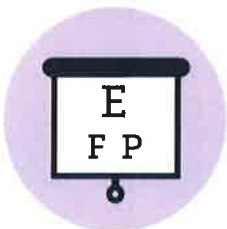


PRESERVING

AGING EYES



As we age, our capabilities, senses, and physical well-being tend to diminish slightly. Unfortunately, our eyesight is no exception. Beginning around age 40, some of these age-related effects you may notice include **slowing of the eyes dilation processes, a diminished ability to correctly interpret 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.



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.**



A healthy lifestyle can help prevent the occurrence 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.

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