

Help Prevent Eye Diseases as You Get Older



As you get older, your risk for certain eye diseases goes up. Of Americans over age 40:

- 24.4 million have cataracts
- 7.7 million have diabetic retinopathy
- 2.7 million have glaucoma
- 2.1 million have age-related macular degeneration

The good news? Dilated eye exams can catch problems early, when they're easier to treat.

So protect your vision by getting regular eye exams.



Learn more at
nei.nih.gov/EyeHealthTips



National Eye Institute