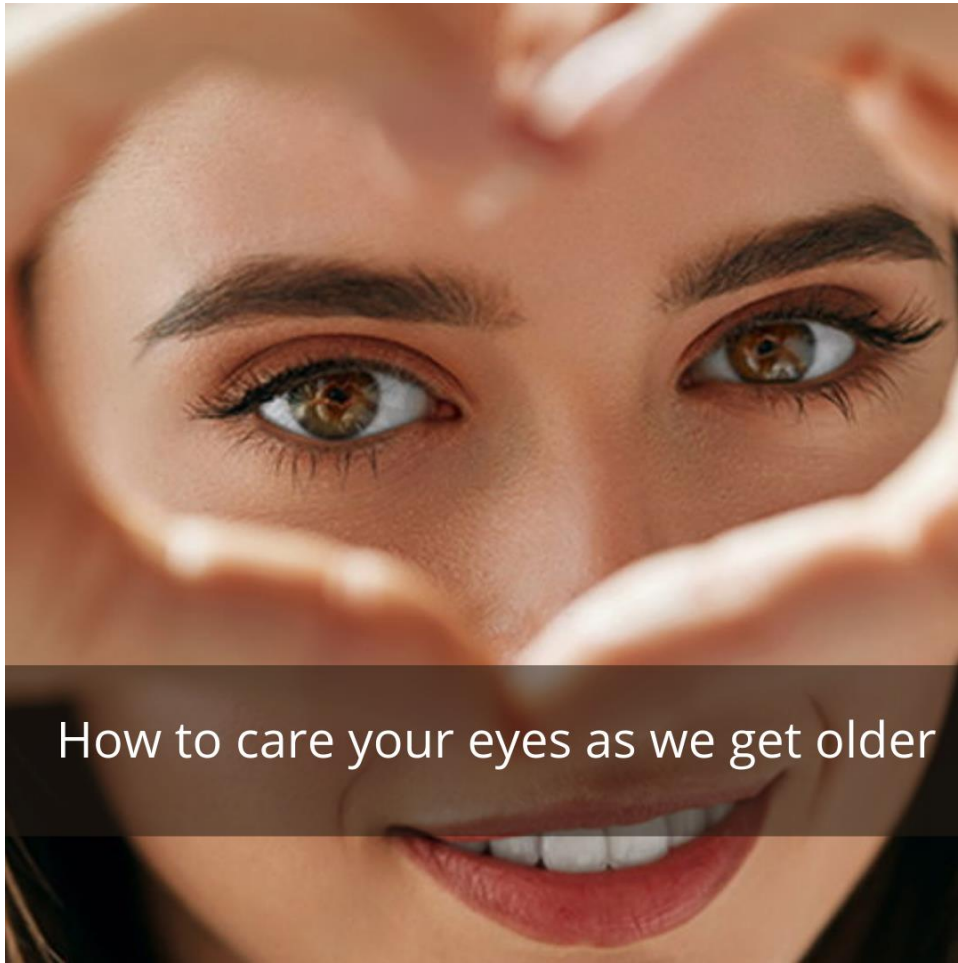


How to care your eyes as we get older



How to care for your eyes as we get older.

Lot of things change as we age. We got to be careful in looking for indications relating to the old age vision misfortunes. Infact the early analysis is required for basic forestalling for any sight-compromising conditions from further advancement. We advise our customers to be educated as early as possible so that they can limit their future risk. Additionally, we need them to be aware of all the symptoms that occur during the phase of these changes!

Top Age-Related Vision Changes.

The absolute and the most basic changes that can be seen are as follows.

Lighter vision. The more established we get; we may start to see lighter colours plainly. So, don't be excessively amazed in the event that you begin to use extra lights and perusing lights after some time.

This number is expected to decrease, but 80% of people over age 45 develop presbyopia. The lenses in their eyes become less flexible, making it increasingly difficult to focus on near objects or words on a page. Presbyopia is the reason many people need bifocals or transition lenses.

Increasing sensitivity to glare. This is a problem especially while driving, polarized lenses can help.

Changes to color perception. As we get older, colors we see can get dull or yellowish.

Lack of tear production. We need tears to keep our eyes healthy and maintain a clear vision. So a dry eye can be a problem.

Sight-Threatening Conditions can be frustrating to live with. Even though we can correct presbyopia with reading glasses and we can use eye drops to treat dry eyes, there are also other various range of vision problems that become more serious and common as we get older. Some of these threats include diabetic retinopathy, macular degeneration, cataracts, glaucoma and retinal detachment.

Technology and medicines have already come a long way in treating and slowing the progress of these conditions. They will only continue to improve in the future. However, the earlier we can know the warning signs the better it is for a safer eyesight. This is why regular eye examinations become increasingly important.

Helping Your Vision Stay Healthy.

Between those regular eye examinations' there is a lot we can do in our daily lives to safeguard our eyesight. Wear UV-blocking sunglasses outside (no matter what season it is) stay active, eat healthy food and avoid harmful habits like smoking. Following these tips will greatly reduce a lot of risk for eye diseases and helps you in improving your overall health!

Another good tip to follow for short-term vision benefit is that if you're a person who spends a lot of time looking at screens throughout the day is to use the 20-20-20 rule. Every 20 minutes give your eyes a break from the screen by focusing on an object at least 20 feet far away for about 20 seconds. This can help a lot in reducing struss.

We can't overstate the value of yearly eye examinations, especially for those who are above 40 years of age and how long has it been?