



Vision Changes as you Age

By: Angela Berghoff, Independent Doctor of Optometry
Kelli Brooks, ABO Certified Optician

As our eyes age, we can expect some changes in our vision and eye health. Listed below are some of the most common vision changes associated with aging.

Cataracts	causes blurred vision at distance and for reading, increases glare causing problems with night driving
Macular Degeneration	causes blurred central vision, noticed most often when reading, can result in severe vision loss
Blepharitis	an infection, causes red and irritated eyes/eyelids and can lead to blurred vision and dry eye symptoms
Dry Eye	caused by infection/inflammation, may cause eyes to water, burn or itch and may blur vision especially while reading or watching TV
Presbyopia	causes blurred vision at near and difficulty reading
Eye Floaters	causes "floating" spot in vision, caused by changes in the fluid that fills the eye

If you are experiencing any of the symptoms listed above please seek care from an eye care professional. Although changes in vision are expected as you age many of them are treatable. Taking care of your eyes by getting routine examinations will allow a doctor to diagnose and treat any age related eye symptoms you may have as well as prevent severe vision loss.

Medicare will cover one eye examination per calendar year, excluding refraction

---- Dr. Berghoff and Kelli Brooks' practice, StylEyes, is located at the St.Vincent Physician Network office at 10801 North Michigan Road in Zionsville. To make an appointment, please call 317.344.1266 or visit www.styleyoureyes.com.