



HEALTHY EYES.

HEALTHY BRAIN.

Did you know that vision loss can affect your brain health? Losing your vision can make it harder to stay connected with others, which may increase your risk of isolation, memory loss, trouble thinking, and confusion. Many types of vision loss are preventable or treatable. About 80% of vision loss affects adults aged 50 and older, and much of it can be improved with eyeglasses or cataract surgery.

Regular eye exams are key to catching problems early and keeping your vision strong. Certain health conditions—like diabetes, high blood pressure, and heart disease—can affect your eye health, so managing these conditions can also help protect your vision. Taking care of your vision doesn't just help your eyes—it also supports your ability to stay active, do daily tasks, and enjoy time with family and friends.

Here's what you can do to protect your vision:

- Schedule regular eye exams.
- Learn about your family's eye health history.
- Limit screen time to prevent eye discomfort.
- Wear sunglasses to protect your eyes from UV rays.
- Stay active and move during the day.
- Eat healthy foods.
- Monitor health conditions such as high blood pressure and diabetes.
- Do not smoke.

For More Information

About Eye Health

- **National Eye Institute**
<https://www.nei.nih.gov/>
- **CDC Vision and Eye Health**
<https://www.cdc.gov/vision-health/index.html>
- **American Academy of Ophthalmology**
<https://www.aao.org/eye-health>

About Healthy Aging

- **National Association of Chronic Disease Directors Healthy Aging Programs**
<https://www.chronicdisease.org/Healthy-Aging>
- **CDC Healthy Brain Initiative**
<https://www.cdc.gov/alzheimers-dementia/>
- **Alzheimer's Association**
<https://www.alz.org>



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CHRONIC DISEASE DIRECTORS**
Promoting Health. Preventing Disease.

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