

SENIOR EYE HEALTH

As most people age, their vision needs change. Complications often arise, and getting expert care from a Doctor of Optometry is critical.

At age 65 and older, you should have an eye exam at least once a year. A comprehensive eye health examination should be the key to preserving your vision and making it last a lifetime. Regular exams conducted by your Doctor of Optometry give you peace of mind in knowing that your eyes are being treated by an eye health professional that can identify potential health issues early.

Early identification and treatment of conditions that can often have no visible symptoms is key to protecting your sight.

As an adult aged 65 or older, you are at a higher risk for a number of eye conditions and diseases that can threaten your sight, including:

- [Presbyopia](#): a natural effect of aging in which the ability to focus on close objects decreases over time. Presbyopia can cause headaches, blurred vision, and the need for more light while reading and sore eyes.
- [Cataracts](#): distorted or cloudy vision caused by the lens inside the eye losing its transparency over time. Cataracts can require changes to your glasses or surgical removal.
- [Diabetic Retinopathy](#): a weakening or swelling of the tiny blood vessels in the retina of your eye, and the growth of new blood vessels resulting in blood leakage and other changes. If diabetic retinopathy is left untreated, blindness can result.
- [Macular degeneration](#): a disease that results in degenerative changes to your central vision, and is a leading cause of vision loss among older adults.
- [Glaucoma](#): a “silent thief” that often has no symptoms until significant damage has occurred. Glaucoma is caused by elevated pressure within the eye, and can lead to serious vision loss if not detected and treated at an early stage.
- Low vision: very limited sight that, without treatment, interferes with a person’s daily activities.

Many serious eye conditions don’t have obvious symptoms. Some eye diseases only show symptoms when the condition is advanced and difficult, or even impossible, to treat. A comprehensive eye exam in our office provides the full assurance of vision and eye health.

Please call Mona Vision at 250-766-0555 to schedule your Eye Health Evaluation.

Article from Doctors of Optometry Canada