

Like greying hair, slowing metabolism and wrinkles, changes to our eyes are inevitable as we age. Here are some common age-related eye issues, conditions and diseases that you may experience, plus potential treatments and solutions. Because every person's sight is different, these are guidelines only.

AGEING EYES



CENTRE OF EXCELLENCE FOR EYES

Auckland Eye is a leading eye specialist group providing diagnostics, treatment and surgery for a wide range of eye conditions, diseases and injuries.

40's



As we age, the natural lens inside our eye loses its elasticity, and there is a loss of near or reading vision focus (presbyopia). People start to need reading glasses, often with progressive lenses, at 45 years, on average. Laser eye surgery is an effective vision-correction option for 21 to 50 year olds to consider. Laser eye surgery involves using a laser to change the shape of the cornea (surface of your eye) to correct focussing errors with extreme precision. This can free you from dependency on glasses and contact lenses.

At Auckland Eye, we offer four options of laser eye surgery - PRK, LASIK, SMILE and PRESBYOND.

The incidence of dry eye increases as you age, and can be exacerbated by constant screen use, resulting in symptoms such as sensitivity to light, burning, stinging, gritty, red, watery or blurry eyes. Dry eye can also be a major contributor to poor vision. Auckland Eye's Dry Eye Clinic will conduct a range of tests and then develop a tailored plan to treat blocked glands or eyelid and skin inflammation.

50's



In our 50's the ability to see in low light decreases. Age-related decline in vision means that multiple eyewear solutions may be needed.

Lens replacement surgery is an increasingly popular option for the over 50's. Taking around 20 minutes, it involves replacing your eye's natural lens with an artificial IntraOcular Lens (IOL). Highly sophisticated IOL's are available to deliver visual outcomes tailored to individual patient's needs. These most often produce permanent solutions for visual

clarity. Almost all focussing issues can be dealt with, including astigmatism. If lens replacement surgery is undertaken in your 50's and 60's you will never develop cataract.

Drooping of the eyebrows and overhang of upper eyelid skin can potentially affect your eyesight. Blepharoplasty, or eyelid surgery, most often involves excision of redundant skin and excess fat, with formation of the skin crease, restoring the natural contour of the lids.

60's + 70's



Thank you to Brett, our Surgical Bookings Co-ordinator who allowed us to 'age him'.

From 60, there is an increased risk of age-related eye diseases such as macular degeneration. Macular degeneration is the leading cause of vision loss in the Western world, affecting reading and driving vision.

Glaucoma becomes a priority condition to monitor in this age group. It affects 1% of 60-year-olds, increasing to 10% of 80-year-olds. It is a silent, progressive disease which causes damage to the optic nerve and can lead to blindness. Glaucoma is typically caused by excessive eye pressure (elevated by diabetes) which can be detected before any serious damage occurs, by having regular eye and health checks.

Many people, as they age, experience the occasional floater, which may not be a problem.

If floaters are annoying or visually debilitating, new non-invasive laser techniques can rid people of these problems forever. However, if you suddenly experience an increase in floaters or flashes, you should have your eyes examined promptly.

A cataract is a gradual clouding of the lens of the eye. Symptoms include foggy vision, changes in the way you see colour, and problems with glare - especially when driving at night. Once glasses or contact lenses can no longer provide functional vision, the only way to improve vision is by surgical removal of the opacified lens and, in most cases, replacement with an IntraOcular Lens. Advancements in IOL's have produced 'new generation' lenses that may allow patients to experience high-quality vision at different distances.

LENS REPLACEMENT SURGERY

Sometimes referred to as 'laser for boomers', this vision correction surgery is on the increase overseas, as people 55 plus are recognising it's benefits. There's no 'one size fits all' with lens replacement surgery. Depending on your vision needs and health of your eyes, there are different lenses available; Monofocal fixed-focus lenses, Multifocal lenses, Accommodating lenses (shifting position in the eye) and Extended Depth Of Focus lenses.

At Auckland Eye, we call them 'Lifestyle Lenses' because they allow people to continue living the lives that they want - being able to drive confidently, read menus, follow the path of the golf ball, or enjoy the beauty of nature, all with little or no dependency on glasses.

Auckland Eye has a team of 5 world-class refractive surgeons - Dr Dean Corbett (pictured left), Dr Stuart Carroll, Dr Justin Mora, Dr Sue Ormonde and Dr David Pendergrast.

Our locations:

8 St Marks Rd, Remuera, where we have 15 consulting rooms, 3 operating theatres, a dedicated laser suite and a Dry Eye Spa.

3 Fred Thomas Drive, Takapuna, with 3 consulting rooms and 1 theatre.

Our ophthalmologists also consult at 8 satellite clinics: Whangarei, Orewa, New Lynn, Henderson, Westgate, Botany, Papatoetoe, Papakura and Pukekohe.

Phone 0800 25 53 93

Amblyopia
Blepharoplasty
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Macular Holes
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Retinal Detachment
Children's Eye Problems
Squints

Glaucoma
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Trichiasis
Uveitis
Corneal Disease

We are experts in advanced vision correction including cataract, laser, lens replacement and 'implantable contact lens' surgery.

Our ophthalmologists are supported by a highly experienced team of orthoptists, technicians, optometrists, ophthalmic and practice nurses, plus reception, surgical booking and customer service teams.

At Auckland Eye we are passionate about helping people to get their best possible sight, to be able to live better lives. We are a team of 100 people who come together to make sure every one of our patients has the most successful, and least stressful, experience possible.



L to R: Dr Yvonne Ng Dr Dean Corbett Dr Stephen Best Dr Sarah Welch Dr Justin Mora Dr Sue Ormonde Dr Taras Papchenko Dr Stuart Carroll Dr Alison Pereira Dr Shenton Chew Assoc. Prof. Philip Polkinghorne Dr Chi-Ying Chou Dr Archie McGeorge Dr David Pendergrast

Find out more at www.aucklandeye.co.nz

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