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## Don't Lose Sight of Things That Matter

An annual eye exam can help you maintain your vision health in your 40s, 50s, 60s and beyond  
 by EyeMed (Paid Content) | Comments: 0

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So much changes as we get older, but we should never have to miss out on the everyday moments we love because of those changes. That's why maintaining your eye health, and scheduling your annual eye exam, should be at the top of your "To-Do" list.

**Here are 3 important reasons why you might want to speak to your eye doctor, today.**

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**1. Your Age** Starting in your 40s, you might begin to experience a condition called presbyopia. This is where the lens in the eye becomes less flexible, making it more difficult to focus at close distances.<sup>1</sup> However, reading glasses can provide a simple solution to help alleviate eye strain. As you enter your 50s, the side effects will become more noticeable, so make sure to be proactive about finding a solution that works for you.

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**2. Your Health** Are you taking prescription medication for anxiety or depression? What about an antihistamine for allergies? Many medications can put you at risk of vision problems.<sup>2</sup> You may want to speak with your doctor about potentially adverse side effects before starting any new medications.

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**3. Your Future** Needing more light. Difficulty reading. Problems with glare. Changes in color perception. Reduced tear production. These are just some of the most common warning signs that you might be at risk for an eye disease.<sup>2</sup> If you're experiencing any of these symptoms, make a list to share with your eye doctor. Remember, your eye doctor is there to help guide you as well as provide you with an eye exam. So, while these symptoms might not be an indicator of vision loss, consulting with your eye doctor is the first step in maintaining your eye health.

You have so much to look forward to as you get older, and scheduling an annual eye exam can help ensure you to get to enjoy every moment for years to come.

**Use this tool to learn more about vision discounts and find participating eye doctors in your area.\***

<sup>1</sup> American Optometric Association, "Adult Vision: 41 to 60 Years of Age," 2010.  
<sup>2</sup> American Optometric Association, "Adult Vision: Over 60 Years of Age," 2010.  
 \*\$55 eye exam available at participating providers only. Eye exams are available at Independent Doctors of Optometry or at next to LensCrafters, Target Optical and Sears Optical in most states. Doctors in some states are employed by the location.

Schedule your \$55 eye exam today\*  
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## Is it Time You Visited the Eye Doctor?

Understanding the warning signs is the first step to preventing and treating common vision issues  
by **EyeMed (Paid Content)** | Comments: 0



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When was the last time you had your eyes checked? If you've started noticing little differences in your vision, it might not be "just your age" that's causing the issue. Here's how you can detect 2 of the most common vision-related diseases.



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**Are things looking a little different lately?**

The 2 most common eye diseases, cataracts and age-related macular degeneration, can drastically affect how you see the world around you. But understanding the difference between the 2 diseases can help you detect the warning signs.



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**Spot the differences.**

Cataracts, often associated with cloudy eyes, represents the dying cells in the eye's lens, which, as they accumulate, turn the lens yellow and cloudy.<sup>1</sup> Let your eye doctor know if you're experiencing any of these symptoms as they might relate to cataracts:

- Is your vision often blurry?
- Are you having difficulty seeing at night?
- Have you become sensitive to light or notice a glare?
- Are you having to change your eye glasses frequently?<sup>2</sup>

Age-related macular degeneration, or AMD, is the deterioration of the central portion of the retina. This area, called the macula, focuses our vision and enables us to read, drive and generally see fine details.<sup>3</sup> If you're wondering if you're experiencing symptoms of AMD, ask yourself these questions:

- Are you having difficulty recognizing faces?
- Do you see waves or lines?
- Is your vision hazy?
- Are objects seeming to be smaller or farther away?<sup>4</sup>



SHOCK

**Learn how to move forward.**

An annual eye exam and regularly talking with your doctor can help clear up any questions you have about your eye health. Your doctor can also prescribe solutions to treat any eye health issues you may be experiencing and even help prevent the condition from worsening. Small steps such as regular exercises,<sup>5</sup> better diet<sup>6</sup> and quitting smoking<sup>7</sup> can move you in the right direction of taking care of your vision.

Maintaining healthy vision is a journey and it's important to remember that with a little help from your eye doctor, you can always keep moving forward.

**Use this tool to learn more about vision discounts and find participating eye doctors in your area.**

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<sup>1</sup>Cataract Facts and Myths, eyeSmart

<sup>2</sup>Cataracts: Symptoms, Mayo Clinic

<sup>3</sup>American Macular Degeneration Foundation

<sup>4</sup>Macular Degeneration: Symptoms, Diagnosis and Treatments, by Maureen Salamon, LiveScience, Feb. 6, 2016

<sup>5</sup>Facts About Age-Related Macular Degeneration, National Eye Institute

<sup>6</sup>Macular Degeneration, University of Maryland Medical Center

<sup>7</sup>10 Facts About Age-Related Macular Degeneration, Doctors Vision Center, Feb. 20, 2013

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