AGING WELL
Eye Health and Vision

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, so 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, which has improved 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 are some considerations for eye health and vision?

- 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 was 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 which may affect your eyes?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

What can you do?

- Have regular eye exams.
- Take breaks regularly 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?

Contact your primary care team directly or call
***C'eyiits' Hwnax* Life House Community Health Center**.. **(907) 631-7665**

NB
☑ Your Primary Care Team 📞

Your primary care team can talk with you about your concerns with your vision and address chronic conditions like diabetes or high blood pressure.

☑ Optometry

Optometry offers regular eye exams to monitor eye health.

☑ Registered Dietitians 📞

Registered dietitians can assist with making healthy changes to your diet.

☐ Life House Gym **R**

The Life House gym can provide resources to support your health and wellness.

Key

NB Non-beneficiary	**R** Referral needed	🚗 Travel by car required
☑ Support available to non-beneficiary	✈ Travel by plane required	📞 Available over the phone or virtual visit