



Why is eye and vision health important?

Nelson noticed that his vision was slowly getting blurrier over a few months. His blurry vision made it unsafe for him to drive to the grocery store. Nelson's son brought him to see his optometrist. During his visit, he was diagnosed with cataracts, a common condition where the lens in the eye becomes hazy over time. He was referred to the ophthalmology clinic where he had cataract surgery on both eyes, greatly improving his vision. Now, Nelson is happy he can safely drive. Protecting your eyes and vision as you age is important for your health and safety.

What can you look for?

- Blurry vision in one or both eyes
- Sudden change or loss of vision
- New spots or flashes of light in vision
- Eye pain or irritation
- Double vision
- Diabetes or high blood pressure

Eye health is important to keep your vision at its best through all phases of life.

Questions to ask yourself:

- When is the last time you had an eye exam?
- Do you wear glasses or contact lenses?
- Have you noticed any changes in your vision?
- Are you aware of any eye diseases that run in your family?
- Do you have any conditions such as diabetes or high blood pressure that may affect your eyes?





Aging Well – Eye Health and Vision



What can you do?

- Have regular eye exams
- Take breaks often when working on a computer
- Wear sunglasses and safety glasses when needed
- Wear contact lenses as instructed by your eye care provider
- Maintain a healthy diet
- Maintain your blood sugar, blood pressure, and cholesterol at healthy levels

Where can you find support?

- **Optometry** offers regular eye exams to monitor eye health.
- Your **Primary Care Team** can talk with you about your concerns with your vision and address chronic conditions like diabetes or high blood pressure.
- **Registered Dietitian** can assist with making healthy changes to your diet.
- **Wellness Center** and **Exercise** can assist with being physically active.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- Exercise
- Optometry Clinic
- Primary Care
 - Registered Dietitian
- Wellness Center

Community Resources

- Alaska Center for the Blind and Visually Impaired (907) 248-7700
www.alaskabvi.org
- Assistive Technology of Alaska (907) 563-2599

