

# Beautiful, Beautiful Eyes

You inherited your grandfather's brown eyes and Aunt Ruby's freckles. Your nose with the ever-so-slight bump that you've grown to love came from your father's side of your family. Many things are handed down from generation to generation. Just take a peek inside your family's photo album; you'll see certain physical characteristics (like your dimples!) recurring over the decades.

## **Protect your inheritance.**

There isn't much you can do about those freckles as you get older, but the National Eye Institute wants you to know there is something you can do to protect your eyes as you age. Some changes to your vision, like needing reading glasses or taking longer for your eyes to adjust to different levels of light, are normal as you get older. But vision loss and blindness are *not* a normal part of aging. Many eye diseases have no early warning signs or symptoms. Early detection is important to help you prevent vision loss or blindness.

## **Enjoy healthy vision for a lifetime.**

There are things you can do to protect your vision as you age. If you are 40 or older, you should have a comprehensive dilated eye exam as part of a regular healthcare routine. Maintaining a normal blood pressure, exercising, eating a diet rich in leafy greens and fish, protecting your eyes from the sun, and not smoking are great ways to help reduce your risk of eye disease as you age.

So, while you look in the mirror and marvel at the features you inherited, like your grandma's eyes or your uncle's dimples, ask yourself about your vision. Ask yourself if you are doing all you can to protect your sight as you age.

To learn more about keeping your vision at its best as you age, visit [nei.nih.gov/agingeye](https://nei.nih.gov/agingeye).

Visit [nei.nih.gov/nehep](https://nei.nih.gov/nehep) for more information.



National Eye Institute



A program of the National  
Institutes of Health

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