

Good Vision Is Always In Style

(NAPSA)—Superstars such as Christie Brinkley, Denzel Washington and Katie Couric are living proof that “50 is the new 30.” Today’s baby boomer generation is vibrant and educated and its members are living longer, healthier lives. Yet despite boomers’ best efforts to protect their health, most will begin to notice changes in their vision, such as difficulty reading a menu or a favorite book.

This loss of near vision is called presbyopia and affects everyone as they age. Luckily, there are many options to correct this vision problem, such as fun and fashionable reading glasses or progressive lenses. What many people don’t know, however, is that reaching the age of presbyopia means you may be at risk for other serious vision problems.

Once you reach 40, your risk for serious eye diseases begins to rise. Vision-threatening conditions such as glaucoma, age-related macular degeneration and cataracts often have no warning symptoms and can only be detected with a professional eye exam. Eye exams can also help detect other serious health problems, including diabetes and hypertension.

Today, nearly one-third of Americans over 40 have a vision problem and, according to the Vision Council of America, the number of blind or visually



impaired Americans is expected to double by the year 2020.

“Some of these conditions, such as glaucoma, can lead to permanent vision loss if they are not detected and treated,” said ophthalmologist Elaine G. Hathaway, M.D. “We want to find eye diseases before vision is affected. That’s why it’s so important for adults to have regular eye exams. Don’t wait until your eyes tell you there’s a problem.”

The Vision Council of America encourages Americans 40 and older to receive regular eye exams to ensure good vision and overall health. Some warning signs of problems include:

- Cloudy or blurry vision
- Colors that seem faded
- Poor night vision
- Double or multiple vision
- Loss of peripheral (side)

vision.

To learn more about safeguarding your vision, visit www.checkyearly.com.