

WATERING EYES

Watering eyes are very common in the over 60's when the tear ducts (where the tears drain away), become blocked or narrowed. This causes the tear ducts to overflow, leading to watering eyes.

One or both eyes can be affected to varying degrees, causing blurred vision or sore eyelid skin. Treatment is not usually necessary but surgery (DCR) can be performed in severe circumstances.

DRY EYES

Dry eyes are also very common as we age, and the eyes may feel dry, scratchy, gritty and uncomfortable. Dry eyes are usually caused by a poor quality tear film, and not a lack of "water" in the tears, so, remarkably, dry eyes can often be watery. Treatment is usually with lubricating eye drops or gels.

DRIVING

Some eye conditions may have implications for driving. It is your legal obligation to inform the Driver and Vehicle Licensing Agency (DVLA) about a medical condition that could have an impact on your driving ability.

The Macular Disease Society

www.maculardisease.org

Tel 0845 241 2041

Age UK Advice

www.ageuk.org.uk/healthandwellbeing

Tel 0800 169 65 65

THE AGEING EYE

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THE AGEING EYE

As the ageing population increases, scientists expect the number of people with age-related eye problems to rise dramatically.



You can't prevent all age-related changes to your eyes. But you can take steps to protect your vision and reduce your risk of serious eye disease in the future. The single most important thing is to attend regular eye examinations so any problems can be detected early.

It is normally recommended to have an eye examination every 2 years (unless advised otherwise) up to the age of 70, and thereafter annually.

Effective treatments are now available for many age related eye disorders.

PUPIL SIZE

The pupil becomes smaller and less responsive to changes in light as we get older. That is why people in their 60s need 3 times more light for comfortable reading than those in their 20s.

For reading or close work, use a direct light from a flexible table lamp, positioned in front of you and shining down on to your book or work.

Smaller pupils make it more difficult to see at night, and extra care should be taken when driving.

CATARACTS

Cataracts are a very common eye condition.

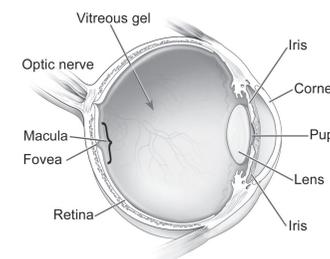
As we get older the lens inside our eye gradually changes and becomes less transparent (clear).

A lens that has turned misty, or cloudy, is said to have a cataract. Over time a cataract can get worse, gradually making your vision mistier.

Most people over the age of 65 have some changes in their lens and most of us will develop a cataract in time. If required, cataracts are treated by surgery, performed by an ophthalmologist.

MACULA CHANGES

The macula is the tiny sensitive area of the retina at the back of the eye, and it ages as we age. The changes which occur can be detected and monitored by your Optometrist.



These normal changes do NOT have any noticeable visual symptoms, but may sometimes develop into Age Related Macular Degeneration.

Scientists have found that people who eat diets rich in green, leafy vegetables or fish are less likely to have advanced AMD

Also a large clinical study has found that a specific combination of vitamins and minerals can prevent early macula changes from progressing to a more severe form. These are available as a nutritional supplement called "Nutrof Total", which can benefit macular health and are available to purchase here.