

# Common Eye Problems

## Presbyopia

The inability to clearly see close objects and small print. Naturally occurs with age (especially past age 40).

**Treatment:** can be improved or corrected with reading glasses, Lasik, or other procedures.

## Dry Eyes

Occur when tear glands can't make enough tears or make poor quality tears. Can cause itching and burning. Rarely, they can cause some loss of vision.

**Treatment:** Doctor may suggest using a humidifier in your home or special eye drops that can mimic tears. A warm compress placed over the eye for 10 minutes can help with any gland blockage.

## Tearing

An excessive amount of tears is produced due to sensitivity to light, wind, or temperature changes. Watery eyes due to allergies is common and normally poses no problems.

**Treatment:** Shielding your eyes or wearing sunglasses may alleviate the problem. If tearing persists, check with your doctor as it may be due to an underlying problem such as an infection or blocked tear duct.

## Cataracts

They are cloudy areas that form within the lens of the eye. A normal lens is clear and allows light to pass through easily. Cataracts interfere with the ability of light to pass through, which causes a drop in vision quality.

**Treatment:** Cataracts often form slowly and don't cause any pain, redness, or tearing. Small cataracts can be ignored if they don't interfere with your vision. Larger or thicker cataracts can usually be surgically removed.

## Glaucoma

This condition is associated with a build-up of pressure in the eye. If left alone, it can cause blindness by damaging the optic nerve. Glaucoma can be hereditary or it can be caused by a damaged optic nerve. Other less common causes are injuring the eye, severe eye infections, or blocked blood vessels.

**Treatment:** Because primary glaucoma is often asymptomatic, it's suggested that you visit an eye doctor regularly. Treatments may include prescription eye drops or surgery.