

## **AGING EYES MAY BRING CHANGES TO YOUR VISION, NOT NECESSARILY YOUR INDEPENDENCE**

*See your eye doctor for regular comprehensive eye exams to maintain your quality of life.*

**MADISON, Wis.** – As we age, we're likely to experience changes in vision and an increased potential for developing age-related eye disease. Although it is likely vision changes will occur as you age, these changes don't have to compromise your quality of life. Comprehensive eye exams performed by a licensed doctor of optometry are one of the most important, preventive ways to preserve vision and are the only way to accurately assess eye health, diagnose an eye disorder or disease, and determine the need for glasses or contact lenses.

According to 2024 Wisconsin Optometric Association (WOA) President and Viroqua, WI optometrist Dr. Andrew Nahas, "Many eye diseases have no early symptoms, and they can develop without your awareness until already becoming more advanced. An annual eye exam performed by your eye doctor can help detect and manage serious eye diseases and increase your chances of maintaining healthy vision. Common eye diseases that can permanently affect your vision after age 60 include Age-Related Macular Degeneration (AMD), glaucoma, diabetic retinopathy, and cataracts.

Results from the American Optometric Association's (AOA) Tenth Annual American Eye-Q® survey revealed that older Americans are the most concerned about developing serious vision problems that would jeopardize their ability to live independently. According to the survey, 75% of Americans aged 55 or older reported experiencing vision problems.

In order to prevent falls and driving accidents, it's especially important for older adults to visit their doctor of optometry and ensure their proper vision and eye health. Older adults can ease the stress on their eyes by making some simple changes:

- Stay safe while operating a motor vehicle by wearing quality sunglasses for daytime driving and using anti-reflective lenses to reduce headlight glare. If seeing under low light is difficult, limit driving at dusk, dawn, or at night. Use extra caution at intersections and reduce speed.
- Use contrasting colors to define essential objects in your home so that they can be spotted quickly and easily.
- Give the eyes a boost with clocks, thermometers, and timers that have large block letters. Magnifying glasses can also be used for reading when larger print is not available. Text size on the screen of smartphones and tablets can also be increased.

In addition, it's important to know how other health problems can affect your vision. Individuals with diabetes or hypertension (high blood pressure), as well as those taking medications with vision and eye health-related side effects, are at greatest risk for developing vision problems. As these other health care conditions commonly impact aging adults, regular eye exams in your senior years become even more important for your independence.

Knowing what to expect as you get older, and knowing when to seek professional care, is essential to protecting your vision and eye health and your quality of life. Receiving eye exams yearly (or more frequently, if recommended by your eye doctor) allows adults to continue leading active and productive lifestyles. To locate a licensed eye doctor near you, please visit <http://www.woa-eyes.org/members>.

### **About the AOA American Eye-Q® survey**

*The tenth annual American Eye-Q® survey was created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB). From February 19 - March 4, 2015, PSB conducted 1,000 online interviews among Americans 18 years and older who embodied a nationally representative sample of the U.S. general population (margin of error is plus or minus 3.10 percentage points at a 95% confidence level.)*

### **About the Wisconsin Optometric Association**

*The Wisconsin Optometric Association (WOA) is a nonprofit affiliation of licensed doctors of optometry and associated businesses dedicated to the preservation and enhancement of the vision welfare of the people of Wisconsin. The WOA accomplishes its goals through: education and dissemination of information, organized governmental activity, legislation and regulation, mediation with consumer and public interest groups, and provision of collective benefits to its members. Approximately 640 doctors of optometry are currently members of the WOA, located in nearly every county in the state. All members must be licensed to practice optometry by the State of Wisconsin. For more information, visit WOA's website at [www.woa-eyes.org](http://www.woa-eyes.org).*