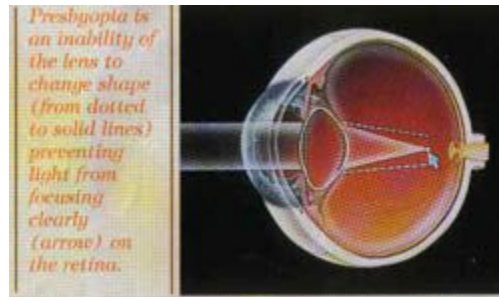


CHANGES IN YOUR VISION

As time passes, your body changes. Hair colors change. Skin textures change. Voices change. And inevitably, your vision changes.

However, changes in your vision don't have to mean a change in your lifestyle. A program of preventive eye examinations and prompt treatment of problems can keep your eyes at their best throughout your life.

PRESBYOPIA



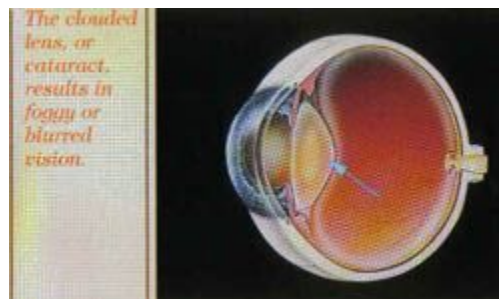
If you're near the age of 40, you may have already experienced problems with reading anything closer than arm's length. If so, you probably have [presbyopia](#).

Presbyopia, caused by a rigidity of the crystalline lens, robs the lens of its ability to properly focus light passing through the eye. Presbyopia is usually noticeable just before age 40 and becomes more pronounced with time.

You may need glasses only for reading, sewing or close work unless other vision conditions also affect your eyes. Many vision conditions, including presbyopia, can also be corrected with contact lenses.

Your doctor will recommend what is right for your vision condition.

CATARACTS



The leading cause of reversible blindness in the United States, cataracts cloud the eye's normally clear, transparent lens, thus blurring the vision. Like presbyopia, cataracts commonly occur with aging. About 30 percent of all people over 65 will have at least one cataract in their lifetime.

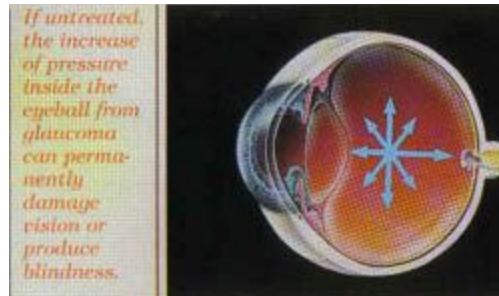
A patient whose vision is impaired by cataracts may notice one or more of the following symptoms:

- ☐ a gradual, painless blurring or dimming of vision
- ☐ "halo" or haze around lights, especially at night
- ☐ double (or multiple) vision, or in younger patients, vision that is worse in bright sunlight

Cataracts may be caused by accidents, diseases, or infection. However, the most common form is senile cataracts, which result from aging. Senile cataracts cannot be prevented with medicine or other therapy.

They can, however, be removed surgically when one's vision becomes too blurry. In most cases, an artificial lens can be implanted to restore clear vision without the necessity of thick glasses. Cataract surgery is relatively uncomplicated and has a success rate of over 95 percent.

GLAUCOMA



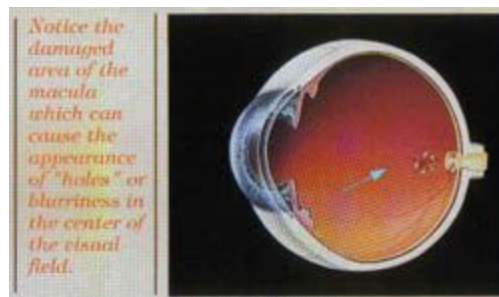
One out of every 50 people over the age of 35 suffer from glaucoma, making it one of the leading causes of blindness in the United States. Glaucoma is caused by a progressive increase of pressure within the eye which causes irreversible damage to the optic nerve.

If you are black, or suffer from diabetes, anemia, or hardening of the arteries, or have a family history of glaucoma, your chances of developing glaucoma are even higher.

Because most types of glaucoma develop gradually and painlessly, damage can be extensive before it is noticeable to the patient. Glaucoma can be treated, but nothing can repair nerve damage once it occurs. That is why annual preventive eye examinations are essential after age 40.

Glaucoma is detected by a variety of tests including tonometry which measures your intraocular pressure, visual fields which measure possible vision loss, and ophthalmoscopy which allows the doctor to view the interior of your eye.

MACULAR DEGENERATION



Another condition which may affect the aging eye is macular degeneration. This occurs when the central point of focus on the retina (called the macula) is damaged.

Signs of macular degeneration are...

- ▶ Loss of color visual clarity, and
- ▶ A dark or empty area or blurred vision in the center of the visual field

One reason macular degeneration often goes unnoticed is because it usually affects only one eye. In this case, the "good" eye compensates for the affected eye, allowing the problem to go unnoticed by the patient. This is one reason annual eye examinations are recommended after age 40.

Treatment of macular degeneration may include the use of optical aids. In severe cases, laser surgery may be required.

DRY EYE

Anhydrosis, or dry eye, is a condition caused by a shortage of tear production by the tear glands in the eyelid. Signs of dry eye are stinging, burning, scratchiness, the presence of a stringy mucus, and/or excess irritation from smoke or other irritants.

While dry eye is definitely age related, it may also be caused by many prescription and nonprescription medications including antihistamines, beta-blockers, decongestants, diuretics, oral contraceptives, sleeping medications, tranquilizers, and tricyclic antidepressants. Check with your doctor or pharmacist if you suspect that a medication is causing dry eyes.

Dry eye may not sound like a serious problem. However, if inadequately treated, chronic dryness may lead to corneal damage.

Dry eyes can usually be treated very successfully. Ordinary tear-replacement drops can control mild problems. More severe problems are treated with special tear-sparing devices, such as moisture-chamber glasses, or dry-eye contact lenses, which ease discomfort by keeping the lid from rubbing against the eye.

REMEMBER - IF YOU ARE 40 YEARS OR OLDER

ANNUAL PREVENTIVE EYE EXAMINATIONS ARE ESSENTIAL TO THE HEALTH OF YOUR EYES.