

Tips for Eye Care



LIGHTHOUSE
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A Lighthouse Center for Education resource

Experts at Lighthouse International, the world's leading resource on vision impairment, recommend that all people age 45 and older take the following steps for better eye health.

- Visit your eye care professional for an annual checkup, which should include tests for glaucoma and recommendations for lenses for distance viewing, intermediate viewing (such as a computer screen), and reading. If you have a family history of eye disease or systemic conditions such as diabetics or hypertension, you may need to see an eye doctor more frequently.
- Consult you eye care professional immediately if you notice any of these changes in your vision:
 - ◆ double or blurred vision
 - ◆ halos around lights
 - ◆ inability to see faces clearly
 - ◆ faded or distorted print
 - ◆ parts of letters or words are missing
 - ◆ washed out or faded colors
 - ◆ bumping into objects or difficulty judging depth perception on stairs or curbs
 - ◆ prolonged difficulty seeing when going from light to dark
 - ◆ sparks of light appearing off to the side

- ◆ car headlights appearing to have spokes radiating from a central point
- ◆ sudden pain in one or both eyes
- ◆ sudden appearance of "floaters"

- Take precautions to prevent accidental eye injuries. Wear protective eye gear when doing yard work, using power tools or playing sports. Wear goggles when swimming.

- Limit your exposure to ultraviolet (UV) rays, especially if you are outside a great deal or live in a sunny climate. Wear tinted or clear lenses whose UV blocking capacity is stated on the label or manufacturer's warranty.

- Take care of your general health and maintain a healthy diet that is low in saturated fat, sugar, and salt. Research increasingly suggests that eating foods rich in antioxidants such as the carotenoids, ascorbic acid, vitamin E, zinc and selenium can reduce the incidence of age-related eye disease.

- If you have a condition such as glaucoma, cataracts, macular degeneration, or diabetic retinopathy, and your eye doctor says nothing more can be done with medication, surgery or corrective lenses, contact your local vision rehabilitation organization. It can help you maintain independence through low vision services, adaptive devices, and training in independent living skills.

To find a vision rehabilitation agency near you, call the Lighthouse Information and Resource Service toll-free at (800) 829-0500 (press option for "information" when you hear the voice menu) or e-mail info@lighthouse.org.

Visit us on the Web at www.lighthouse.org

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