

How aging affects the eyes

Growing older does not always mean you see poorly. But you may not see as well as you did when you were younger.

Common eye changes are:

- "Aging Eyes." The medical term for this is presbyopia. This comes on slowly after age 40. Close objects or small print are harder to see. You may have to hold reading materials at arm's length. You may get headaches or "tired eyes" while you read or do other close work. Presbyopia can be corrected with glasses or contact lenses.
- The need for more light in order to see clearly. With aging, the pupil in the eye is unable to open as wide or to adapt to light as fast as it did before. This can make it harder to see in the dark. It can make it harder to tell one color from another. Blues can look like different shades of gray. To help with this, add more and brighter lights in places around the house, such as at work counters, stairways, and favorite reading places. This may help you see better and can sometimes prevent accidents. Also, don't wear tinted glasses or sunglasses at night, especially when you drive.

