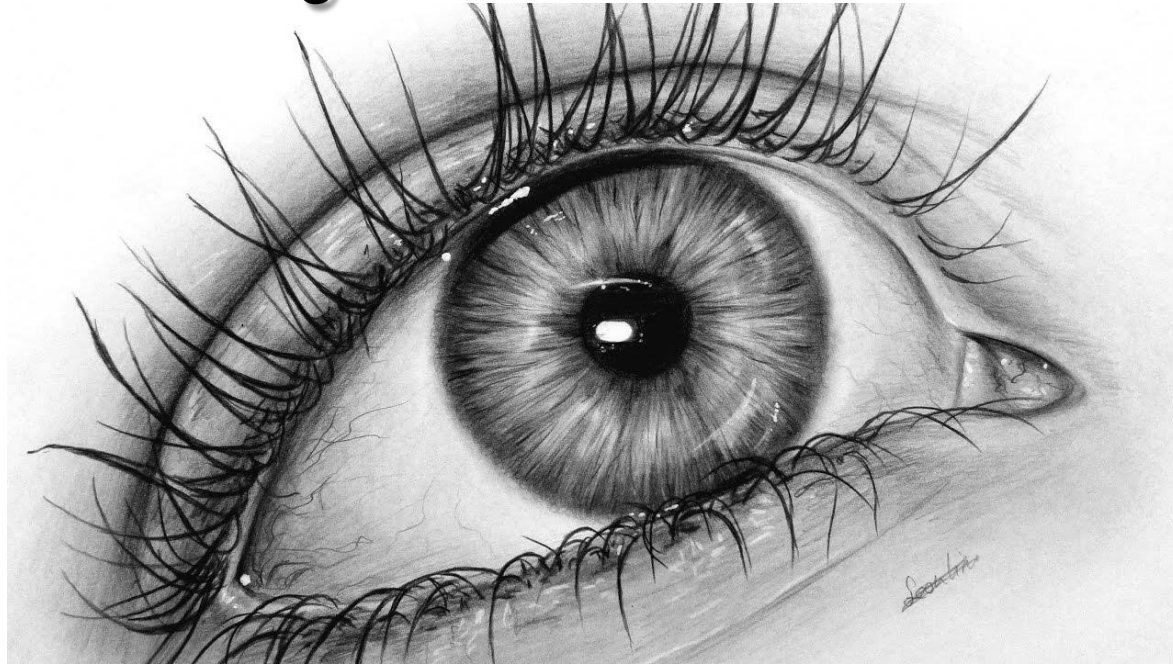
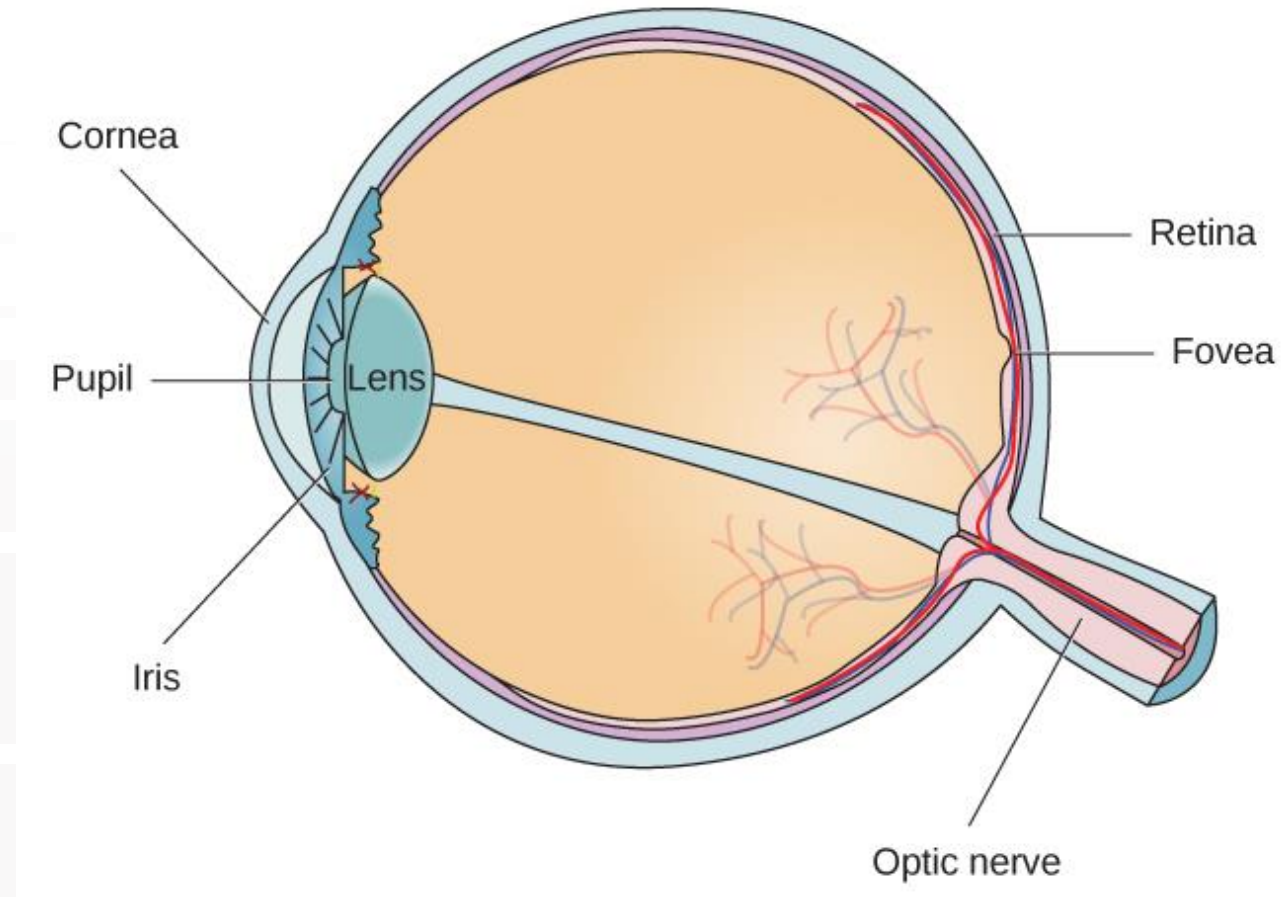


Eye Health



What is Your Eye Made of?



Background Information

- More than 4.2 million Americans 40 and older are either legally blind or have low vision
- Eye disorders/diseases cause blindness and low vision
- Roughly half of visual impairment and blindness can be prevented by early diagnosis and treatment
- Blindness and visual impairment increases with age in all ethnic and racial groups



Facts/Statistics

- Roughly 93 million adults are at high risk for serious vision loss
- 90% of blindness that is caused by diabetes is preventable
- Vision disability is one of the top 10 disabilities that are among adults 18 and older
- The annual economic impact of major vision problems with adults 40 years old and older is more than \$145 billion dollars



Eye Disorders and Diseases

- Refractive Errors
- Age-Related Macular Degeneration (AMD)
- Cataract
- Diabetic Retinopathy
- Glaucoma
- “Lazy eye” – amblyopia
- Strabismus



Refractive Errors

- Most frequent eye problems include:
 - Myopia (nearsightedness)
 - Hyperopia (farsightedness)
 - Astigmatism
 - Presbyopia
- Correction can be done through eyeglasses, contact lenses or surgery
- Proper refractive correction could improve vision in 150 million people



Age-Related Macular Degeneration (AMD)

- Eye disorder with aging and results in damaging central and sharp vision
- Affects the macula, which is the central part of the retina that allows the eyes to see fine details
- AMD can be “wet” or “dry”
- Zinc and antioxidants have shown to reduce risk and progression to advanced AMD
- Risk factors include age, smoking, obesity, family history, race (white), and gender (women)



Cataract

- Major cause of vision loss
- 24.4 million have cataracts who are 40 and older
- Cataract removal surgery can help to restore vision
- Risk factors can include age, prolonged exposure to the sun, and smoking



Diabetic Retinopathy

- Leading cause of blindness in ages 20-74 years of age
- Caused by changes in blood vessels of the retina
- Those with diabetes should have a dilated eye exam every year
- Management of diabetes by good blood pressure, glucose, and lipid control can reduce progression
- People at risk for diabetes are recommended to modify their lifestyle with a good diet and physical activity



Glaucoma

- Group of diseases that can damage the optic nerve resulting in vision loss and blindness
- Can occur with normal eye pressure or when the normal fluid pressure inside the eyes increases
- Early treatment is key
- Two categories of glaucoma:
 - Open angle
 - Closed angle



Lazy Eye

- Common cause of vision impairment in children
- Vision in one of the eyes is decreased because the eye and the brain are not working together as they should
- Unless treated as a child, it will persist as an adult
- 2%-3% of the population have a lazy eye (amblyopia)



Strabismus

- Imbalance in the positioning of the two eyes
- Can cause the eyes to turn out or cross in
- The eyes look in different directions and do not focus at the same time on one thing
- When the eyes fail to focus on the same thing, there is decreased or absent depth perception and the brain may learn to ignore input from one eye. This can cause permanent vision loss in the eye



Steps to Prevent Disease

- Receive regular eye exams
- Discuss family history with your doctor
- Find out if you are at risk for eye diseases
- Take good care of your overall health
- Unfortunately, there is no cure for some eye disorders, but there continues to be major medial advances



Foods to Improve Eye Health

- A diet low in fat and rich in vegetables, fruits, and whole grains can help your eyes:
 - Orange-colored vegetables and fruits with vitamin A
 - Carrots, sweet potatoes, cantaloupe, apricots
 - Fruits and vegetables with Vitamin C
 - Oranges, tangerines, grapefruit, lemons, peaches, red bell peppers, tomatoes, strawberries
 - Vitamin E foods:
 - Avocados, almonds, sunflower seeds



Foods to Improve Eye Health Continued

- Foods to help with eye health:
 - Cold-water fish with omega-3 fatty acids
 - Salmon, tuna, halibut, trout, sardines
 - Leafy green vegetables
 - Kale, spinach, romaine lettuce, collards, turnip greens, broccoli, peas
 - Beans and zinc
 - Black-eyed peas, kidney beans, lima beans, oysters, lean red meat, poultry, fortified cereals



How to Protect Your Eyes

- Wear sunglasses
- Wear protective eyewear
- Give eyes a rest
- Take steps to prevent eye infections if wearing contacts



When to Contact the Eye Doctor

- Visit your optometrist or ophthalmologist yearly for an eye exam or if you have an infection or symptoms of disease such as:
 - Loss or blurred vision
 - Redness
 - Swelling
 - Irritation
 - Itching
 - Eye pain
 - Light flashes



Summary

- Eye diseases and disorders are very common, especially as someone ages
- There are ways to prevent eye disease and improve eye health
- It is important to go for a yearly eye exam or more often if you are experiencing symptoms of infection or disease
- Always talk to your eye doctor to address any questions or concerns that you have



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