

# September is Healthy Aging Month

## A Clear Look at the Future

In our dreams of retirement, the future looks beautiful. And we can see it. But sometimes our eyes have other plans. That's because aging affects our entire bodies, including our vision.

## Growing Concerns

After 40, we begin to notice a decline in close vision, primarily due to lens hardening.<sup>1</sup> We hold our books farther and farther away, but our arms are only so long!

In the decades after 40, our risk of developing glaucoma increases exponentially.<sup>2</sup> Macular degeneration, diabetic retinopathy, and cataracts are all prevalent after 60. In fact, half of Americans 65 and older have cataracts forming.<sup>3</sup>

## Early Detection is Key

Eye diseases are sneaky and can develop without early symptoms. Regular checkups can be essential, as many types of vision loss can be prevented. What can't be prevented can often be delayed by adhering to these best behaviors:

- Don't smoke.
- Wash hands often.
- Protect eyes from the sun (UV-A and UV-B protective lenses).
- Maintain a healthy weight.

Avēsis is happy to offer vision health information each month, but your eye doctor is best qualified to give you advice about protecting your vision. Be sure to consult with your provider whenever you have a question or a concern.

## Age is only a Number

It's often said that age is only a number. Unfortunately, that number correlates to your risk for vision impairment. Here are things to be mindful of in your respective age bracket<sup>4</sup>:

- 20s and 30s—Risk is low, but you should still get your eyes checked every two years
- 40s—Presbyopia is common
- 50s—Cataract, glaucoma, and AMD risk increases
- 60s—Spots and floaters become more common; annual checkups are necessary
- 70s and 80s—Cataracts are common, color vision declines, vision fields begin to narrow



**40**

Age at which many adults begin having problems seeing clearly at close distances<sup>4</sup>



**2 Million**

Number of U.S. adults over 50 with age-related macular degeneration (AMD)<sup>4</sup>



**2 Years**

Recommended time between each eye exam for adults ages 18 to 60<sup>5</sup>

1. <https://allabouteyes.com/vision-change-age>, accessed June 2018  
 2. <http://www.allaboutvision.com/over60/vision-changes.htm>, April 2019.  
 3. [http://www.onhealth.com/content/1/cataracts\\_vision\\_surgery](http://www.onhealth.com/content/1/cataracts_vision_surgery), June 2016.  
 4. <https://www.aaopt.org/newsroom/eye-health-statistics>, accessed May 2019.  
 5. <http://www.allaboutvision.com/eye-exam/preparing.htm>, April 2019.

*Material discussed is meant for general informational purposes only and is not to be construed as medical advice. Although the information has been gathered from sources believed to be reliable, please note that individual situations can vary. You should always consult a licensed professional when making decisions concerning eye care.*

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