

The Aging Eye

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Be **SimplyWell**. Simple steps toward better health.

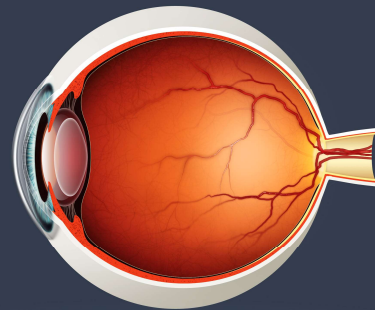
Wednesday, August 14,
2024



Journey Through **The Eye**

**Moving from the front of the eye
to the back, we'll discuss:**

- Dry eye
- Presbyopia
- Cataracts
- Floaters
- Diabetic retinopathy
- Macular degeneration
- Glaucoma



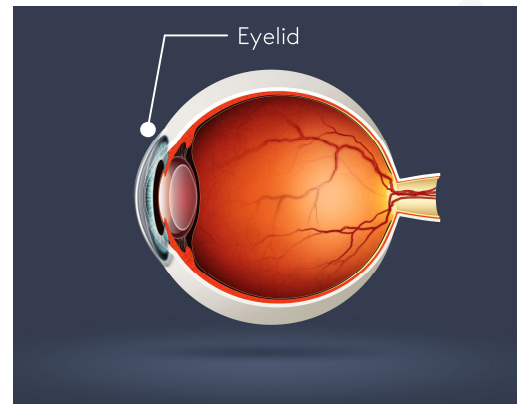
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The Aging Eye 2

Dry Eye

Dry eye has many causes—we treat the symptoms.

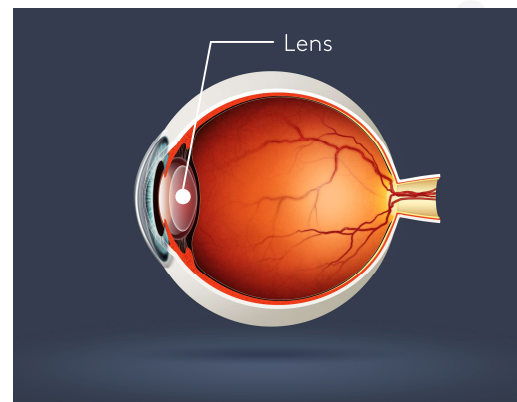
Symptoms	Treatment
<ul style="list-style-type: none">• Blurry vision that comes and goes• Feeling that something is in your eye• Redness• Excessive tearing• Sometimes: pain	<p>Conservative:</p> <ul style="list-style-type: none">• Artificial tears• Warm compress• Tea tree or baby shampoo to clean eyelashes <p>Moderate:</p> <ul style="list-style-type: none">• Punctal plug occlusion• Prescription drops <p>Aggressive:</p> <ul style="list-style-type: none">• Tear gland rehabilitation



Presbyopia

Everyone will get presbyopia as they age.

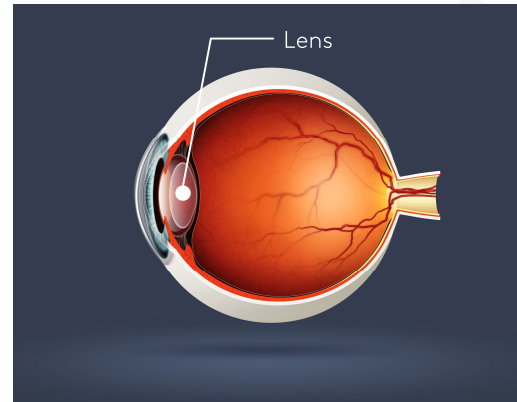
What it is	Treatment
<p>Lens inflexibility in your 40s-50s that prevents switching from reading far away to close up; causes people to hold reading material at a distance</p>	<p>Conservative:</p> <ul style="list-style-type: none">• Reading glasses/bifocals• Vuity eye drops <p>Moderate:</p> <ul style="list-style-type: none">• Lens implantation at time of cataract surgery



Cataracts

Cataracts are among the most treatable eye conditions.

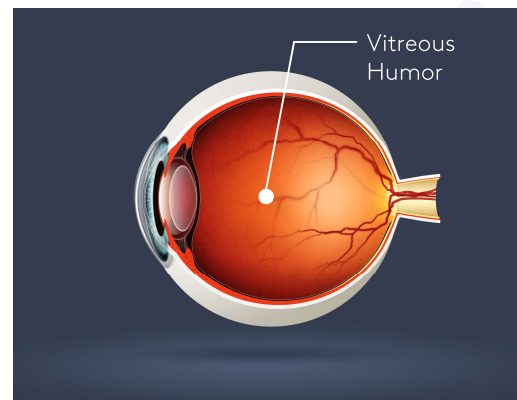
What it is	Treatment
Natural clouding of the lens mostly after age 50	Cataract surgery: very effective procedure that enters eye through small incisions, breaking up the cataract and implanting an artificial lens
Symptoms	
<ul style="list-style-type: none">• Decreased vision quality, even with glasses• Flares around lights at night	



Floaters

Floaters happen when the jelly that gives your eye structure liquifies.

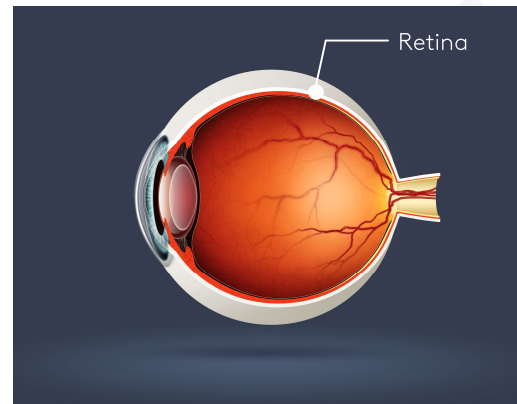
Symptoms	Treatment
<ul style="list-style-type: none">• Noticing what looks like a bug or string in vision• Can seem to move around <p>⚠ If floaters are accompanied by flashing lights or a dark curtain, it could indicate retinal problems. Seek care immediately.</p>	Unless you can't live with the symptoms, there is often little reason to treat floaters.



Diabetic Retinopathy

Yearly eye exams are crucial to diagnosing diabetic retinopathy.

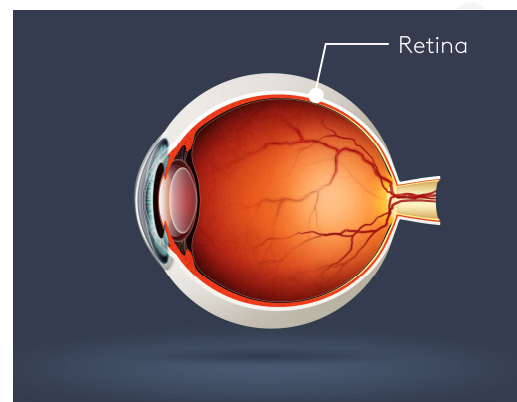
What it is	Prevention is key:
Lack of blood—and nutrients and oxygen—to fuel your retina, caused by diabetes	Blood pressure, blood sugar and cholesterol
Symptoms	Well-controlled diabetes doesn't necessarily prevent diabetic retinopathy.
<ul style="list-style-type: none">• Blurry vision• Loss of vision• Tiny black floaters• Often no symptoms—dilated eye exams are crucial!	Treatment
	<ul style="list-style-type: none">• Laser therapy• Injections• Surgery



Macular Degeneration

Macular degeneration is one of the leading causes of serious, permanent vision loss.

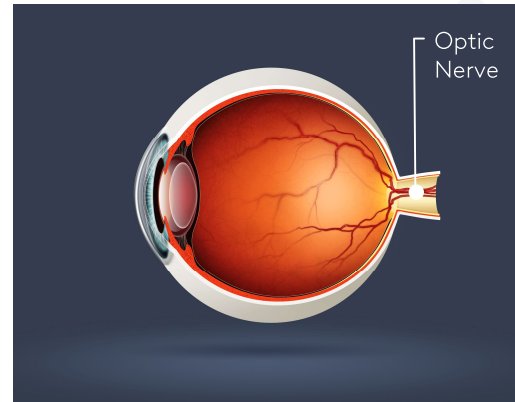
What it is	Prevention
Blurred vision or permanent vision loss, due to damage to your macula—through byproducts (dry) or blood/fluid leakage (wet)	<ul style="list-style-type: none">• AREDS2 formula vitamins• Stop smoking• Eat leafy green vegetables
Symptoms	Treatment
<ul style="list-style-type: none">• Decreased vision• Seeing gaps or squiggles in straight lines	<p>Focuses on slowing the progression</p> <ul style="list-style-type: none">• Injections



Glaucoma

Glaucoma isn't just about eye pressure.

What it is	Treatment
Damage to your optic nerve that causes vision loss over time	Focuses on keeping eye pressure low <ul style="list-style-type: none">• Eye drops• Laser therapy
Symptoms	
<ul style="list-style-type: none">• Many times silent: annual eye exams are key!• Loss of peripheral vision• Blurred vision	



Keeping Your Eyes Healthy

Most aging eye conditions are easily diagnosed in yearly eye exams.

Focus on your general health: blood supply and oxygen are key.

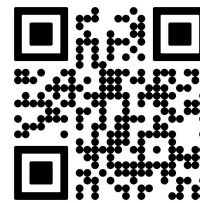
- Blood pressure
- Blood sugar
- Cholesterol

Prevent eye trauma.

- Wear proper eyewear when mowing or working with dust
- Wear sunglasses

Annual eye exams are key as you age.

MetroHealth has
experienced providers that
treat **aging eye diseases**.



MetroHealth Ophthalmology
metrohealth.org/eye-care
216-778-4391

Your Questions:

Why do I have eye strain?

Your Questions:

Is there an age limit to wearing contact lenses?



ABOUT METROHEALTH

Founded in 1837, MetroHealth is leading the way to a healthier you and a healthier community through service, teaching, discovery and teamwork. Cuyahoga County's public, safety-net hospital system, MetroHealth meets people where they are, providing care through five hospitals, four emergency departments and more than 20 health centers. Each day, our nearly 9,000 employees focus on providing our community with equitable healthcare—through patient-focused research, access to care and support services—that seeks to eradicate health disparities rooted in systematic barriers. **For more information, visit metrohealth.org.**

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