

# Presbyopia

Take time to be  
Health Conscious

As we age, changes in our vision occur. The most noticeable vision change is that things begin to blur. The inability to maintain focus on objects that are close up may be due to an eye condition called presbyopia. What is presbyopia? Presbyopia is caused by the hardening of the lens in the eye. It affects our near vision first. The lens can take pictures of distant objects clearly, but pictures up close become blurry.

Light enters through the cornea, and is focused through the lens and then directed onto the retina. The image received by the retina is conducted to the brain for interpretation. For an image to be perceived clearly, the lens and the cornea must be in proper adjustment. When the lens in the eye loses its elasticity, it causes a gradual decline in the ability to focus on close objects. Eventually, this causes blurring and loss of vision in viewing prices at



the grocery store, reading the telephone book and reading the newspaper, just to name a few things. Are you seeing the whole picture? To find out, here is a quick exercise you can do to test your near vision. First of all, do these three things. Make sure you are wearing your contacts or glasses if you need them to

see with. Choose a well lit room. Hold these "test sentences" about 14 inches from your eyes. Here are the test sentences:

Presbyopia occurs naturally to everyone as they age. Regular eye examinations are the best way to preserve your vision.

If these sentences look

blurry or if you have trouble making out any of the words in the two sentences, you may be noticing the effects of presbyopia. Consult your eye care professional to accurately assess your vision. Seeing better can make life a lot easier. There are many advantages to seeing well. Some of which are: Ad-

vanced technology, uninterrupted vision at all distances, better vision. Most people need reading glasses by their early or mid-40's. Regular eye exams can keep you seeing longer and better. Serious eye diseases can occur at any age. The American Vision Council suggests visiting your eye doctor regularly for the best vision possible.

Let's switch lanes right now and talk about allergy seasons which affect the eye. Spring and fall are allergy seasons. April being a spring month may trigger an allergy problem.

Most often, it's the grass, tree and weed pollens so abundant in the spring. Sneezing, congestion, and red, watery, itchy, swollen eyes are the symptoms of seasonal allergies. A lot of things can cause an allergic reaction. But, in the case of our eyes, the source is almost always airborne. Plant pollen, mold,



by B J Armstrong

dust, and environmental factors are the causes that affect the eyes.

Most people with seasonal allergies have found antihistamine eye drops good to use for relief. Over the-counter artificial tears also help to flush out the eyes. For cleaner indoors, special air conditioner filters can help. Limit your outside exposure when pollen count is especially high. Don't suffer this spring season, ask your doctor about eye relief.

"I don't want to be younger. I just want to look it."  
-- Christie Brinkley.

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