

Vision Care

As people get older, it is normal for their vision to change. However, there are steps you can take to preserve your eyesight and improve your vision - an important part of staying safe and independent.

Because vision is so important to daily living, it is vital to recognize changes to it. Having your eyes examined regularly can help detect problems early, and help maintain good vision.

Steps you can take to protect your vision:

- If you are over 45, have your eyes examined on a regular basis.
 - If you suffer from dry eyes (gritty, itchy, or burning), a home humidifier and eye drops may help. In a few serious cases, surgery may be needed.
 - If your eyes water, it may be that you are more sensitive to light, wind, or temperature change. Simply shielding your eyes or wearing sunglasses may solve the problem. If this situation persists, see your doctor to find out the exact cause and treatment.
 - Turn on the lights. Seeing better can sometimes be as easy as changing a low-wattage light bulb to one with a higher wattage.
 - Don't smoke. Smoking tobacco is a major risk factor in the early onset of age-related macular degeneration.
 - Sunglasses should provide 99 to 100 per cent UV-A and UV-B protection. UV rays can harm your eyes, even on a cloudy day.
 - Protect your eyes from accidents in your home.
 - Put a grease shield over frying foods.
 - Make sure that spray cans and nozzles are pointed away from you when spraying.
 - Wear safety glasses in the workshop and when using chemical products such as ammonia.
- A daily dose of the vitamins and minerals found in melons, citrus fruit, carrots, spinach, and kale may help slow the progress of some age-related eye diseases.
 - Don't drive at night if you have problems with depth perception, glare, or other vision difficulties.

Healthy aging

body, mind and spirit



Source: www.hc-sc.gc.ca

For more information about your vision:

New Brunswick Association of Optometrists
490 Gibson St., Unit One
Fredericton NB E3A 4E9
Tel: 506-458-8759; Fax: 506-450-1271

www.nbao.ca

Healthy aging... body, mind and spirit
is published in English and French by:
Senior and Healthy Aging Secretariat,
PO Box 6000, Fredericton, NB E3B 5H1
Tel: 506-457-6811
seniors@gnb.ca
www.gnb.ca/seniors