



Lions Eye Health Program

Making Vision a Health Priority

See Well for a Lifetime



National Eye Health
Education Program
NEHEP



National
Eye
Institute

NATIONAL INSTITUTES OF HEALTH



Everyone's Vision Can Change With Age

- Some vision changes make it difficult to perform everyday activities.
- These changes can also impact one's feeling of independence.



Common Vision Changes

- Some changes are common:
 - Losing focus
 - Noticing declining sensitivity
 - Needing more light
- People can age without ever experiencing changes in their vision.



Many Vision Changes Can Be Corrected

- Some of these common vision changes can be corrected with the following:
 - Glasses
 - Contact lenses
 - Improved lighting





Vision Loss and Aging

- Losing vision is not a normal part of aging.
- As you age, you have a higher risk of developing the following age-related eye diseases and conditions:
 - Age-related macular degeneration (AMD)
 - Cataract
 - Diabetic retinopathy
 - Glaucoma

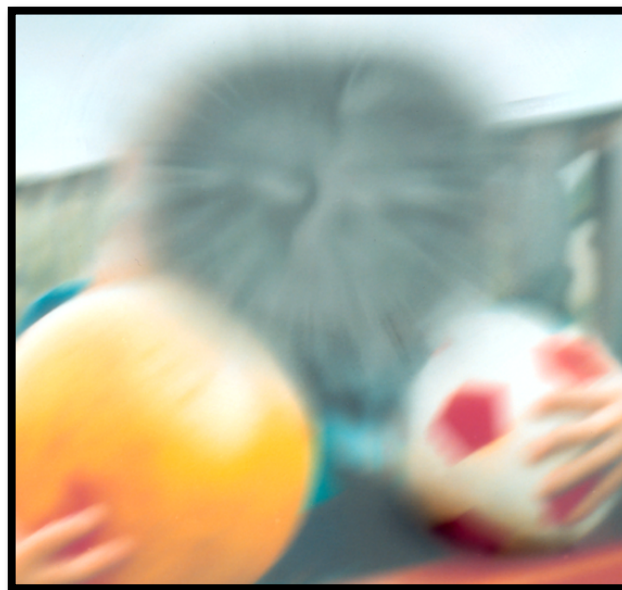


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Age-Related Macular Degeneration (AMD)



Normal vision



Same scene as viewed by a person with AMD



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Cataract



Normal vision



Same scene as viewed by a person with cataract



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Diabetic Retinopathy



Normal vision



Same scene as viewed by a person with diabetic retinopathy



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Glaucoma



Normal vision



Same scene as viewed by a person with glaucoma



Low Vision

- Visual impairment that is not corrected by standard eyeglasses, contact lenses, medication, or surgery.
- Low vision may interfere with the ability to perform everyday activities.



Vision Loss and Aging

- These diseases often have no warning signs.
- Early detection and treatment can help save your sight.
- Everyone aged 50 or older should have a comprehensive dilated eye exam.



Comprehensive Dilated Eye Exams

- Not the same eye exam for glasses or contact lenses.
- Detects eye diseases in their early stages.



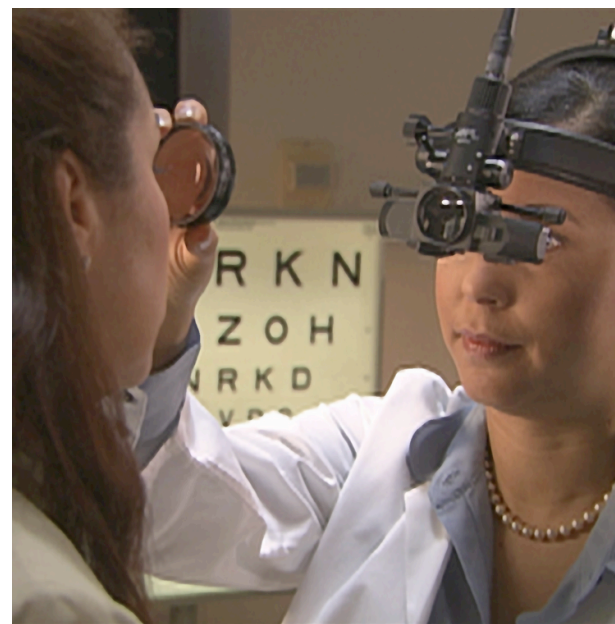
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- Can also detect other common vision problems:
 - Presbyopia
 - Farsightedness
 - Nearsightedness
 - Astigmatism



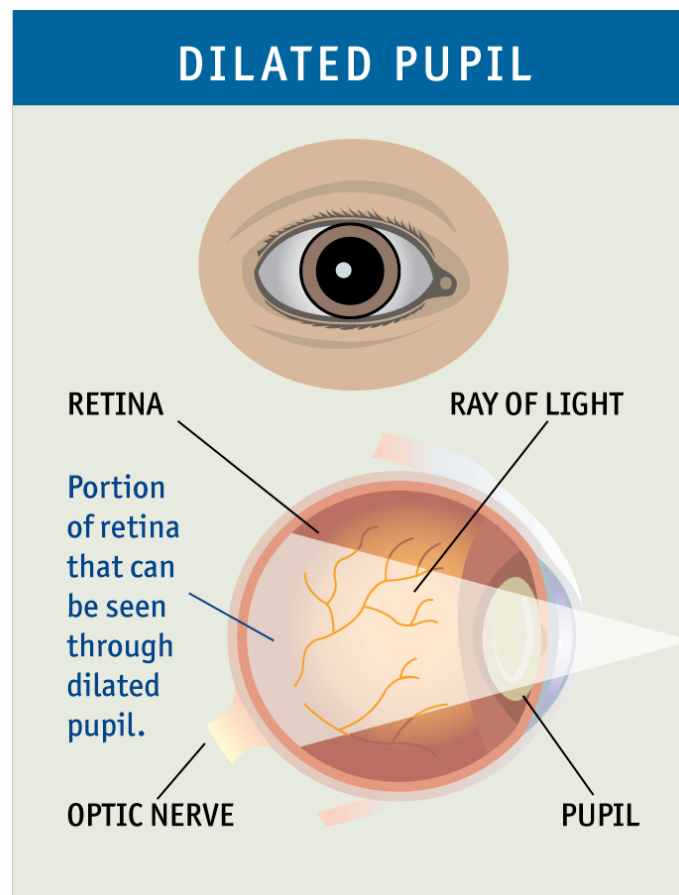
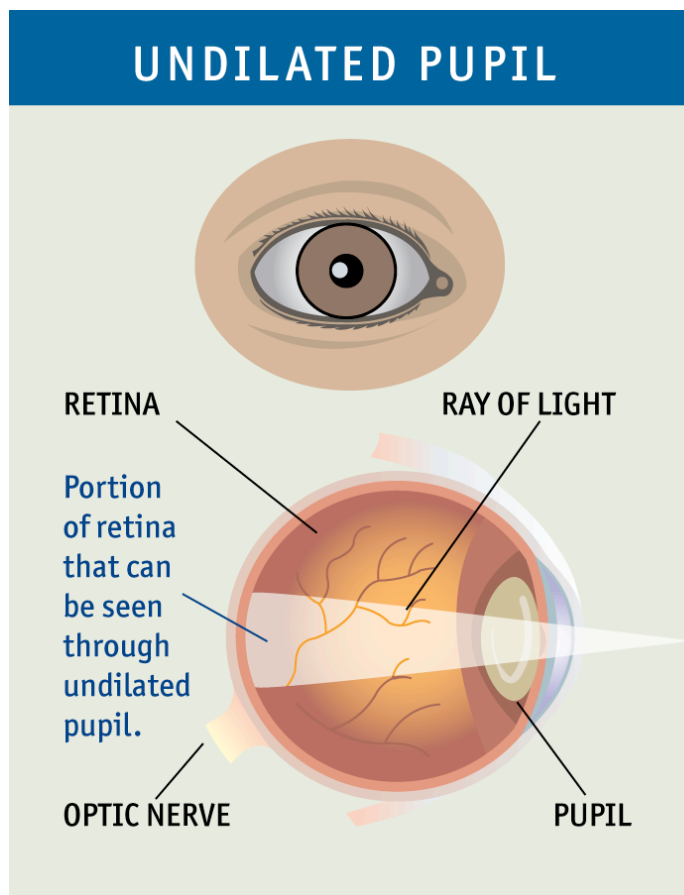
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What is a Comprehensive Dilated Eye Exam?





The Dilated Eye





Protect Your Vision

- Visit your eye care professional for a comprehensive dilated eye exam even if you aren't noticing any vision problems.



Protect Your Vision

- Stop smoking.
- Eat a diet rich in green leafy vegetables and fish.





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- Be physically active every day.
- Maintain normal blood pressure.
- Control diabetes if you have it.



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- Wear sunglasses and a brimmed hat.
- Wear protective eyewear.





Questions To Ask Your Eyecare Professional

- Am I at higher risk for eye disease?
- What changes can I expect in my vision?
- Will the changes in my vision get worse?



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- Can the changes in my vision be corrected? How?
- What can I do to protect my vision?
- Will diet, exercise, or other lifestyle changes help?



Review

- Make your vision a health priority!
- Some vision changes are normal as you age.
- Visit your eye care professional for a comprehensive dilated eye exam.
- Questions?



Where To Get More Information

National Eye Institute (NEI)

- Visit the Healthy Eyes Website:
www.nei.nih.gov/healthyeyes
- 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