DavisVision™



Preserving aging eyes

As we age, our eyesight ages with us, just like the rest of the body. Beginning around age 40, you may notice slowing of the eyes dilation processes, a diminished ability to see certain colors, dry eye syndrome, and presbyopia. Your annual eye exam is extremely important in maintaining your healthy vision and improving your quality of life.

Why your eye exam matters

Age-related eye diseases mimic some of the symptoms which are part of normal age-related vision changes but can be much more severe if left untreated. Age-related macular degeneration (AMD), glaucoma, cataracts, and diabetic retinopathy are a few of the major eye disorders affecting individuals over the age of 40. The importance of your annual eye checkup cannot be overstated, as it is the key in maintaining your vision and catching any of these disorders in the developing stages.

What else affects my vision?

A healthy lifestyle can help prevent the occurence of these eye disorders and the onset of age-related vision changes. Eating healthy foods that contain Vitamins C and E may help prevent AMD and cataracts from developing. Regular exercise has also been linked to decreasing the chances of developing AMD. Bad habits like smoking can increase your chances of developing AMD by 3 to 4 times than that of a non-smoker! Staying healthy is a great preventative measure for most of the ailments we face as we age.

Sources: American Optometric Association, Prevent Blindness America, British Journal of Ophthalmology

What should I do next?

Use your member account at **davisvision.com/member** to find a provider near you and schedule your annual eye exam.

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