

## PRESS RELEASE



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### For Immediate Release



### Keeping Your Eyes Healthy As You Age

**(Wahiawa, Hawaii) September 8, 2017** – According to the [American Academy of Ophthalmology](#), “one in six Americans age 65 and older have a vision impairment that cannot be corrected with glasses or contact lenses.” September is designated Healthy Aging Month by the Academy to raise awareness of the effects growing older has on your eyes and the preventative measures that can help protect your vision.

“As we age, the risk of developing eye diseases increases,” said Steven Rhee, D.O., Cornea Specialist at [Hawaiian Eye Center](#). “Unfortunately, many seniors forgo seeing an ophthalmologist until symptoms of an eye disease have significantly progressed.”

The natural process of aging and lifestyle choices can greatly affect your eyes. Some of the most common eye diseases that increase in risk as you age include:

- Cataract—clouding of the eye’s lens, distorting light required for the retina to process images
- Glaucoma—damage to the optic nerve due to buildup in pressure inside the eye
- Age-related macular degeneration (AMD)—deterioration of the macula (the retina’s small, central area responsible for clear vision) because of protein deposits or abnormal blood vessel growth
- Diabetic retinopathy—damage to the retina’s blood vessels, creating abnormal swelling and bleeding

Many age-related eye diseases have no noticeable symptoms until severe damage has already occurred. If you are 40 and over, you should have a comprehensive dilated eye exam every two to three years from your eye care professional. If you are 60 and over or have diabetes, you should get an eye exam once a year.

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Lifestyle choices also play an important role in how your eyes age, but these choices can be altered to your benefit. Healthy aging habits for your eyes include:

- Eating “eye” foods low in fat and high in antioxidants (leafy green vegetables, citrus fruits, fish, etc.) as part of a healthy, balanced diet
- Staying active and exercising regularly to maintain a healthy weight and lower your risk of diabetes, high blood pressure and high cholesterol
- Refraining from smoking
- Wearing sunglasses labeled “100% protection” or “UV 400” to protect your eyes from UV rays whenever you’re outside

“Maintaining healthy eyes as you age can be accomplished,” Dr. Rhee said. “Get your eyes checked regularly because early detection is key to protecting your vision.”

To learn more about healthy aging eyes, visit [AAO.org](http://AAO.org) and [HawaiianEye.com](http://HawaiianEye.com).

*Christopher Tortora, M.D., and Steven Rhee, D.O., are board-certified ophthalmologists at Hawaiian Eye Center. Dr. Tortora and Dr. Rhee also host “The Hawaiian Eye Show,” a weekly informational radio program about healthy vision broadcast live every Saturday at 8 a.m. on KHVH 830 AM. Hawaiian Eye’s dedicated doctors and support staff are committed to educating the public about the importance of preventative eye care. To learn more about a variety of eye health issues, please call 621-8448 or visit [HawaiianEye.com](http://HawaiianEye.com). “For over 40 years, life has never looked better.”*

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