



You Can Prevent Vision Loss



2/3

of American adults falsely believe vision loss is inevitable as you age



Top 5 Ways to Protect Your Vision as you age

You may still need reading glasses as you age, but these measures can help prevent sight-threatening eye disease.



Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight



Wear sunglasses that block out 99% to 100% of UVA UVB rays



Quit smoking or don't start



Get regular **eye exams**



Know your family's **eye health history**

See an Ophthalmologist

Ophthalmologists are medical and surgical doctors trained to recognize and treat all threats to your vision.



Healthy Adults

Age 40: get a comprehensive eye exam
Age 65 and older: every year or two



Adults with Risk Factors

People with diabetes: dilated eye exam every year
African Americans 40 and older: dilated eye exam every 2 years
People with a family history of glaucoma: dilated eye exam every 2 years



For ophthalmologist-reviewed information about eye diseases and treatments, eye health news, and tools to locate an ophthalmologist, visit:

aao.org/eyesmart