



Age-Related Eye Diseases and Conditions

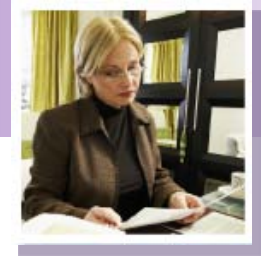
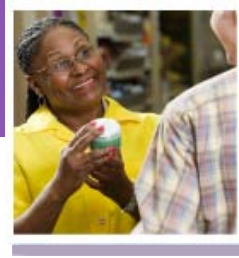
See Well for a Lifetime



National Eye Health
Education Program
NEHEP

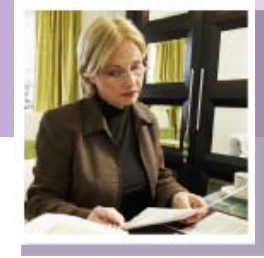
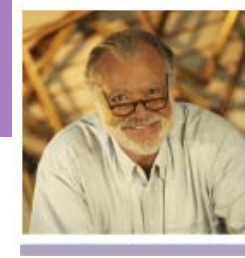
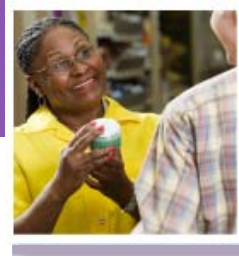


National
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NATIONAL INSTITUTES OF HEALTH



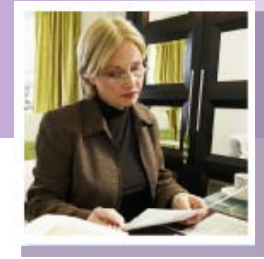
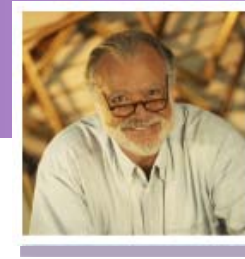
Vision Changes

- 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.



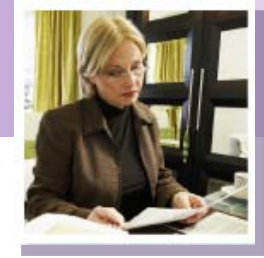
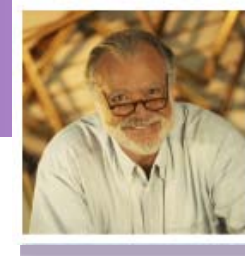
Get Your Eyes Examined

- 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.



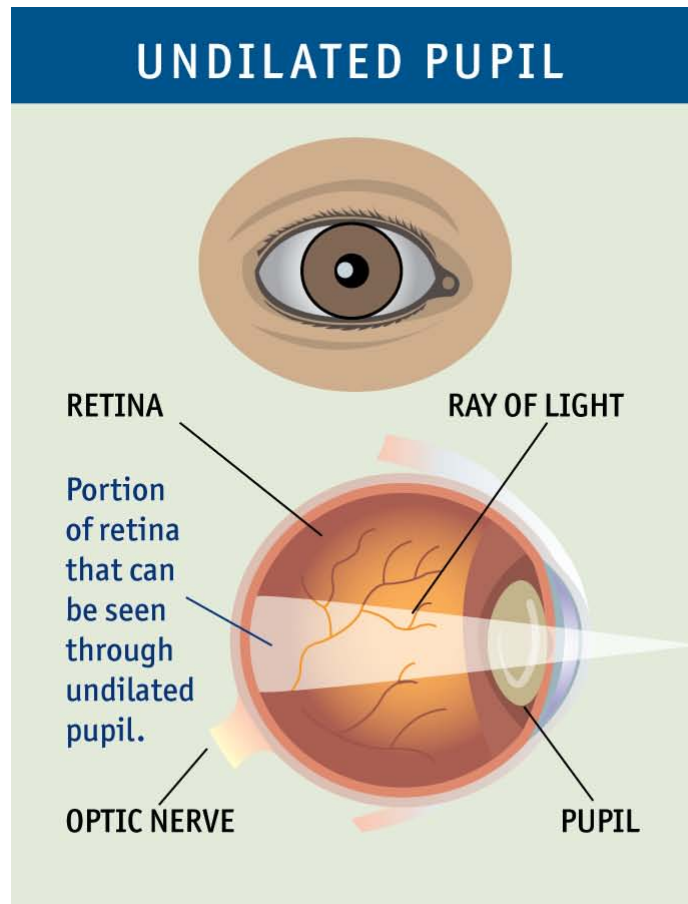
What Is a Comprehensive Dilated Eye Exam?



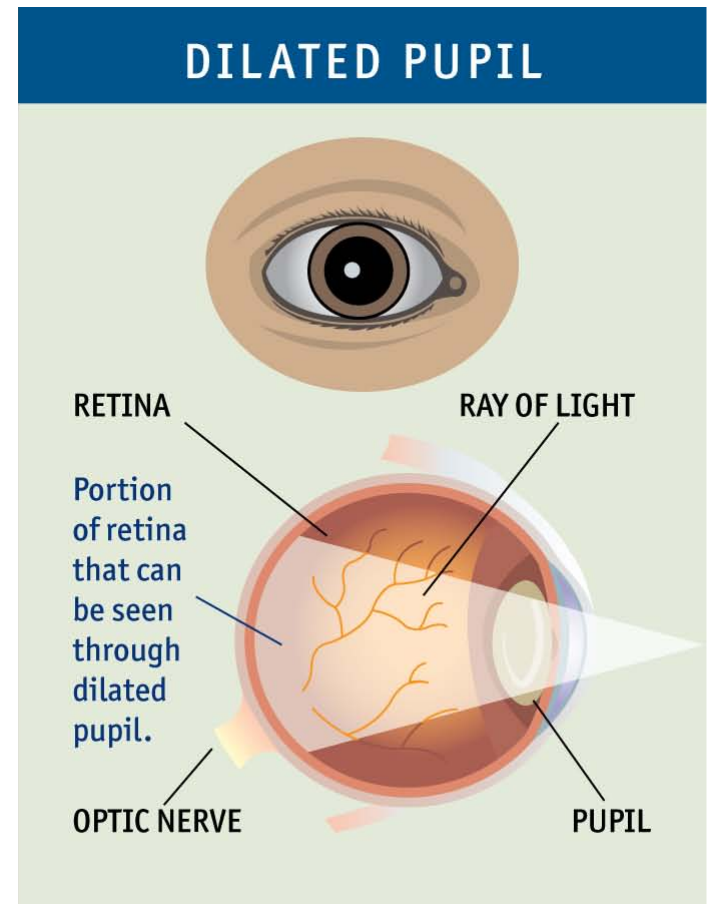


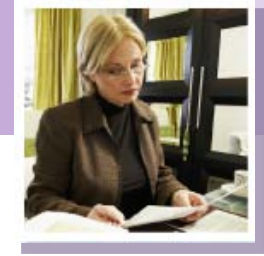
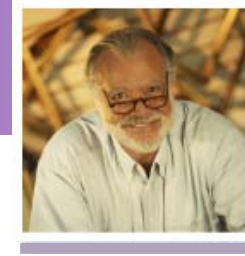
The Dilated Eye

UNDILATED PUPIL



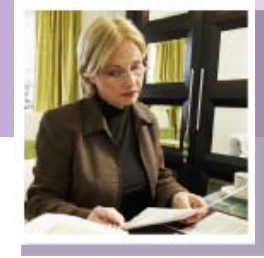
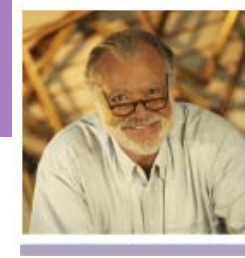
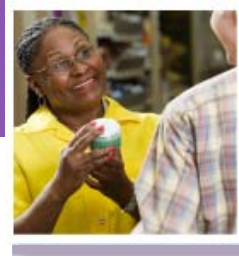
DILATED PUPIL





Eye Diseases and Conditions

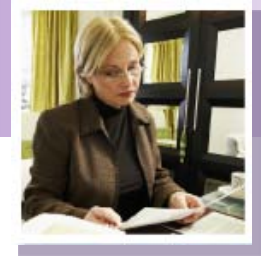
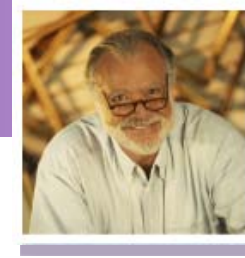
- Age-related macular degeneration (AMD)
- Cataract
- Diabetic eye disease
- Glaucoma
- Dry eye
- Low vision



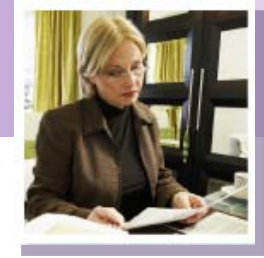
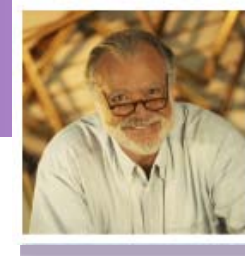
Age-Related Macular Degeneration (AMD)

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

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- 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.



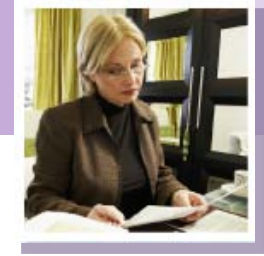
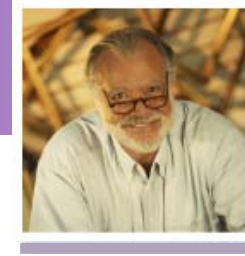
Age-Related Macular Degeneration (AMD)



Normal vision



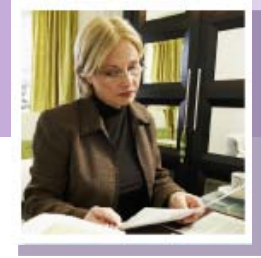
Same scene as viewed by a person with AMD



AMD

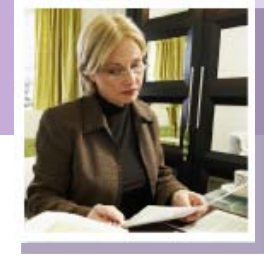
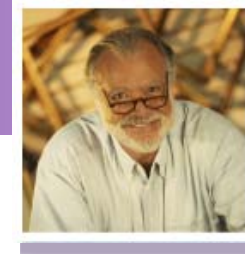
- Symptoms
 - No pain.
 - Blurred vision.
 - Drusen (can only be seen by an eye care professional).

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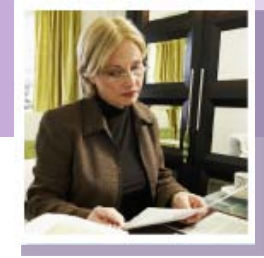
■ Treatment options

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



AMD

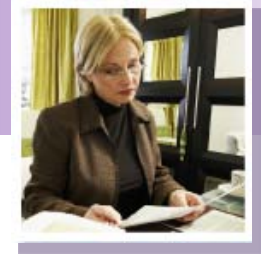
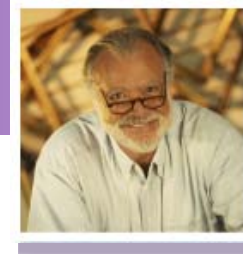
- What can you do?
 - Eat a healthy diet
 - Don't smoke, or stop smoking
 - Maintain normal blood pressure
 - Maintain a healthy weight
 - Exercise



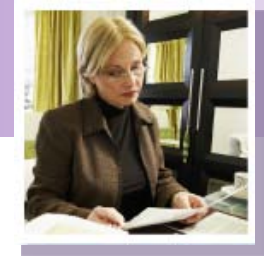
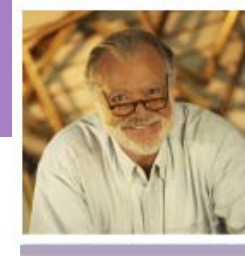
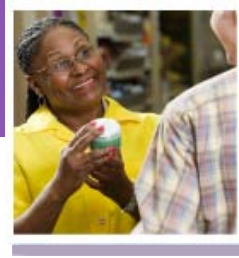
Cataract

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

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- Who is at higher risk?
 - Most cataract are related to aging
 - Other risk factors
 - Diabetes
 - Smoking
 - Exposure to sunlight



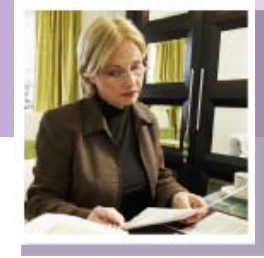
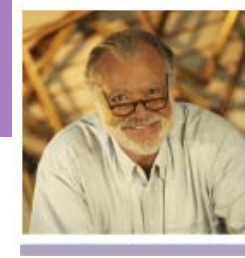
Cataract



Normal vision



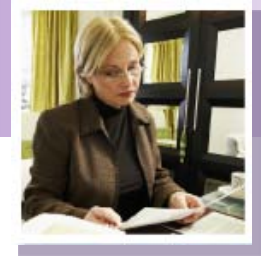
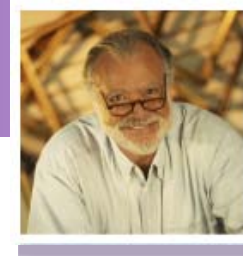
Same scene as viewed by a person with cataract



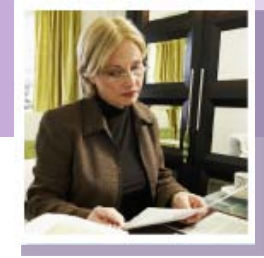
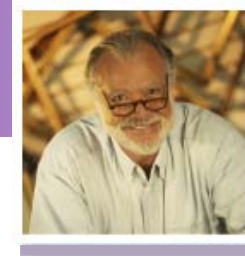
Cataract

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

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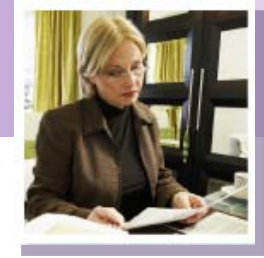
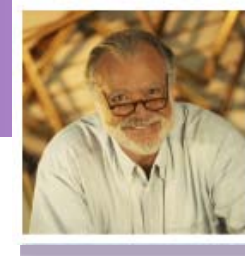


- Treatment options
 - Glasses
 - Better lighting
 - Surgery



Cataract

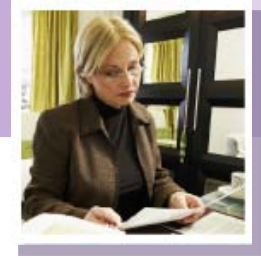
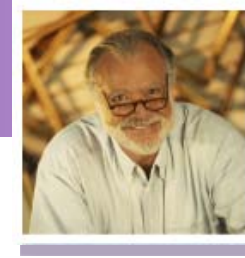
- What can you do?
 - Eat a healthy diet.
 - Wear sunglasses and a brimmed hat when outdoors.
 - Don't smoke.



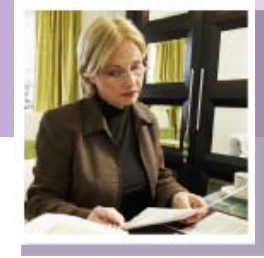
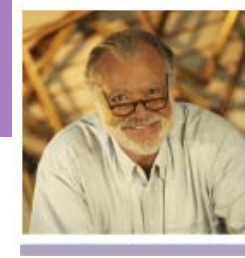
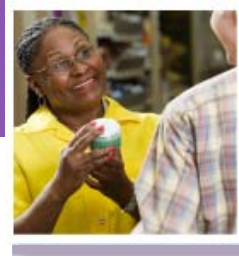
Diabetic Eye Disease

- What is it?
 - A group of eye problems associated with diabetes.
 - Diabetic retinopathy is a leading cause of vision loss and blindness.

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- 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.



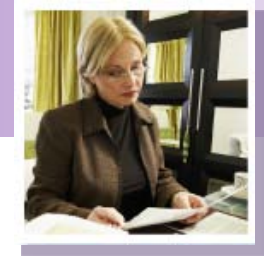
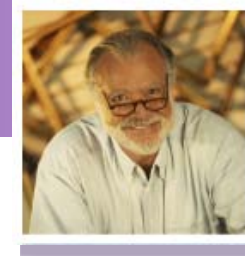
Diabetic Retinopathy



Normal vision

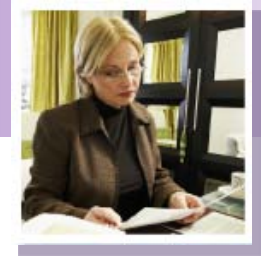


Same scene as viewed by a person with diabetic retinopathy



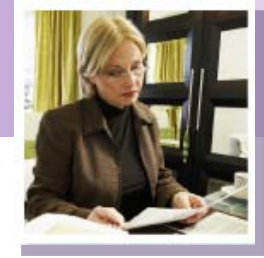
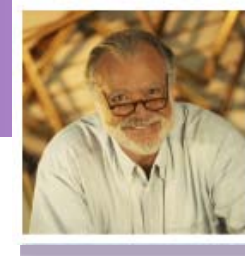
Diabetic Eye Disease

- 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

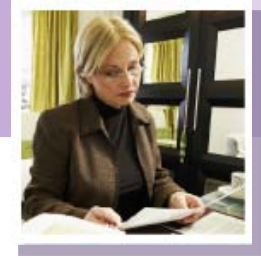
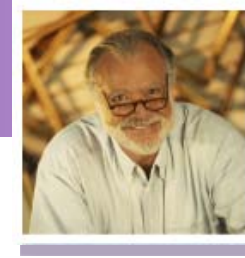
- What can you do?
 - Control your ABCs - A1C, blood pressure, and cholesterol.
 - Take your medications as directed.
 - Maintain a healthy weight.
 - Exercise.
 - Don't smoke.
 - Have a dilated eye exam at least once a year.



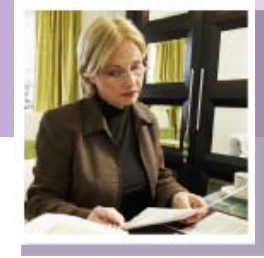
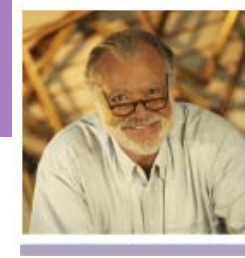
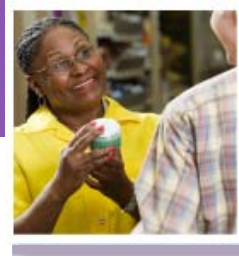
Glaucoma

- 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.

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- Who is at higher risk?
 - African Americans over age 40.
 - Everyone over the age of 60, especially Mexican Americans.
 - People with a family history of glaucoma.



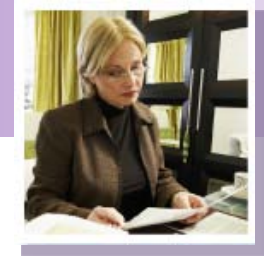
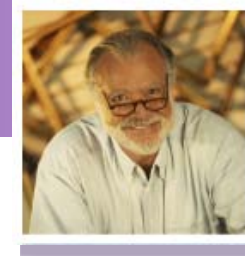
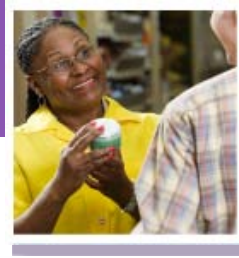
Glaucoma



Normal vision

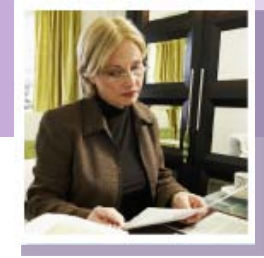
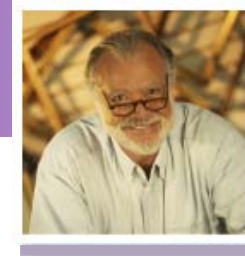


Same scene as viewed by a person with glaucoma



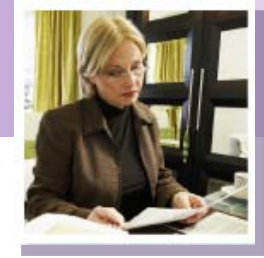
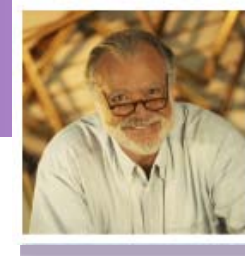
Glaucoma

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



Glaucoma

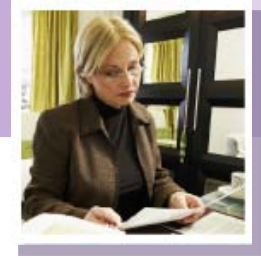
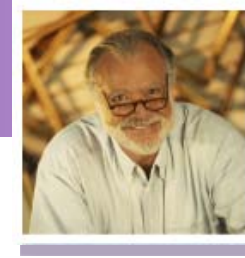
- What can you do?
 - People at higher risk should get a comprehensive dilated eye exam every one to two years or as instructed by your eye care professional.



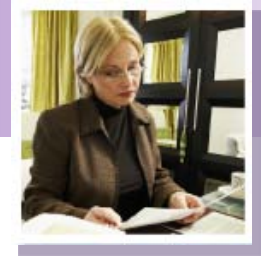
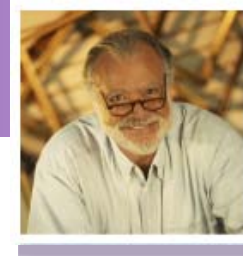
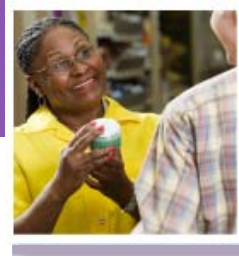
Dry Eye

- 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.

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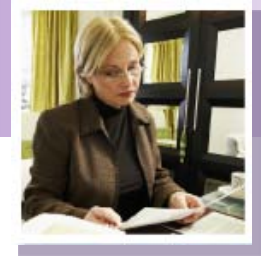
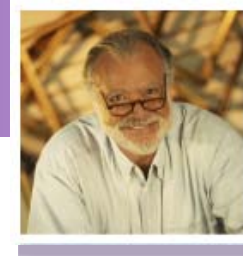
- Who is at higher risk?
 - Women often experience dry eye more than men.
 - Dry eye can occur at any age.
 - Older adults frequently experience dryness of the eyes.



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.

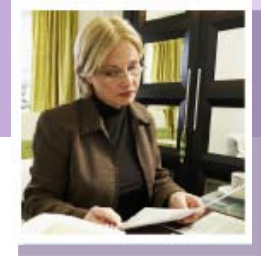
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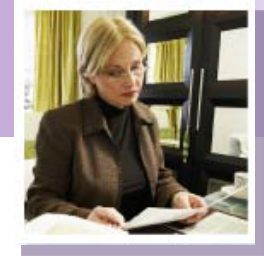
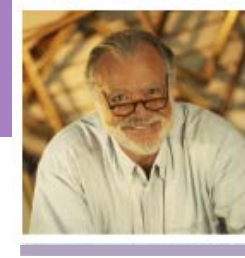
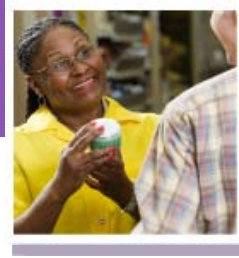
■ Symptoms

- 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.

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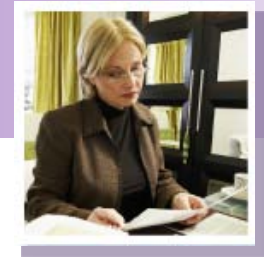
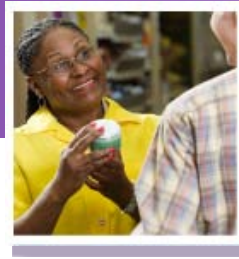


- Treatment options
 - Using artificial tears, prescription eye drops, gels, gel inserts, and ointments.
 - Wearing glasses or sunglasses.
 - Getting punctal plugs.



Dry Eye

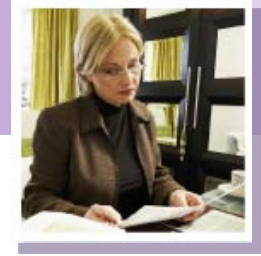
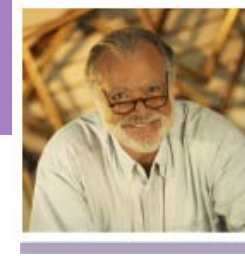
- What can you do?
 - Use an air cleaner to filter dust
 - Avoid dry conditions
 - Use lubricating eye drops
 - Visit an eye care professional



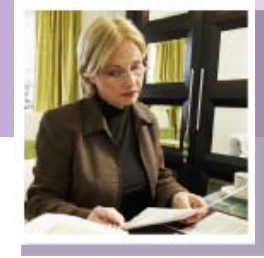
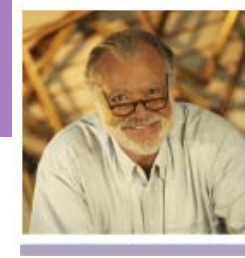
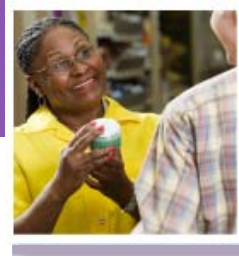
Low Vision

- 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.

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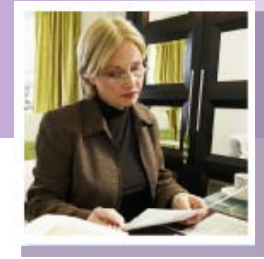
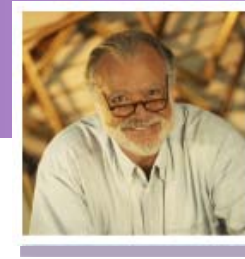


- Who is at higher risk?
 - People with eye disease.
 - Some people develop vision loss after eye injuries or from birth defects.



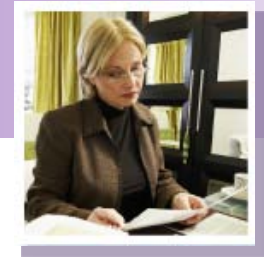
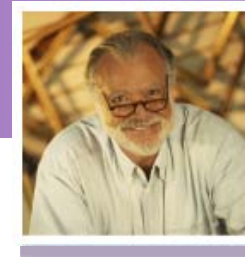
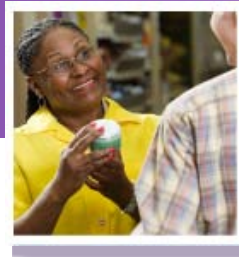
Low Vision

- 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.



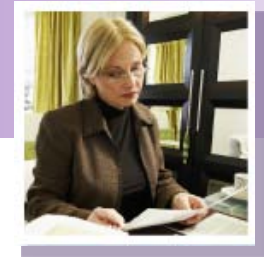
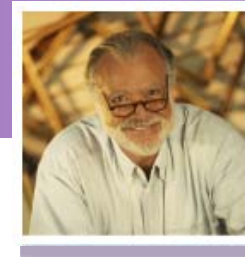
Clinical Trials

- 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)

For more information, visit
www.nei.nih.gov/agingeye

Or call NEI at 301-496-5248