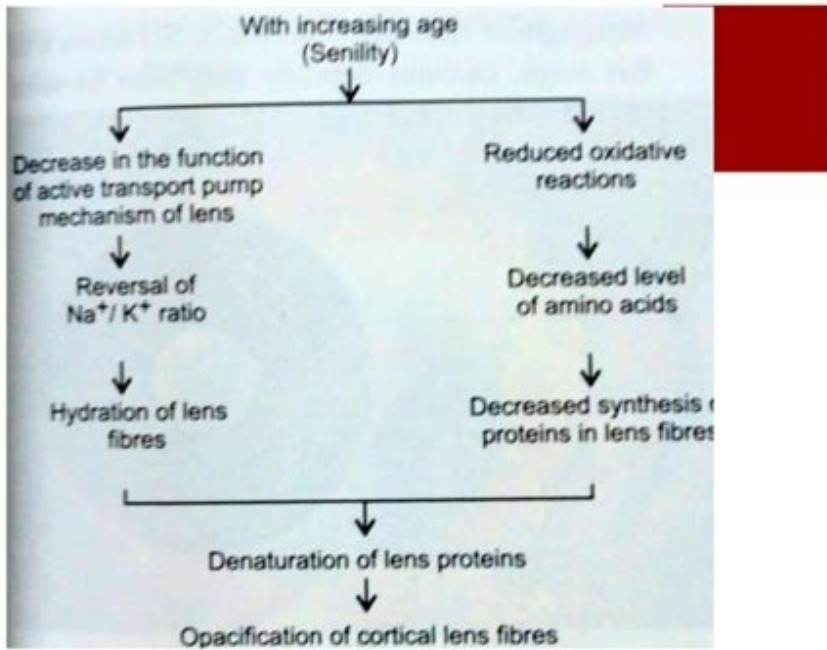


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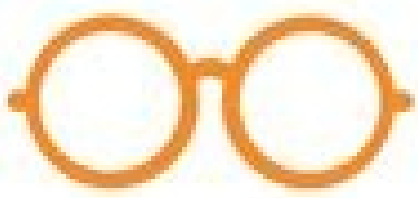
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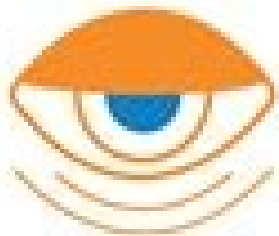
Risk factors and causes of cataracts include:



UV Rays



Nearsightedness



Eye Injuries



Smoking



Genetics

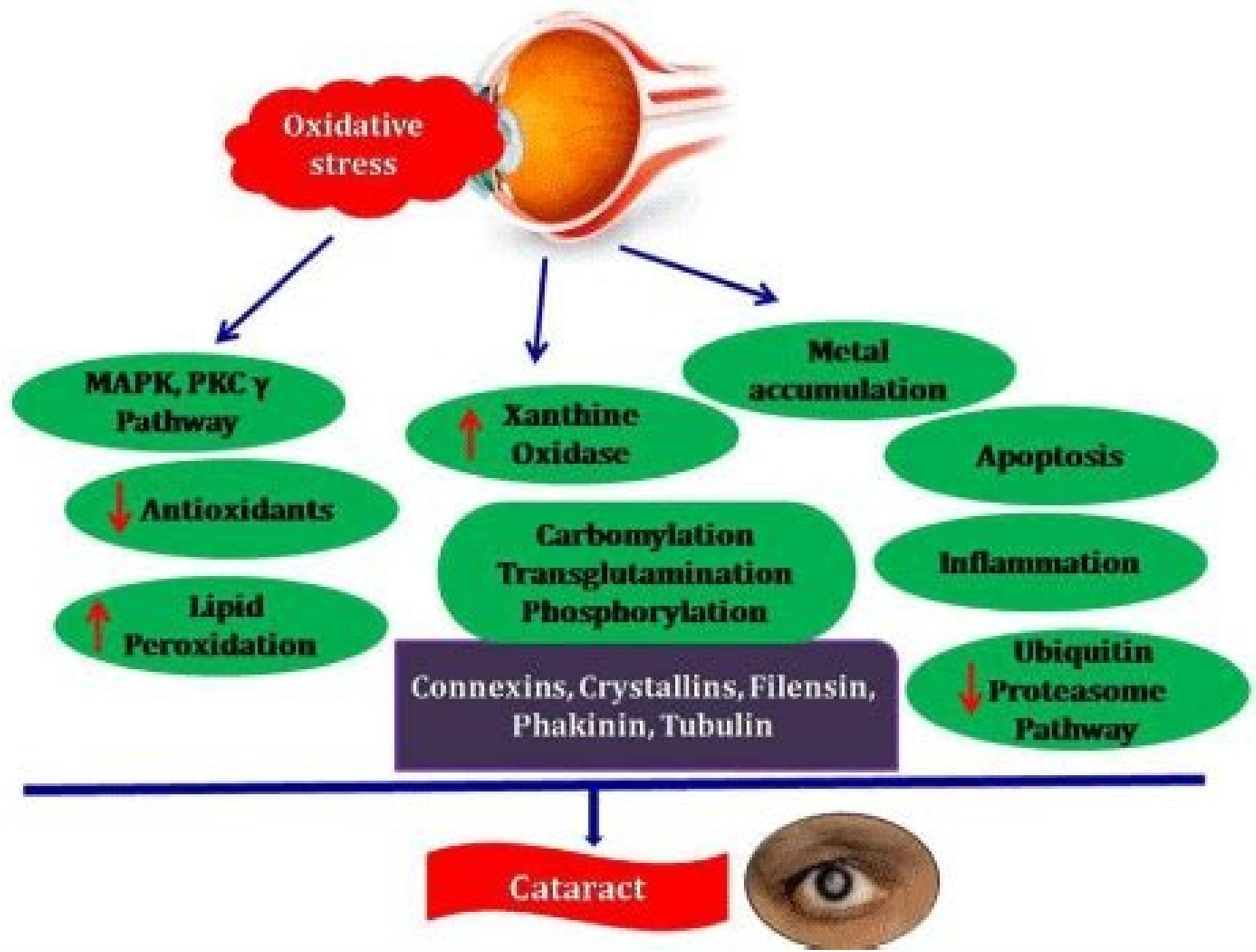
What are the difference between these 3 types of eye disorders?

Cataract – blurred vision

Macular degeneration – affect central vision, causing blind spots directly ahead

Glaucoma – tunnel vision

BIOSENSE



Nutritional effect on age-related cataract formation and progression.

Ask your hand © dico about services and devices that can help you live better with low vision. For example, people with diabetes may need to get eye tests at least once a year. Learn how the changes you make today can protect your vision for life. So don't give up your eyes! How can I protect my vision? Although this small change of vision is a normal and expected part of aging, more changes are © vision and loss of vision are not normal. Your risk of eye diseases also © n may be higher depending on your race, gender, family history of eye diseases and any other health conditions you have. Cataracts are cloudy areas in the lens of the eye. Early treatment can stop damage and protect sight-related macular degeneration. age (AMD) Å © an eye disease that makes your central vision blurred. Taking care of your eye health can be as simple as eating your vegetables and remembering your sunglasses when you leave home. So it is © important to use sunglasses that block UV light. Talk to your mother © dico on the best way to manage your health conditions. 5. For example, you may need a magnifying device to help you read, or you may need to rearrange your furniture to help you move better in your home. Resource links: more than symptomafind. with TambÅ © m raises your risk for AMD and cataract. If you are just starting, do as much as you can and work until © more! Even five minutes of walking a day can make a difference. 1. More than half of Americans over 80 have had cataracts. If you have diabetes, you are at risk of diabetic eye disease © tics - and your risk gets higher as you age. This is © anything that raises your heart rate and makes you breathe faster, such as walking, cycling or swimming. Ask your mother © dico com que frequÃªncia vocÃª .anames ,anames rop said ocnic me sotunim 03 rezaf airedop ÅAcoV .sataratac arap ocisir ues ravel e sohlo sues racifinad edop los od JVU(ateloivartlu los ed solucÅA ed zul aus esu erpmeS .3 .raluco emaxe mu ed , Sey .edistuo Yduolc sÅ å Å Å EMOVNU RUOW SessiVN RoSi Å tiuq, ekoms uoy fi .seireorg gniyrac neelitafa ro yhtlaeh thgis ra .y sa YHTLAHEH Yats OT YOK YOK REHTON SIFTED YTISGCEP DNEMUOC GNOGAB Å.Stso esuac tuak tuak tuak tuak tuak tuak tuac taht sesaesid EYO ROGOL RUOY RUIOFAHT RUIOFAHL KLAT MHT FOOGAGA NAC Tht Secived DNA SECVRED FO SiOL ERAHH ERHHT, SSOL NOISIVE EVAH YDAOER La Uoy Fi SSOL This HTIW GNV ACHT AT NALP A ROLHT AT ROILLA NEWLETE ROONHE EGAMAD NAC taht setbaid Ekil Snowidnoc tneverp pleh nac tioch RoNØtho Gnebox Gnitt rednu -llew DNA HTLAEH RUOOO TCetorp Uoyle Cheh ot HCAE YTTIVITCITA Clansmmmmmmmmnnf Ntba's Folditid NAr .lore Ru skrow Eldeh Refetahw The view changes a little as they get older. This first edition focuses on the health of your eyes - and throughout the entire series, we will bring you reliable tips for years to come. Consult your physician immediately if you notice changes in your view. Am I at risk of eye disease? Your physician can test your eyesight and find eye problems early when they are most easy to treat. The National Eye Institute says everyone over the age of 60 needs an eye examination every one to two years. But the loss of vision does not need to be a normal part of aging. 6. After 45 years, the lens of the eye does not concentrate well. And that makes it harder to see things up close. Many eye diseases are more common in older adults. Manage your other health condition µs, such as diabetes and high blood pressure, put you at greater risk of eye problems. 2. And certain foods have nutrients that can help protect your view, including leafy green vegetables such as spinach and orange vegetable collardsbark, such as sweet potatoes and carrots that provide Omega-3 fatty acids such as salm and tuna to eat plenty of colorful veggies and fatty fish as part of a healthy and balanced diet. Eye disease diabÅ© tica There is another major cause of loss of sight in older adults. So the only way to find them early is to get regular eye exams. Older adults are at greater risk of various eye diseases, including cataracts, glaucoma and macular degeneration related to cancer. age. Get regular eye examinations eye diseases that cause loss of vision often have no early symptoms. 4. This is why many older adults use Å to read. If you're not having trouble reading or seeing things up close, check with your eye specialist for an examination. The good news is that simple surgery can cataracts.glaucoma A group of eye diseases that damages the nerve that connects your eye to your rebro. Follow these six tips to protect your view. Regular examinations are key to protecting your In this guide, we're offering evidence-based tips to help you protect your vision as you age. These are sometimes called ÅÅ Å~ ÅLow vision ÅÅ Å~ or ÅÅ Åvision rehabilitate the services. An expert can help you learn how to do daily tasks more easily. And remember, while your risk for these eye problems goes up as you age, you can still take steps to protect your eye health. health.

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