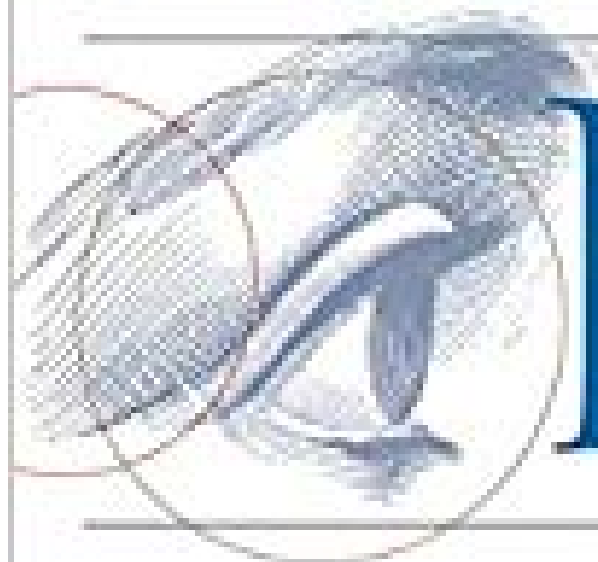




# THE AGING

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# EYE

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What You Can Do to Prevent and Treat

- Macular Degeneration • Glaucoma
- Cataracts • Dry Eye Syndrome
- Floaters • Flashers • and more

Harvard Medical School

## The Aging Eye



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DO YOU HAVE Difficulty READING MENUS? Perform YOU FIND IT DIFFICULT TO DISTINGUISH BETWEEN Dark AND DARK BLUE? You will learn: What things to expect after cataract surgery How glaucoma frequently progresses in the first stages without symptoms Whether you might be suffering from dry or wet AMD If laser surgery is correct for you How to deal with presbyopia, dry eyes syndrome, floaters and flashes, and retinal detachment Finally, practical suggestions will let you know you skill now to preserve your eyesight, from fine-tuning your daily diet and stopping smoking to putting on sunglasses and protecting your eye from the ravages of diabetes. A valuable user-friendly guide for everybody over fifty, The Ageing Eye will give you the knowledge you have to safeguard your view. To help you preserve your eyesight right now – and beyond – The Maturing Eyesight discusses three common attention disorders that pose the greatest threat to your vision: cataracts, glaucoma, and age-related macular degeneration (AMD). This specific guide will help you determine whether you are at risk of developing these disorders, describes their symptoms, and discusses diagnosis and the most recent treatments. DO YOU Get worried EXCESSIVELY ABOUT GLARE WHEN DRIVING AT NIGHT? One from every five folks is suffering from impaired vision by the time we turn sixty-five.



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Excellent reference book on the subject This is actually the third book I read published by the Harvard Medical School. It offers much information on avoidance, treatment, surgery, post-surgery. It also stresses the requirement to protect one's eyes from sunlight like the dreaded UVAs and UVBs sunrays. There it stresses the advantage of good living, including a lot of aerobic exercises to keep your heart in good shape, and good nourishment based on a good amount of fresh produce (fruits and vegetables). They differentiate between your advertising hype and established technology. The Aging Eye is a wonderful reference book that outlines what happens to our eyes because they age since our mid thirties. It covers also a great many other common and much less common attention ailments. It will be is made not to strain your eyesight. And, it reads easily in three leisurely hours. In nine short chapters, it covers all you need to know. The book explains at length the three major diseases influencing us with the duration of time [glaucoma, macular degeneration, and cataract]. That is an extremely short 200 page publication with extremely large font. Each of them have invariably been excellent. My favorite chapter was the last one on how best to safeguard your eyesight. They all do an excellent job of educating the public on the medical topics they cover. They rely on science, medical research, and in depth analysis. The aging eye. According to the book, you really can't. Many I must admit, I believed up to now. Five Stars excelent writing and incredibly informative I'll need to look for more like this book. One of these being that you can actually appropriate your eyesight with attention exercises. My favorite pages are near the end where the publication dispels many myths on the subject of eyesight. She has had several surgeries on her eyes and finally wished to stop but my sister insisted that she could possibly be put back collectively. Regardless, I strongly suggest this book. ideal condition and deal. But, it now is practical to me that they were actual myths. Five Stars great Five Stars Great book!! I would recommend this publication to those with eye complications and their support crew. Sunglasses need not cost a fortune, however they have to be excellent (very high % protection against UVs) and become worn virtually all the time when outdoors when the Sun has gone out. I bought this reserve for my mother. And, having tried the exercise routines to some degree, I really believe it now. She is over 90. I read portions of the publication before passing it on to her and really was impressed with the quantity of details that I was quickly in a position to understand. I hoped that scanning this publication (she can still examine) would give her just a little background and also have background to make the decision to let nature take it's training course and prevent the insane operations. This book is detailed enough to help the patient understand the problem and make the best decision. Five Stars Thorough and detailed explanation of problems you face with aging eyes. Excellent book about the Aging Eyes One of the BEST books on studying the Aging eyesight in Simple language! perfect condition and transaction As described! If you are interested in your general health insurance and nutrition (extremely highly correlated to your attention health) I similarly strongly recommend "Eat, Drink, and become Healthful" by Walter Willett, and "The Harvard Medical School Guide to Men's Health" by Harvey Simon. Many thanks.



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