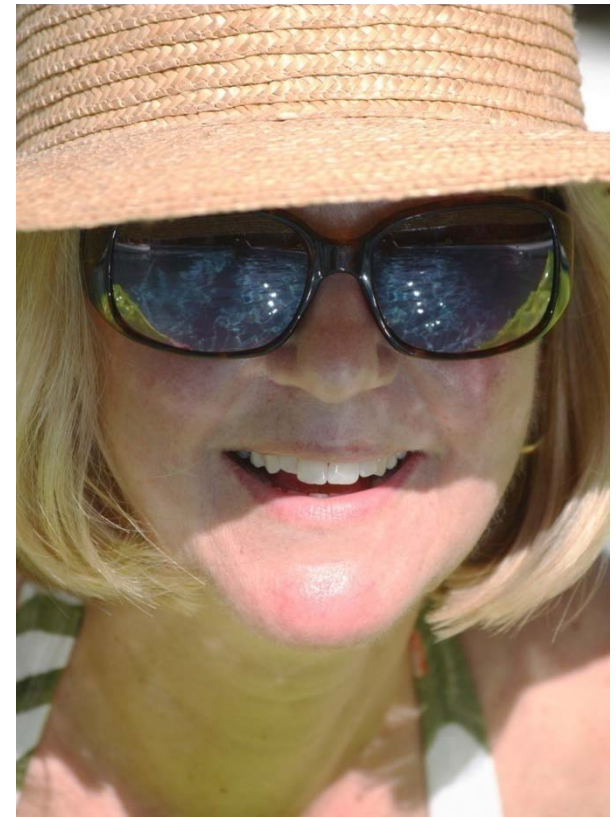
Cataract

- Treatment options
 - Glasses
 - Better lighting
 - Surgery



Cataract

- What can you do?
 - Eat a healthy diet.
 - Wear sunglasses and a brimmed hat when outdoors.
 - Don't smoke.





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.





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.



Diabetic Retinopathy



Normal vision



Same scene as viewed by a person with diabetic retinopathy



Diabetic Eye Disease

- Symptoms
 - No early warning signs or symptoms
- Early detection and timely treatment can reduce the risk of vision loss.
- Treatment options
 - Laser treatment
 - Surgery



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.





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.





Glaucoma

- Who is at higher risk?
 - Anyone can develop glaucoma.
 - People with a family history of glaucoma.
 - In the United States:
 - African Americans over age 40.
 - Everyone over the age of 60.



Glaucoma



Normal vision



Same scene as viewed by a person with glaucoma



Glaucoma

- Symptoms
 - No early warning signs or symptoms
 - No pain
 - Loss of side vision
- Treatment options
 - Medications, usually eye drops
 - Laser or conventional surgery



Glaucoma

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





Dry Eye

- What is it?
 - The eye does not produce tears properly.
 - Tears evaporate too quickly.
 - Inflammation of the surface of the eye may occur along with dry eye.





Dry Eye

- Who is at higher risk?
 - Women often experience dry eye more than men.
 - Dry eye can occur at any age.
 - Older adults frequently experience dryness of the eyes.



Dry Eye

- Symptoms
 - Stinging or burning of the eye.
 - Feeling as if sand or grit is in the eye.
 - Episodes of excess tears following dry eye periods.
 - A stringy discharge from the eye.
 - Pain and redness of the eye.
 - Episodes of blurred vision.



Dry Eye

- **Symptoms** (Continued)
 - Heavy eyelids.
 - Decreased tearing or inability to shed tears when crying.
 - Uncomfortable contact lenses.
 - Decreased tolerance to any activity that requires prolonged visual attention.
 - Eye fatigue.



Dry Eye

- Treatment options
 - Using artificial tears, prescription eye drops, gels, gel inserts, and ointments.
 - Wearing glasses or sunglasses.
 - Getting punctal plugs.



Dry Eye

- What can you do?
 - Use an air cleaner to filter dust
 - Avoid dry conditions
 - Use lubricating eye drops
 - Visit an eye care professional





Low Vision

- What is it?
 - A visual impairment that is not corrected by standard eyeglasses, contact lenses, medication, or surgery.
 - It interferes with the ability to perform everyday activities.





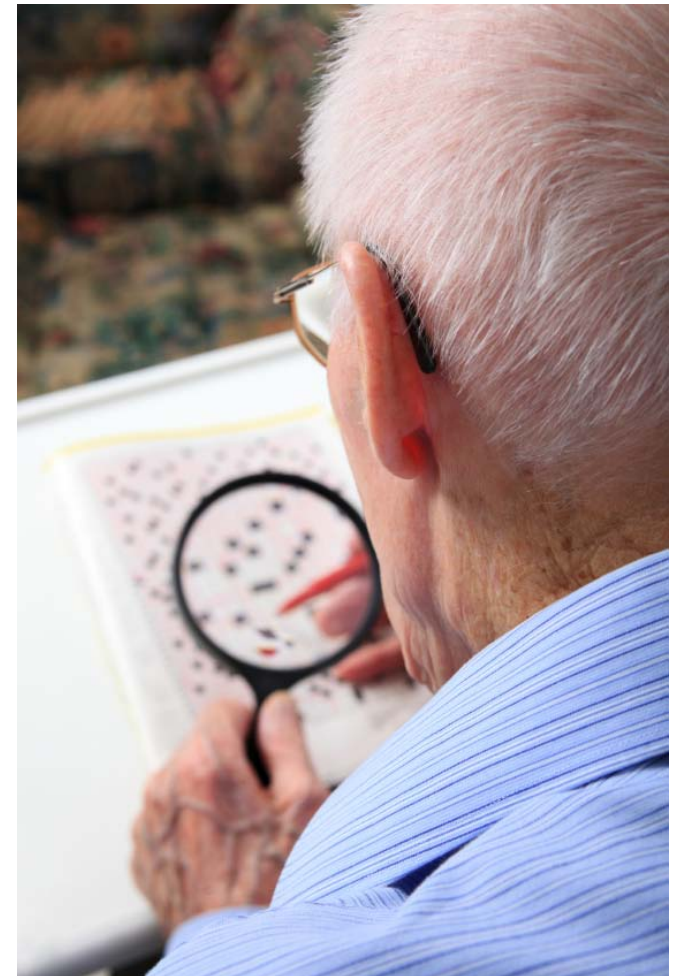
Low Vision

- Who is at higher risk?
 - People with eye disease.
 - Some people develop vision loss after eye injuries or from birth defects.



Low Vision

- Treatment options
 - Vision rehabilitation.
- What can you do?
 - See a specialist in low vision.
 - Talk to your eye care professional about vision rehabilitation.
 - Use low vision devices.





Clinical Trials

- Talk to your eye care professional about participating in a clinical trial.
- To learn more about clinical trials, visit www.nei.nih.gov





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.
- Questions?



Where To Get More Information

National Eye Institute (NEI)

- Visit the Aging Eye Web site:
www.nei.nih.gov/agingeye
- Or call NEI at 301-496-5248

Lions Clubs International

- Visit the Lions Clubs International Web site:
www.lionsclubs.org
- Or send an e-mail to: programs@lionsclubs.org