

EYE ON HEALTH

PEOPLE WITH LOW VISION HAVE BLIND SPOTS THAT CAN MAKE IT DIFFICULT TO DRIVE, READ OR SEE FACES. THESE IMPAIRMENTS CANNOT BE CORRECTED BY SURGERY OR GLASSES, BUT HELP IS AVAILABLE. THE FIRST STEP IS TO GET AN EYE EXAM BY AN OPHTHALMOLOGIST, A PHYSICIAN WHO SPECIALIZES IN MEDICAL AND SURGICAL EYE CARE. IF YOU'RE CONCERNED ABOUT COST, YOU MAY BE GLAD TO KNOW THE AMERICAN ACADEMY OF OPHTHALMOLOGY'S EYE-CARE AMERICA PROGRAM PROVIDES FREE CARE TO ELIGIBLE SENIORS AND THOSE AT INCREASED RISK FOR EYE DISEASE. IN ADDITION, THERE ARE MANY SIMPLE CHANGES YOU CAN MAKE YOURSELF. FOR EXAMPLE, ADD LIGHTING TO STAIRCASES AND DARK HALLWAYS. CONTRASTING COLORS CAN MAKE IT EASIER TO ACCOMPLISH TASKS AND IMPROVE SAFETY. PUT DARK PLACE MATS UNDER WHITE PLACE SETTINGS, GET AREA RUGS THAT ARE A CONTRASTING COLOR WITH THE FLOOR, AND KITCHEN TOWELS AND CUTTING BOARDS THAT CONTRAST WITH THE COUNTER TOP. USE CONTRASTING COLORED TAPE ALONG THE EDGES OF RUGS, STEPS AND LAMP SHADES. FOR MORE INFORMATION, VISIT EYE-CARE-AMERICA--DOT--ORG.