

Impact of Chronic Health Conditions on Eyes

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Overview



Common Causes of Vision Loss in Elderly



Effect of Chronic Use of Systemic Medications on Eyes



Blindness and Visual Impairment



Impact of Vision Loss

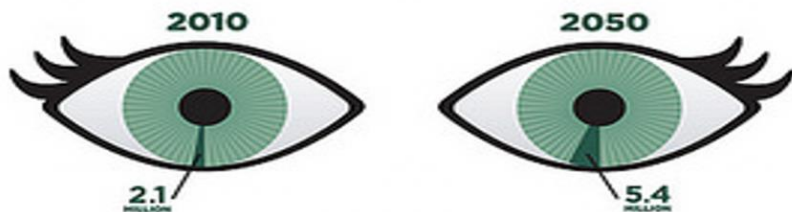


Common Causes of Vision Loss in Elderly

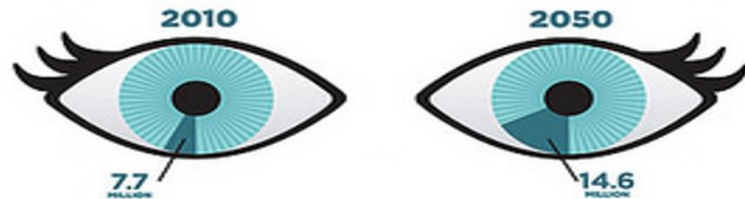
- Age-related Macular Degeneration
- Cataracts
- Glaucoma
- Diabetic retinopathy

National Eye Institute Projections

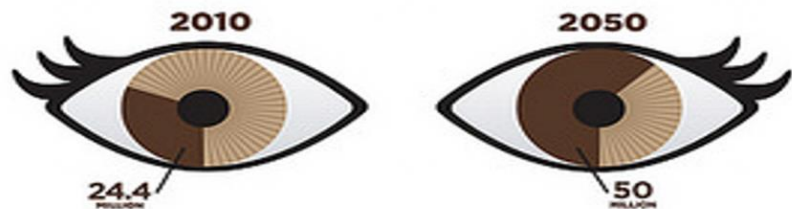
AGE-RELATED MACULAR DEGENERATION



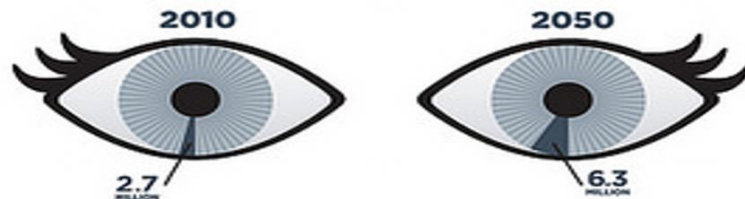
DIABETIC RETINOPATHY



CATARACT



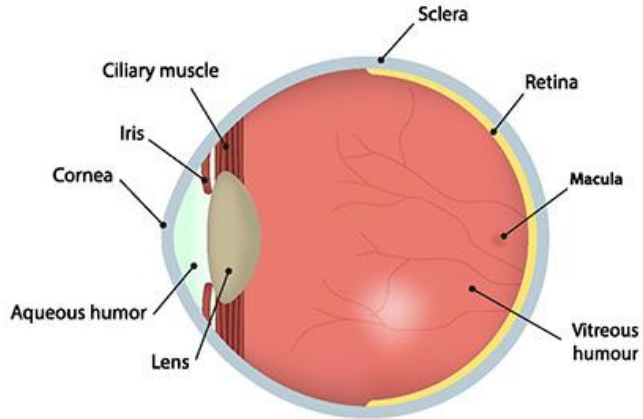
GLAUCOMA



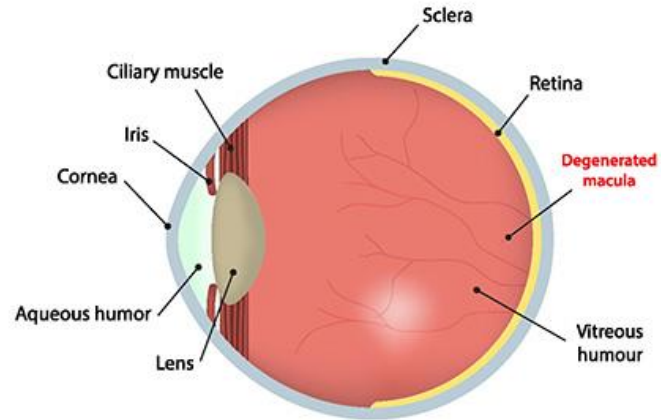
For more information on eye disease, visit <http://nei.nih.gov/health>.

Age related macular degeneration (ARMD)

Healthy Eye



Eye with Degenerated Macula

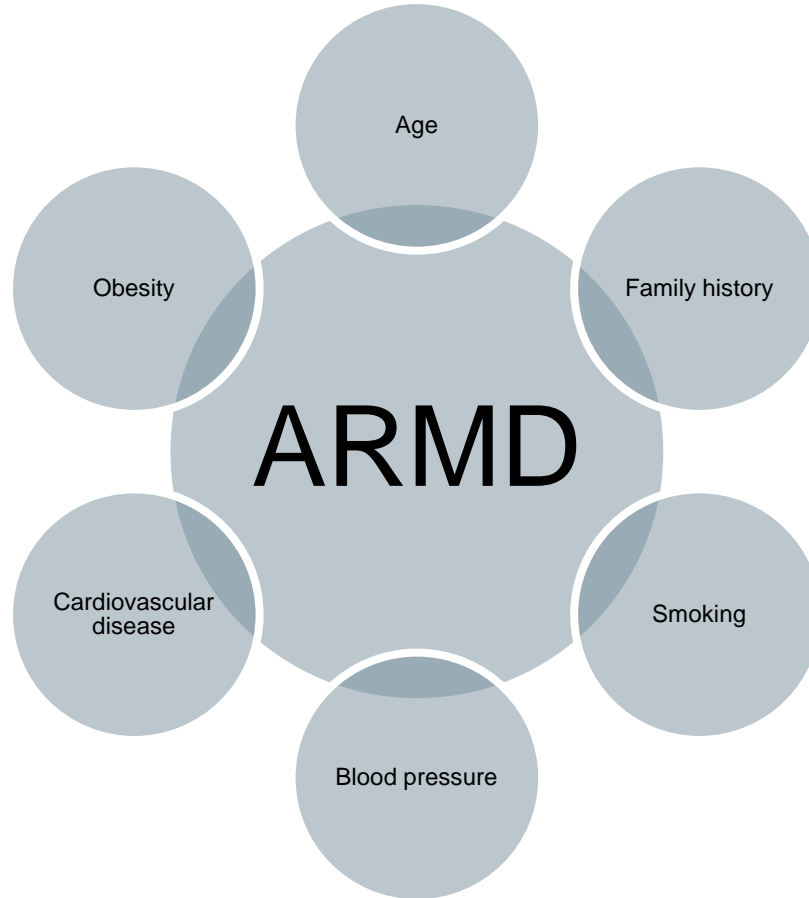


ARMD: Symptoms

- Asymptomatic
- Blurred Vision
- Wavy/Distorted/Dark spots



Risk factors



Treatment

Monitor

Vitamin supplements (AREDS)

Diet and Lifestyle changes

Anti-VEGF medications

Low vision rehabilitation

National Eye Institute Recommended Formula:

Nutrient	Amount (per day)	Percent Daily Value*
Vitamin C	500 mg	840%
Vitamin E	400 IU	1340%
Zinc	80 mg	540%
Copper	2 mg	100%
Lutein	10 mg	**
Zeaxanthin	2 mg	**

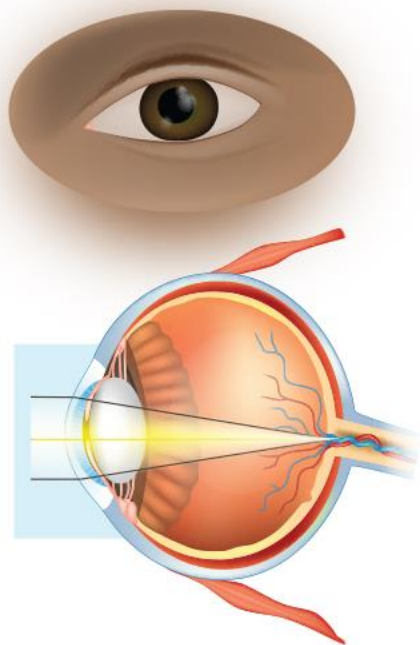
*Percent Daily Values (DV) based on a 2,000-calorie diet

**Daily Value (DV) not established

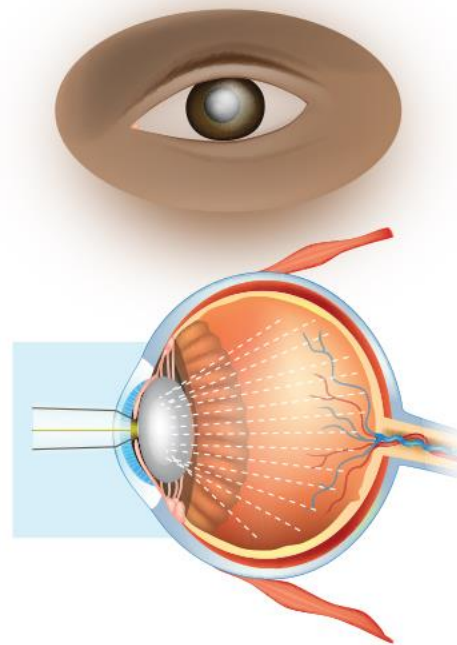
Speak with your doctor to determine if the updated AREDS 2 formula is right for you.

Cataracts

Normal Eye



Cataract Eye

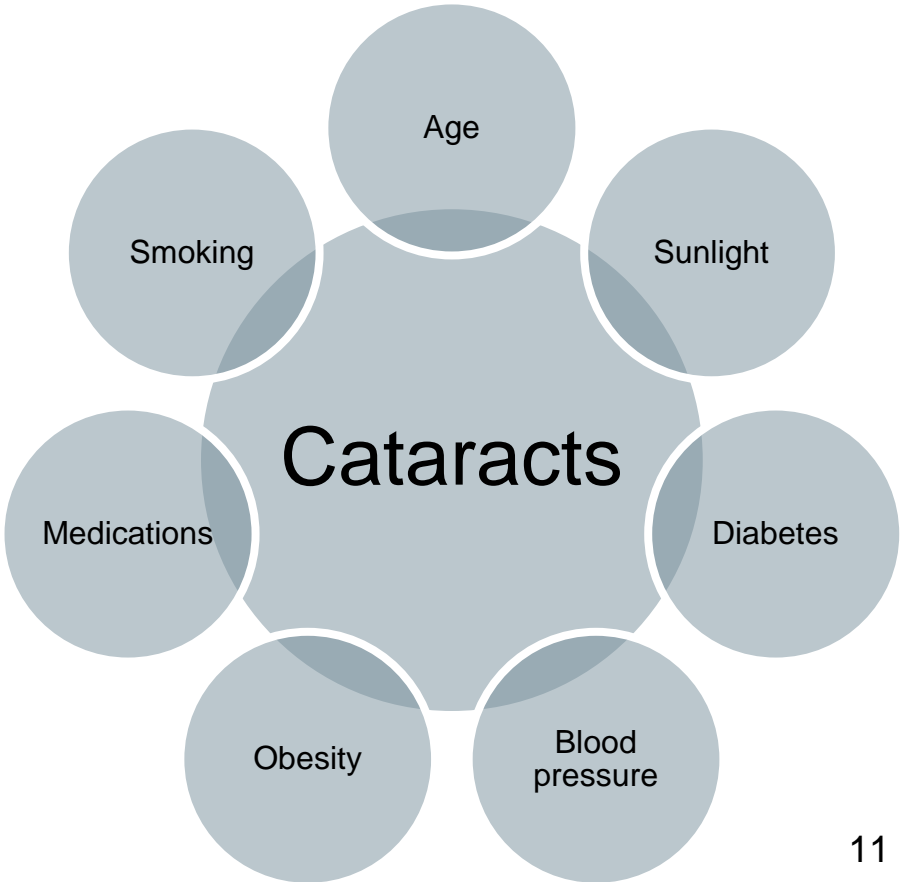


Symptoms

- No symptoms initially
- Blurred vision/Glasses Rx changes
- Glare and Halos
- Color change
- Blindness



Risk factors



Treatment

Monitor

Glasses

Cataract surgery

Low Vision Rehabilitation



Glaucoma



Symptoms

NORMAL VISION



ADVANCED GLAUCOMA



EARLY GLAUCOMA

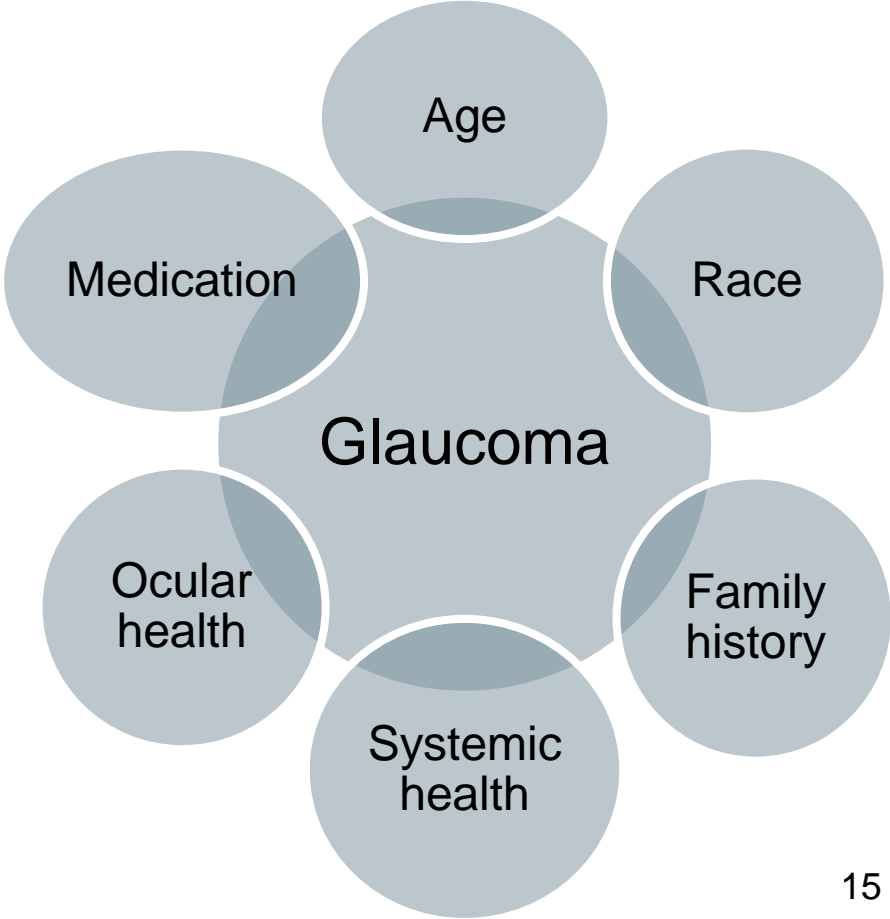


EXTREME GLAUCOMA



© Sea View Optometric, Long Beach, CA

Risk factors



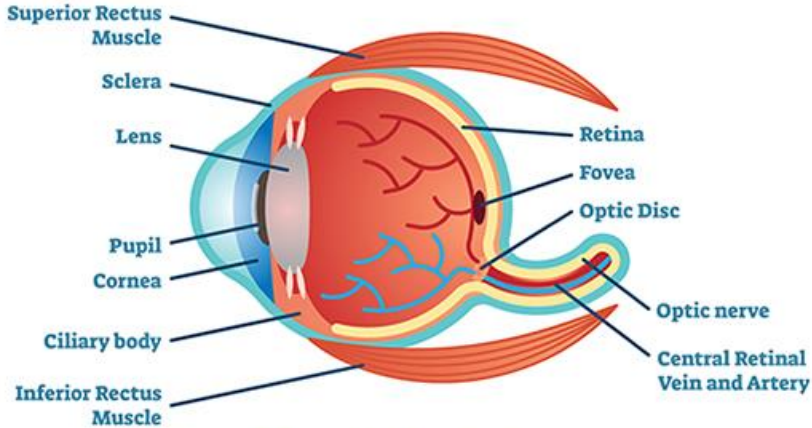
Treatment

Medications

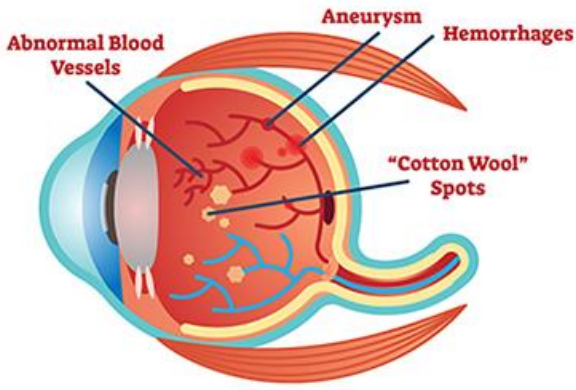
Laser treatment

Surgery

Diabetic retinopathy



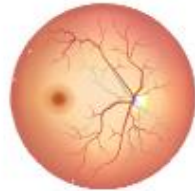
Healthy Eye



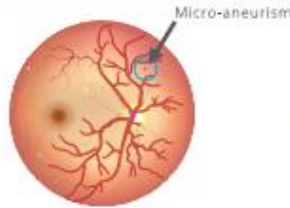
Diabetic Eye

Symptoms

STAGES OF DIABETIC RETINOPATHY



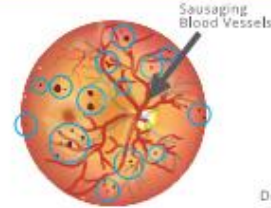
Normal



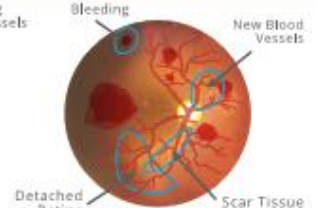
Mild



Moderate



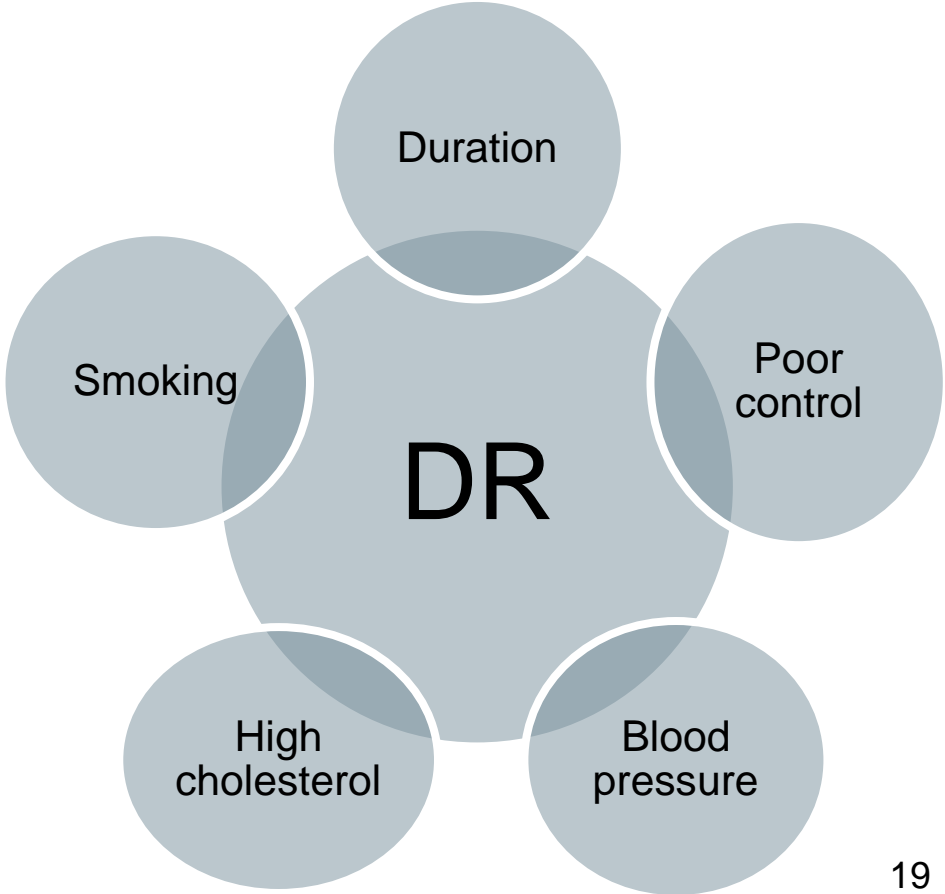
Severe



Proliferative

Symptoms:	None	Normal or fluctuating vision	May be normal or blurred, fluctuating vision	Blurred or spotty vision, fluctuating vision, glare	Blurred, spotty, loss of side vision, flashes, floaters, reduced night vision, permanent blindness
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Risk factors



Treatment

Monitor

Tight Blood sugar and Blood pressure control

Diet and Lifestyle changes

Anti-VEGF injections

Laser treatment

Surgery

Low vision rehabilitation

Chronic use of Systemic Medications and Eyes

- Amiodarone
- Antihistamines
- Corticosteroids
- Coumadin
- Flomax
- Plaquenil
- Tamoxifen
- Viagra





Impact of Vision loss

Impact of Vision Loss

Everyday activities

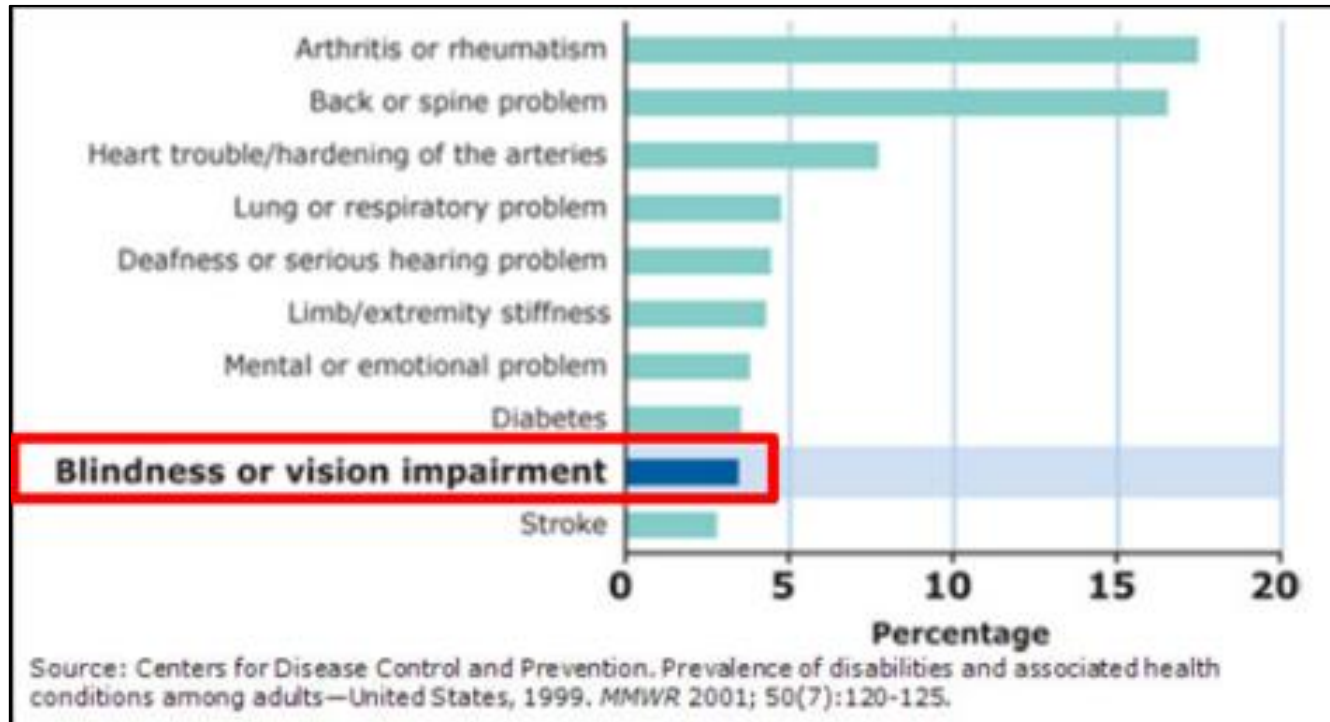
Work

Hobbies/Social activities

Driving/Mobility

Individual/Family

Top 10 Disabilities



Terms



Total
blindness

Legal
blindness

Low vision

Visual
impairment

Total Blindness and Legal Blindness

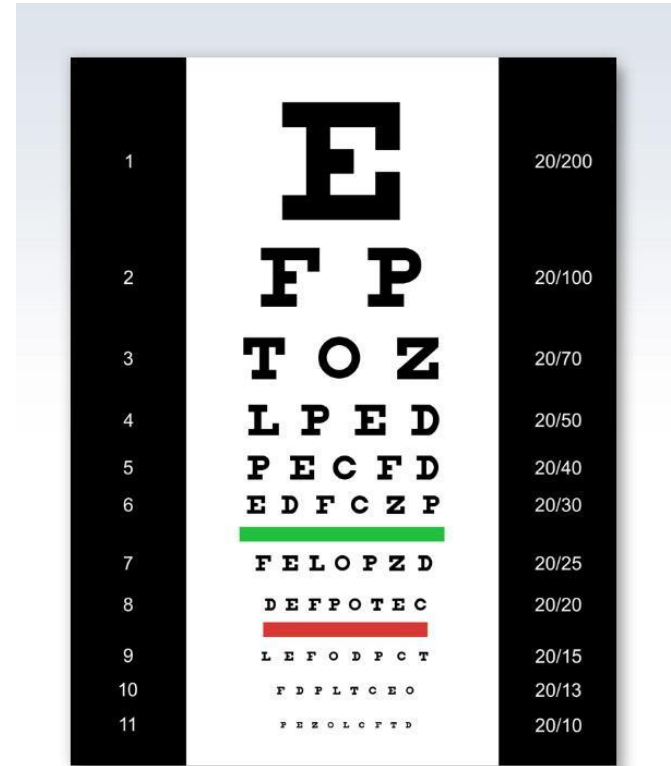


VA: 20/200 or worse in the better eye

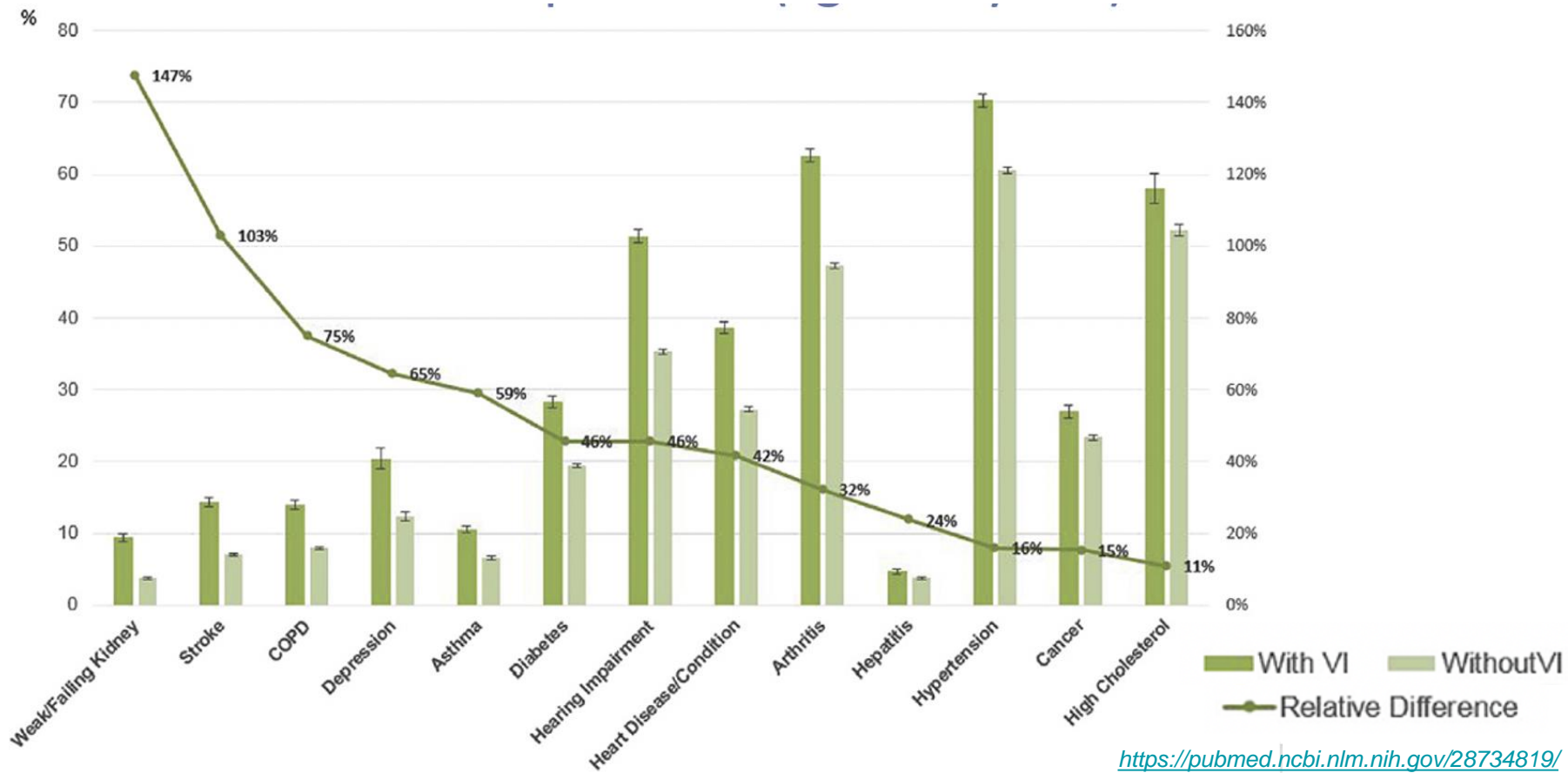
VF: no greater than 20 degrees

Low Vision and Visual Impairment

- **Low Vision (*Older term*)**
 - Loss of vision, that is not correctable by standard correction, **defined by visual acuity of 20/70 or less**
- **Visual impairment (*Newer term*)**
 - a **functional** term
 - **Interferes with a person's ability to perform their everyday activities**



Vision Impairment and Chronic Health Conditions

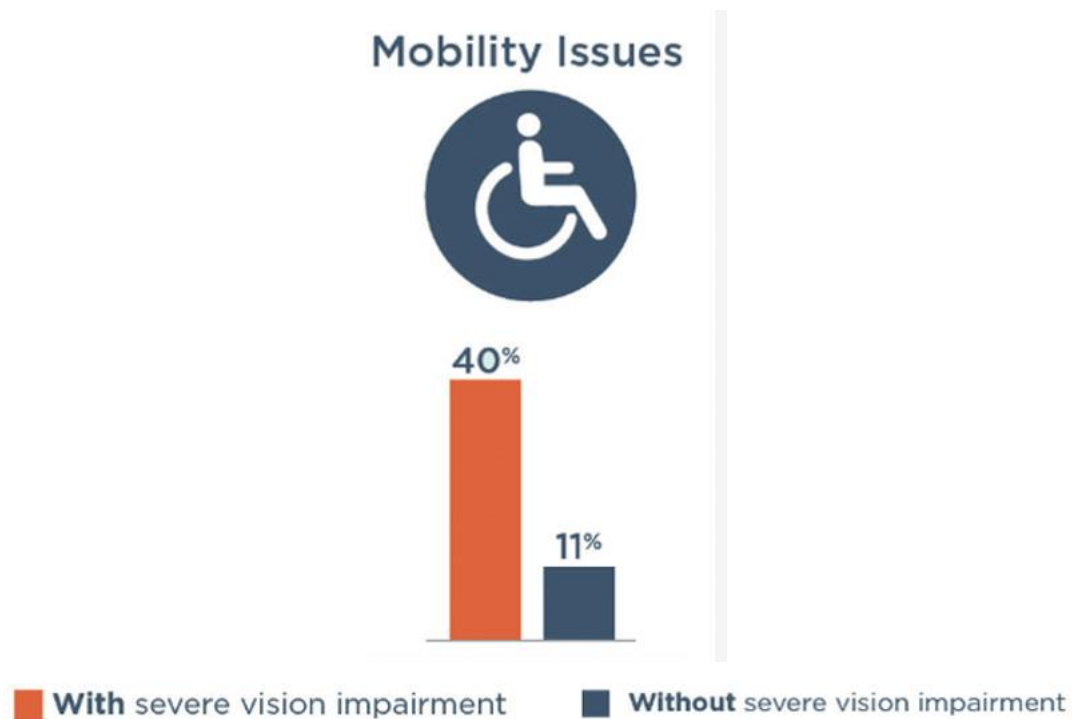


Visual Impairment and Chronic conditions

- Management issues
- Compliance issues
- Poorer health
- Poorer quality of life

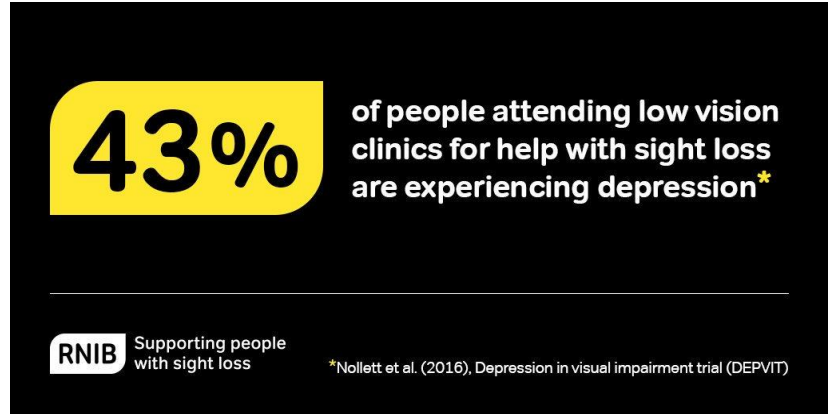
Vision loss and Mobility/Falls

- Visual acuity
- Visual fields
- Depth Perception
- Contrast



Vision loss and Mental health

- Depression
- Anxiety
- Social Withdrawal



Charles Bonnet Syndrome

- Visual hallucinations
- Vivid, colorful, detailed images
- Bilateral acquired vision loss
- Diagnosis of exclusion



Overall Recommendations

- Regular eye examinations
- Healthy Diet
- Exercise
- Limit caffeine/alcohol
- Quit smoking
- Follow recommendations



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Smoking does more than take your breath away.

Smoking increases the risk of
eye diseases that can lead to
vision loss and blindness.



www.nei.nih.gov/healthyeeyes

Low Vision Rehabilitation

- Purpose:
 - Maximize a person's vision
 - Maintain independence
 - Improve quality of life



Thank you for your attention

Questions?

Contact information:

Email: slee@nova.edu

Survey:

You may open the survey in your web browser by clicking the link below:

[GWEP Training Knowledge Survey](#)

If the link above does not work, try copying the link below into your web browser

<https://redcap.nova.edu/redcap/surveys/?s=CHETXK48Y4>

