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 [Head Content]  |  Community

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

1. Your Age: Starting in your 40s, you might begin to experience small cataracts, or cloudiness in the lens of the eye. It’s more difficult to focus at certain distances. However, making changes are normal as they naturally slow down in the body. As you enter your 50s, the cataracts will become more noticeable, so make sure to be proactive about testing and selecting a partner for your eyewear.

2. Your Health: Are you taking prescription medication for anxiety or depression? What about an antidepressant for allergies? Many medications can put you at risk of cataracts. You may want to speak with your doctor about possible changes to improve your vision.

3. Your Face: Friends and family often notice changes in their vision. It’s important to see an expert. If you have a history of eye disease, you may be at risk for an eye disease. Your doctor may recommend an eye exam if there is a history of these problems.

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

*AARP Member Offer
Is it Time You Visited the Eye Doctor?

Understanding the warning signs is the first step to preventing and treating common vision issues

Are things looking a little different lately?

Many people notice that their vision is changing as they age. They may have difficulty reading, seeing in dim light, or recognizing faces. It's important to check your vision to make sure it's not time to visit the doctor.

Spend the Differences.

Eyesight often changes as we age, and recognizing the signs of changes can help you take action to maintain your vision. Here are some questions to ask yourself:

1. Are you noticing difficulty seeing things from a distance?
2. Do you see halos or double images?
3. Is your vision blurry or fuzzy?
4. Have you been feeling fatigued or tired?
5. Have you been having trouble seeing objects in the dark?

Learn how to move forward.

If you notice any of these changes, it's important to speak with your doctor. He or she can help you determine how to maintain your vision. For example, if you are experiencing any of these symptoms, it may be time to schedule a comprehensive eye exam.

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