

Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

Clear vision is critical to preventing falls.

Ensuring your eyeglass prescription is correct is a good first step in fall prevention, but your eye health is equally important.

Your optometrist can help!

Did you know . . .

- » You'll benefit from early intervention. Many eye diseases have no early symptoms such as cataracts, glaucoma, macular degeneration, a tear in the retina, bleeding and tumours.
- » Your optometrist can see early signs of medical conditions, such as high blood pressure, diabetes, and cardiovascular disease. Your optometrist and physician will work together to protect your eyes.
- » Your eyes need more time to adjust to changes in light as you age. You may need to increase lighting.
- » We can lose depth perception which makes it harder to judge the height and depth of stairs and curbs.
- » We become more sensitive to glare, so it's important to use sunglasses year-round.
- » Some medications can cause blurred or double vision.

There is no better time to focus on quality vision care – to preserve your eye health, an active, independent life, and the chance to enjoy all that you love!

Alberta Health coverage is available towards your annual eye exam for Albertans 65+.



**To find an optometrist, just enter your postal code at:
[www.optometrists.ab.ca/
findanoptometrist](http://www.optometrists.ab.ca/findanoptometrist)**

Alberta
Association
of Optometrists 

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