

# FOR YOUR EYES ONLY

Slower reflexes, increased wrinkles and deteriorating eyesight are all characteristics of aging everyone undergoes. Here's a list of common eye problems to look for.



And here are some common age-related eye problems:

Though we may not realise it, subtle changes in our behaviour may point to the deterioration of our visual acuity:

1. Developing a tendency to squint while outdoors, which could indicate that we have become sensitive to light and glare.
2. Finding it more difficult to read correspondences, look at bills, write letters, and check labels and price tags.
3. Finding tasks such as threading a needle a bit more frustrating.
4. Becoming more erratic while driving, either missing street signs or traffic lights, or complaining about not being able to see clearly at night.
5. Becoming clumsier in our movements, either missing steps or tripping over / bumping into objects in our path.
6. Feeling more discomfort in our eyes or experiencing double vision or hazy vision during the course of the day.

DISEASE	SYMPTOMS	TREATMENT
Presbyopia	This progressive condition begins around age 40. The lens starts losing flexibility and is unable to focus on near objects.	Magnifying 'reading' glasses.
Dry Eye Syndrome	Hormonal changes sometimes decrease tear production, leading to or worsening dry eye syndrome, an uncomfortable, gritty sensation in the eye. Women are more likely to get this.	Artificial tears or, in more serious cases, special medication.
Cataract	Cataract occurs when the lenses in our eyes grow opaque with age. Usually taking years to develop, the cataract may go unnoticed till the cloudiness blocks your central line of sight.	A simple, highly successful operation.
Glaucoma	This is a serious disease that has no warning symptoms. It can damage the optic nerve and lead to blindness. Early detection is key, so go for regular eye check-ups.	Eye drops, medication or surgery.
Age-related Macular Degeneration	This occurs when the macula (the central part of the retina responsible for sharp vision) is damaged. Factors include aging.	Regular eye exams for early detection; laser treatments can slow it down.
Diabetic Retinopathy	Changes to blood vessels can cause the retina to become starved of oxygen. Symptoms include cloudy vision and seeing spots. Can result in blindness.	Controlling the diabetes is vital.