



Ask

EVERCARE'S
CHIEF MEDICAL
OFFICER



AGING & VISUAL HEALTH



EVERCARE

31 Cerone Place
Newburgh, NY 12550
www.EverCare.org
845.569.0500

SPOT PROBLEMS EARLY!

Since visual problems are increasingly common with age – and often preventable – it is important to be regularly checked by an eye care specialist (optometrist or ophthalmologist). He/she will check your vision and eye fluid pressure, and get a good look at the outside (cornea) and inside (retina) of your eyes.

PROTECT YOUR PRECIOUS EYES!

- Wear sunglasses and a wide brimmed hat.
 - See your doctor regularly to check for diseases like diabetes and high blood pressure; both can cause visual problems if not treated.
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RED FLAGS FOR SEEING AN EYE CARE SPECIALIST RIGHT AWAY:

- Blurring or loss of vision
- Double vision
- Flashing of light
- Pain in your eye(s)

EYE DISORDERS & DISEASES:

The following conditions may have few or no early symptoms, but may, if left untreated, lead to vision loss or blindness. Regular eye exams are key! A few common conditions:

- Cataracts (cloudy areas which may cause blurred or hazy vision)
- Corneal diseases (from scratches to infection; may lead to halo effect in vision)
- Dry eye(s) (when tear glands don't work well)
- Glaucoma (elevated eye chamber pressure)
- Retinal disorders (such as age-related macular degeneration (AMD) and diabetic retinopathy)

TIPS FOR LOW VISION

(a common problem among the elderly):

If glasses, medicine, and/or surgery won't help, consider these tips:

- Upgrade lighting
- Use large print materials
- Use magnifying aids or audio tapes, etc.

HELPFUL RESOURCE

National Eye Institute Hotline: 1-301-496-5248



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info@EverCare.org
www.EverCare.org
845.569.0500
TTY: 845.569.2228

MANAGED LONG-TERM
CARE PLAN
877.255.3678

CERTIFIED HOME HEALTH
AGENCY
855.485.6697

ADULT SOCIAL DAY
PROGRAM
845.569.0500