



MERCURY BAY OPTOMETRIST EYE TIMES

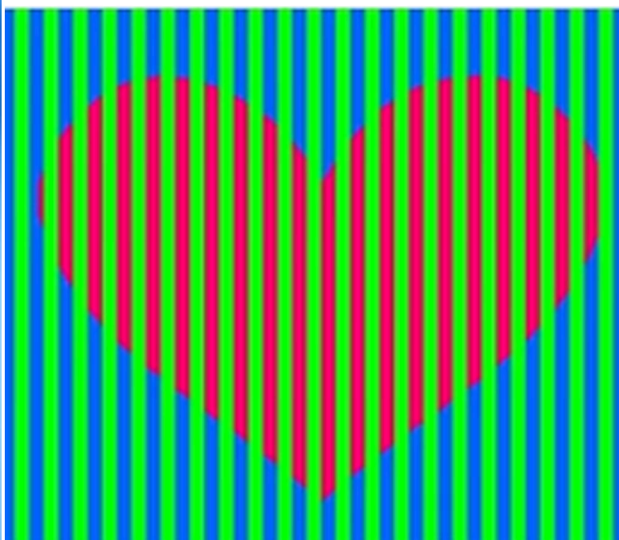
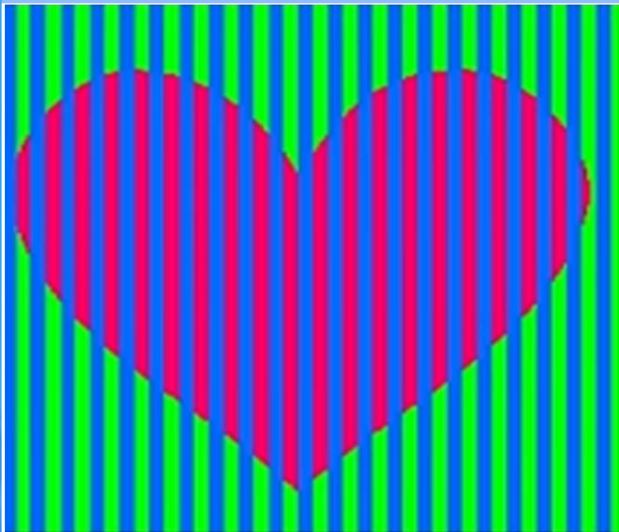
ISSUE 48

HOW YOUR VISION CHANGES AS YOU AGE



THE EYE TIMES OPTICAL ILLUSION

What colour are the two hearts? - see answer below



* They're both the same colour red !

Just as our physical strength decreases with age, our eyes also exhibit an age-related decline in performance - particularly as we reach our 60s and beyond. Some age-related eye changes, such as presbyopia, are perfectly normal and don't signify any sort of disease process. While cataracts can be considered an age-related disease, they are extremely common among seniors and can be readily corrected with cataract surgery.

Some of us, however, will experience more serious age-related eye diseases that have greater potential for affecting our quality of life as we grow older. These conditions include glaucoma, macular degeneration and diabetic retinopathy.

Other eye structures are affected as we age such as reduced pupil size. As we age, muscles that control our pupil size and reaction to light lose some strength. This causes the pupil to become smaller and less responsive to changes in ambient lighting. Because of these changes, people in their 60s need three times more ambient light for comfortable reading than those in their 20s. Also, seniors are more likely to be dazzled by bright sunlight and glare when emerging from a dimly lit building such as a movie theatre. Eyeglasses with photochromic lenses and anti-reflective coating can help reduce this problem.

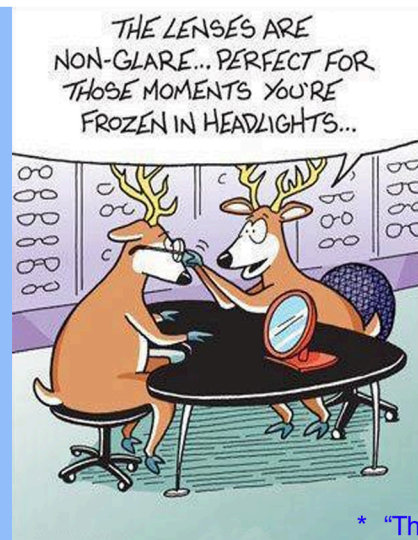
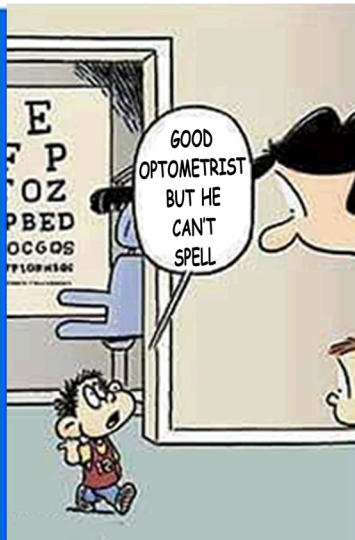
As we age, we naturally lose some of the visual abilities we had when we were younger. Seniors exhibit more issues with dry eyes, loss of peripheral vision sometimes leading to increased risk of automobile accidents. Decreased colour vision. Cells in the retina that are responsible for normal colour vision decline in sensitivity as we age, causing colours to become less bright and the contrast between different colours to be less noticeable.

In particular, blue colours may appear faded or "washed out." As we age, the gel-like vitreous inside the eye begins to liquefy and pull away from the retina, causing "spots and floaters" and (sometimes) flashes of light. This condition, called vitreous detachment, is usually harmless. But floaters and flashes of light can also signal the beginning of a detached retina - a serious problem that can cause blindness if not treated immediately. If you experience flashes and floaters, see your Mercury Bay Optometrist immediately to determine the cause.

EYETIMES - CAUGHT IN THE HEADLIGHTS PHOTO



New road markings on the Blackjack Rd
Whitianga - What's missing??? - see below*



* "The Rare Painted Possum"

Artwork for Eyetimes
supplied by Ian Handricks

HOURS

CLOSED THURSDAY & FRIDAY

MONDAY, TUESDAY & WEDNESDAY 9:00AM TO 5:00PM

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