

Eyes 101

Cataracts

- ▶ Causes glare and halos around lights
- ▶ Causes starburst like appearance around lights
- ▶ Decreases perception of colors
- ▶ Decreases perception of brightness
- ▶ Causes images to appear blurry even with glasses or contact lenses

Cataracts



Look at the difference in these street scenes.



A healthy lens allows all of the incoming light to generate a clear image.

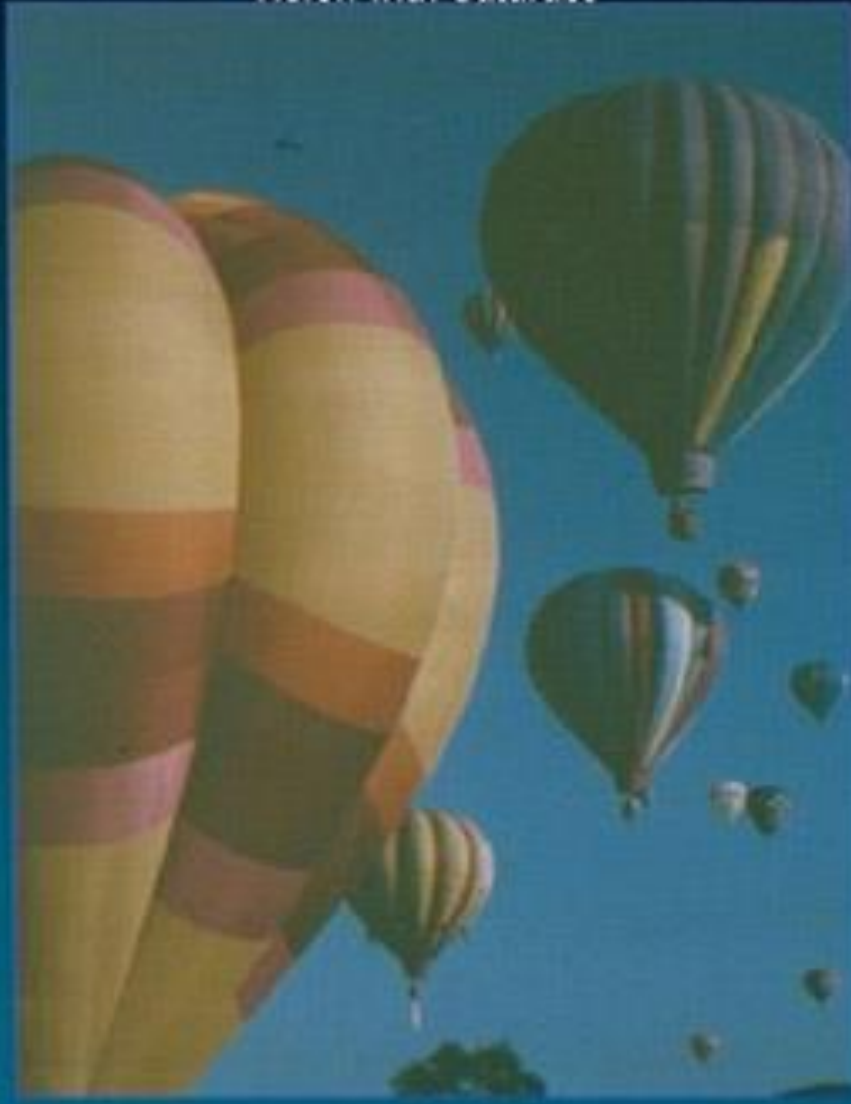


Cataracts scatter the incoming light resulting in hazing and lack of detail.

Normal Vision



Vision with Cataract



Glaucoma

- ▶ Progressive condition
- ▶ Silent disease (asymptomatic)
- ▶ Runs in families
- ▶ Causes loss of peripheral vision
- ▶ Treated with eye drops and or surgical procedures

Glaucoma



EXTREME GLAUCOMA



ADVANCED GLAUCOMA



EARLY GLAUCOMA



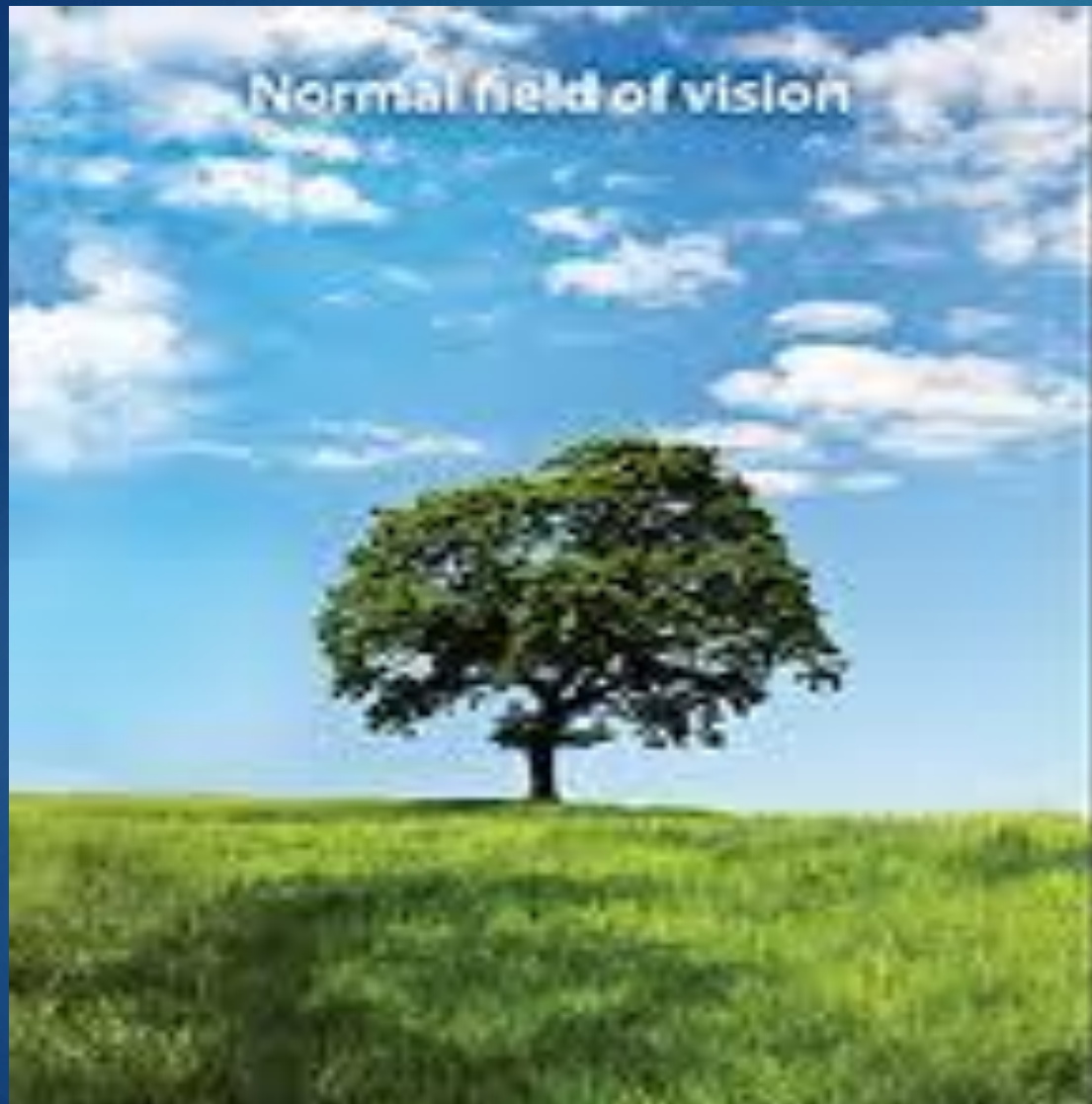
NORMAL VISION



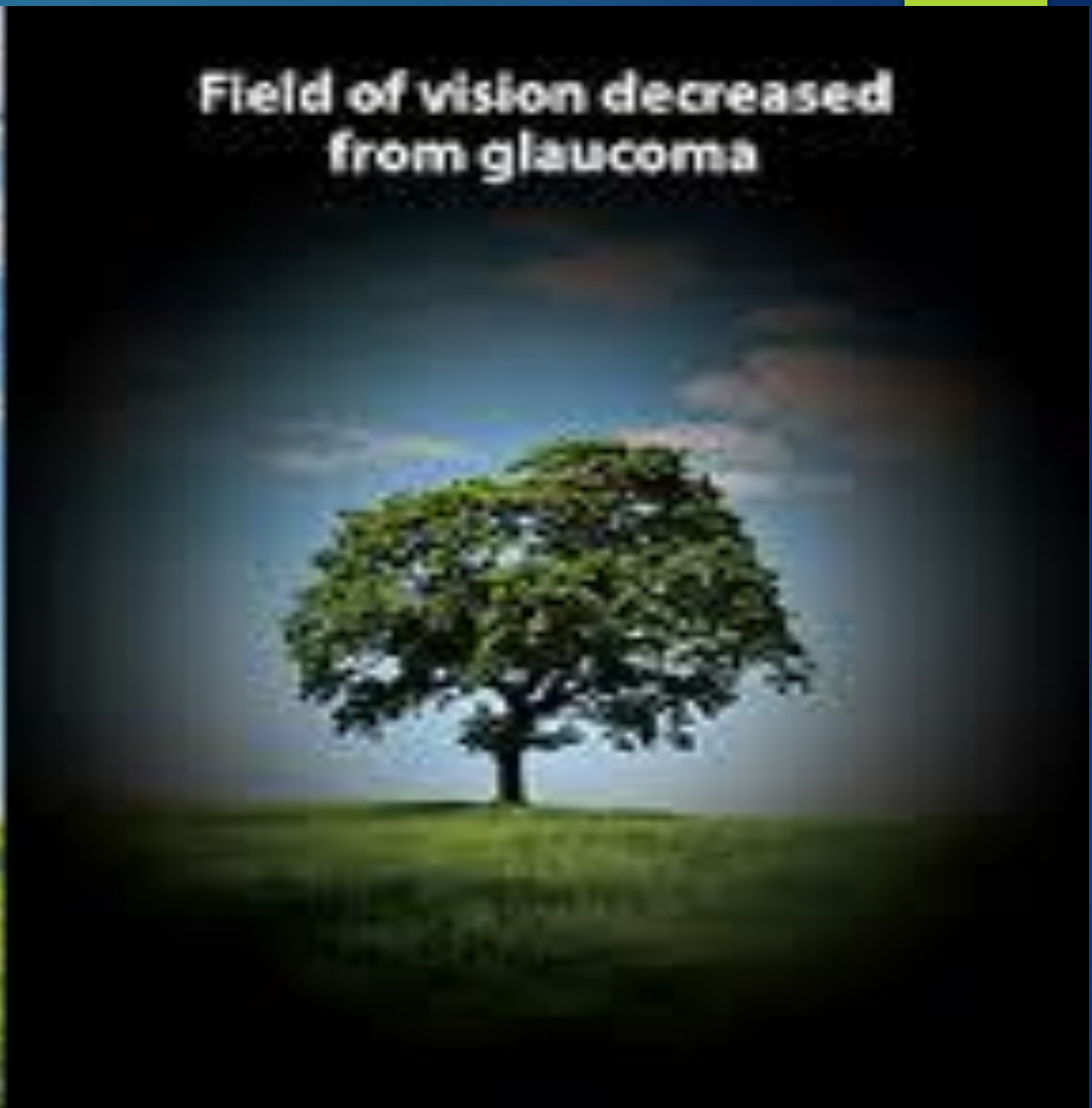
Tunnel vision



Normal field of vision



Field of vision decreased from glaucoma



Macular Degeneration

- ▶ Affects central vision
- ▶ Runs in families
- ▶ Smoking is a risk factor
- ▶ Lower risk from diet
- ▶ Dry vs Wet
- ▶ Treated early with vitamins AREDS
- ▶ Treated with intraocular injections

Eye Vitamins



Eye Healthy Foods



What It's Like



This is how a street scene looks with normal vision.



Example of a Macular Degeneration





Low Vision

- ▶ Ipad
- ▶ Kindle
- ▶ Nook
- ▶ CCTV
- ▶ Magnifiers
- ▶ Telescopes
- ▶ High plus readers
- ▶ Stand light magnifiers

Tablets



CCTV



Magnifying glass vs Telescope



High Powered Reading Glasses



Lighting with magnification



Dry Eye

- ▶ Feels like something in the eyes
- ▶ Sandy, gritty
- ▶ Burning, tearing, sticky
- ▶ Causes vision to fluctuate
- ▶ Makes reading difficult

Dry Eye Worsened by the following:

- ▶ Certain medications (anti-histamines, diuretics)
- ▶ Excess digital device use (computer and smart phones)
- ▶ Dehydration
- ▶ Aging
- ▶ Auto-immune diseases such as Rheumatoid arthritis



Lipid (oil) layer:

- Lubricates & prevents evaporation

Aqueous (water) layer:

- Nourishes and protects the cornea

Mucin layer:

- Adheres tears to the eye







EVERYDAY I'M GUZZLIN'



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Questions?



Thank you!