

# OPHTHALMOLOGY BASICS: A GUIDE FOR SENIORS

Shane Nau MD

Colorado Eye Consultants

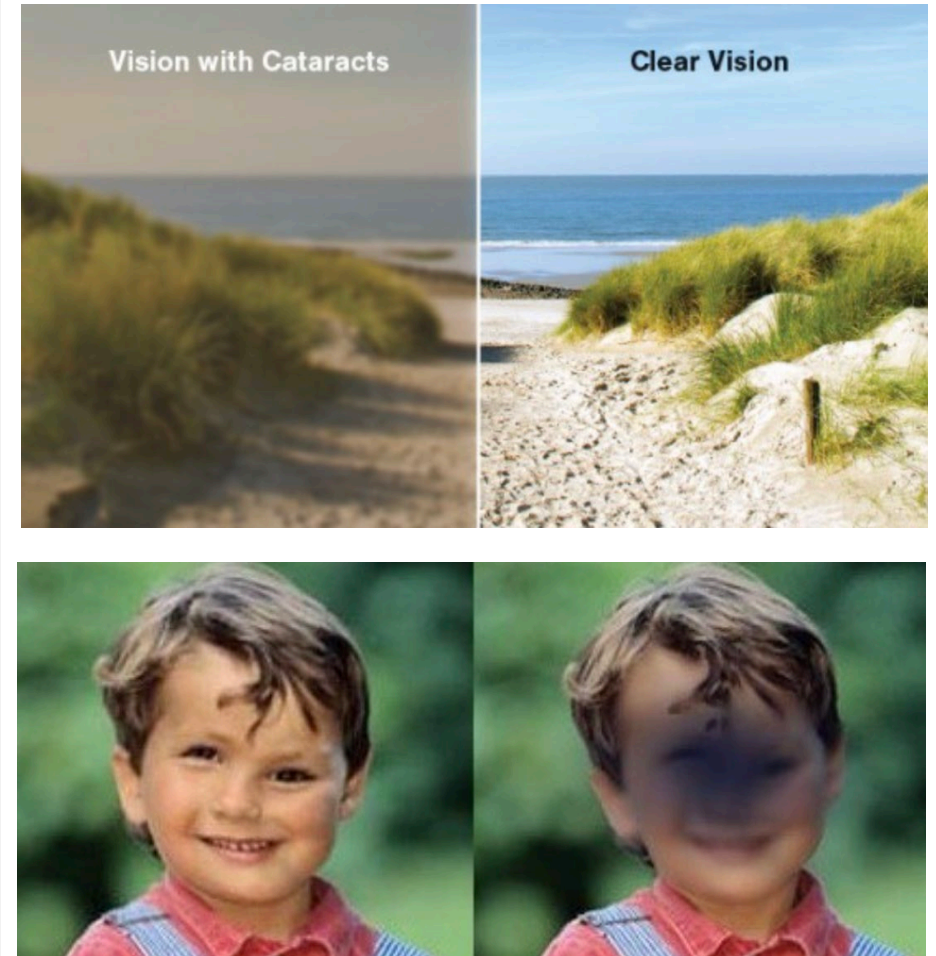
## WHY EYE HEALTH MATTERS?

- Vision allows independence
- Eye issues increase with age
- Routine exams matter



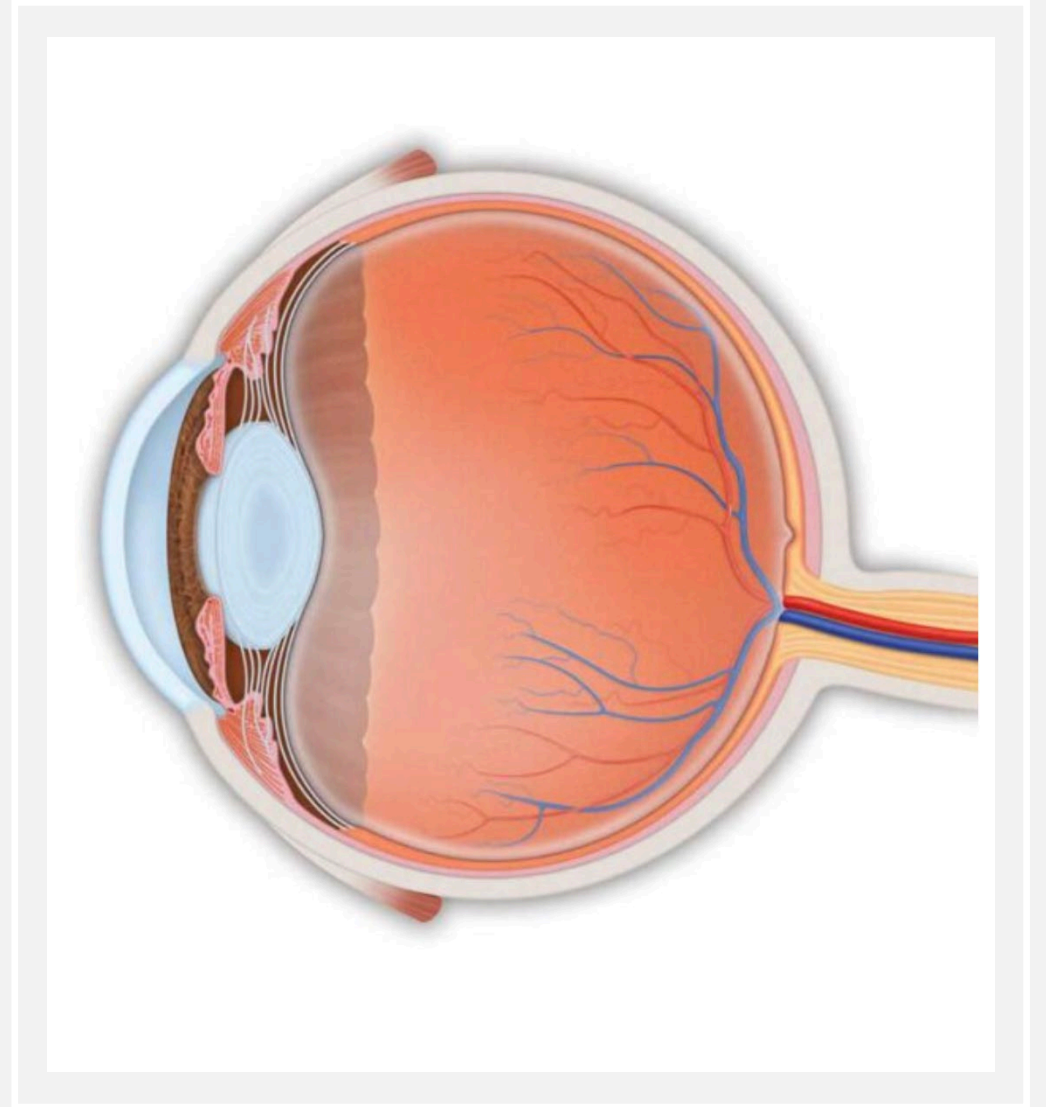
## SIGNS YOU SHOULD SEE AN EYE DOCTOR

- Blurry Vision
- Double/Distorted Vision
- Poor night vision/glare
- Floaters/Flashing lights
- Eye pain or redness



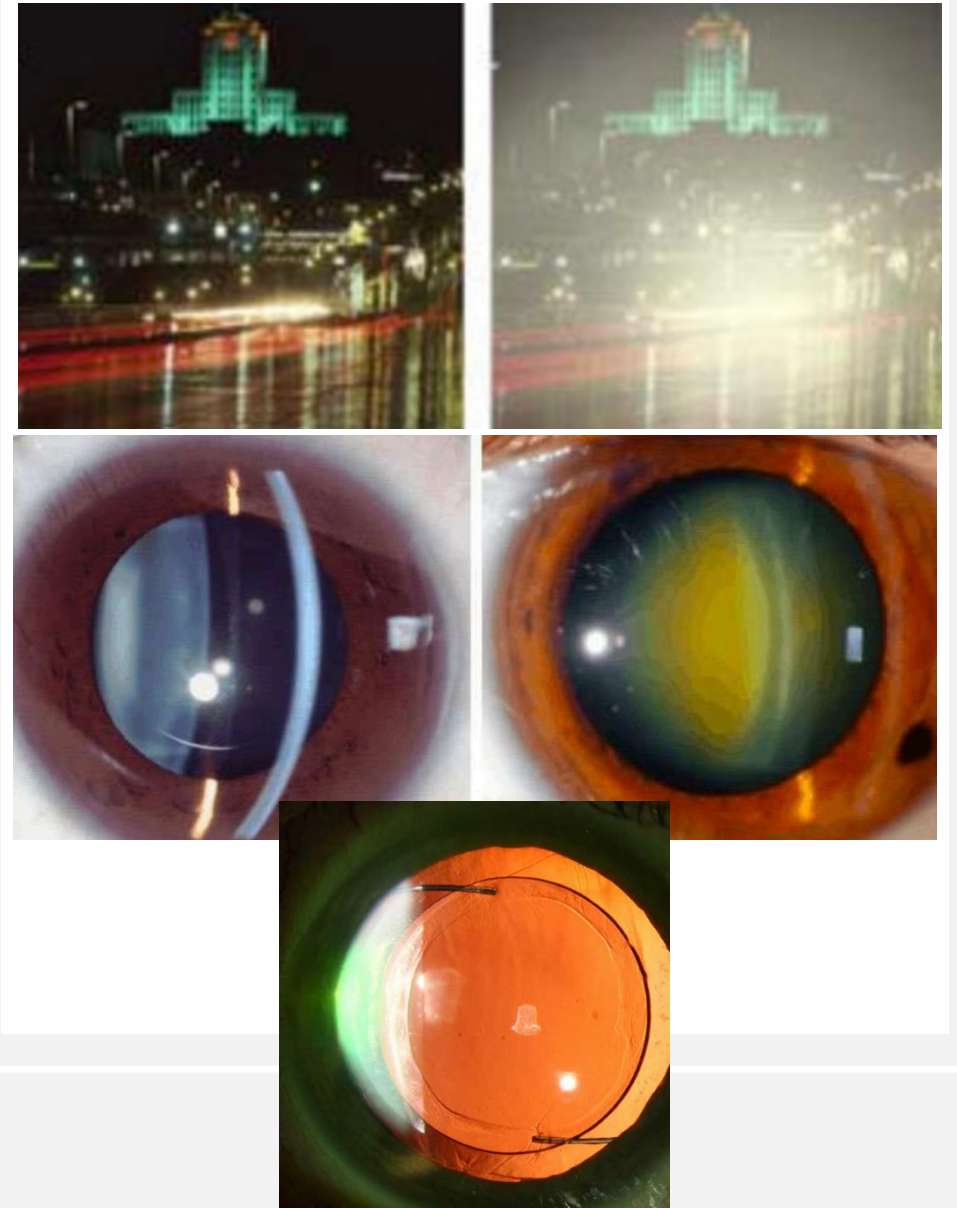
## COMMON EYE DIAGNOSES

- Cataracts
- Glaucoma
- Macular Degeneration
- Dry Eye

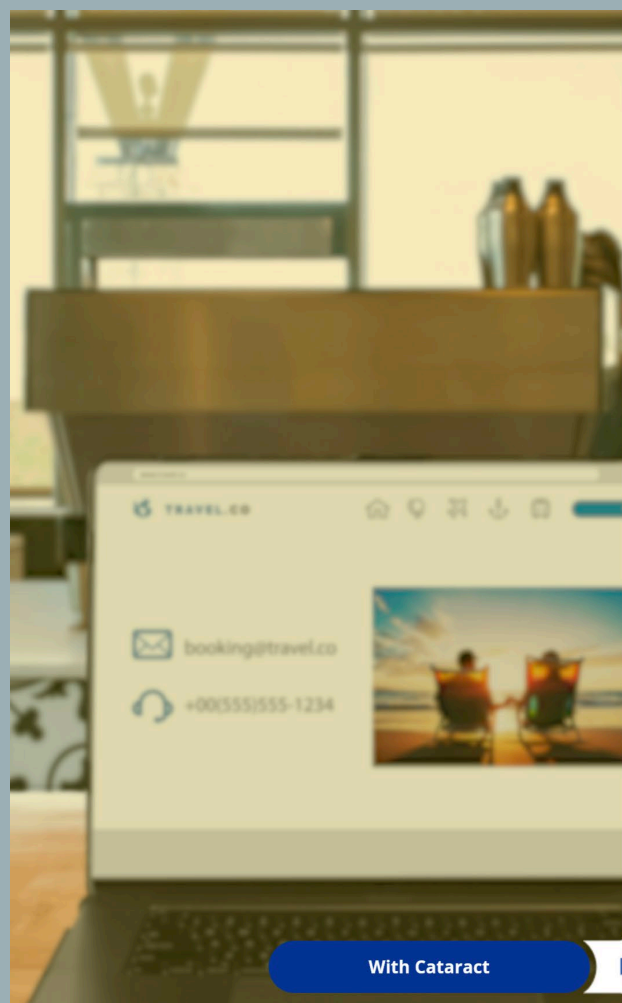


# CATARACTS

- Blurry vision
- Glare and poor night vision
- Intraocular lenses (IOL)
- Standard vs. premium IOL
- The process



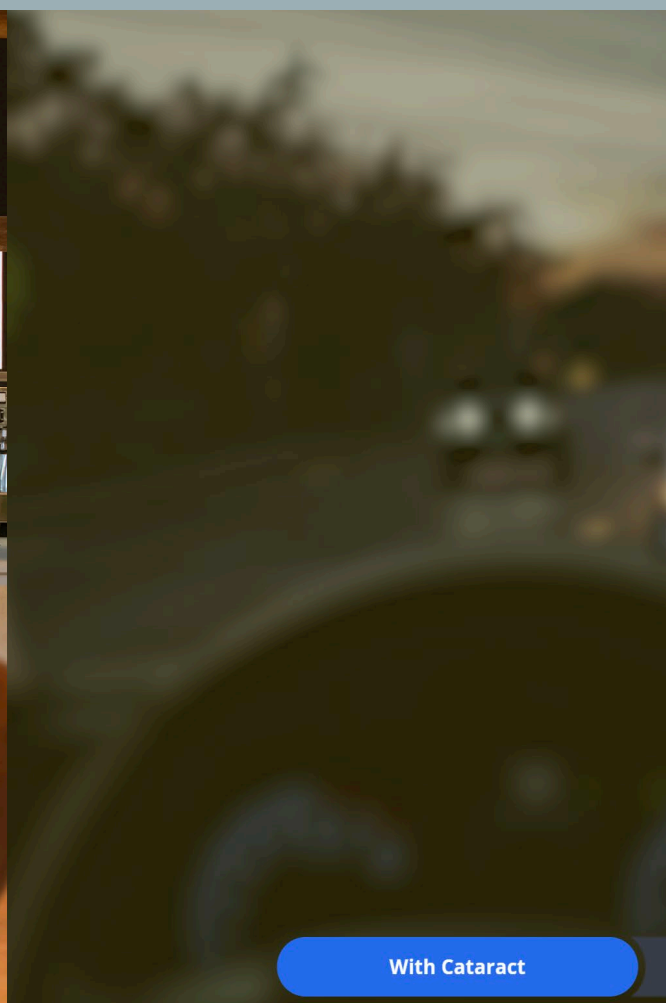


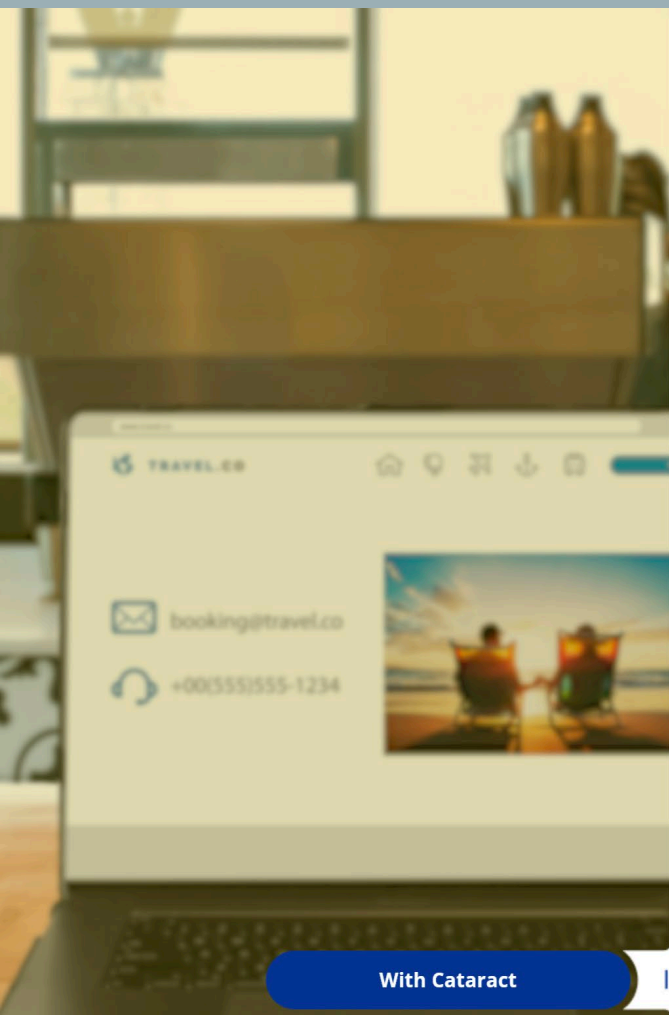


With Cataract



Monofocal





With Cataract



PanOptix® IOL

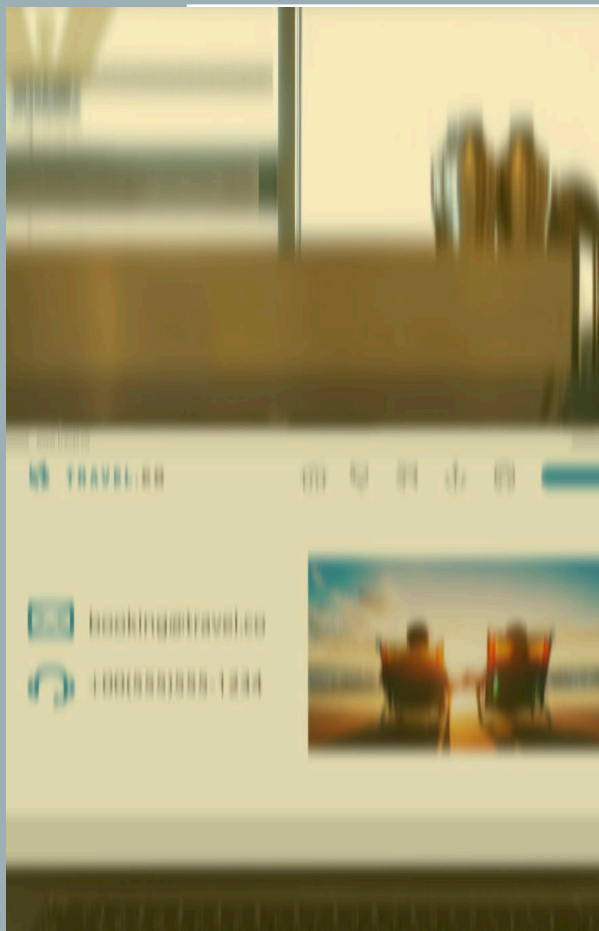


With Cataract

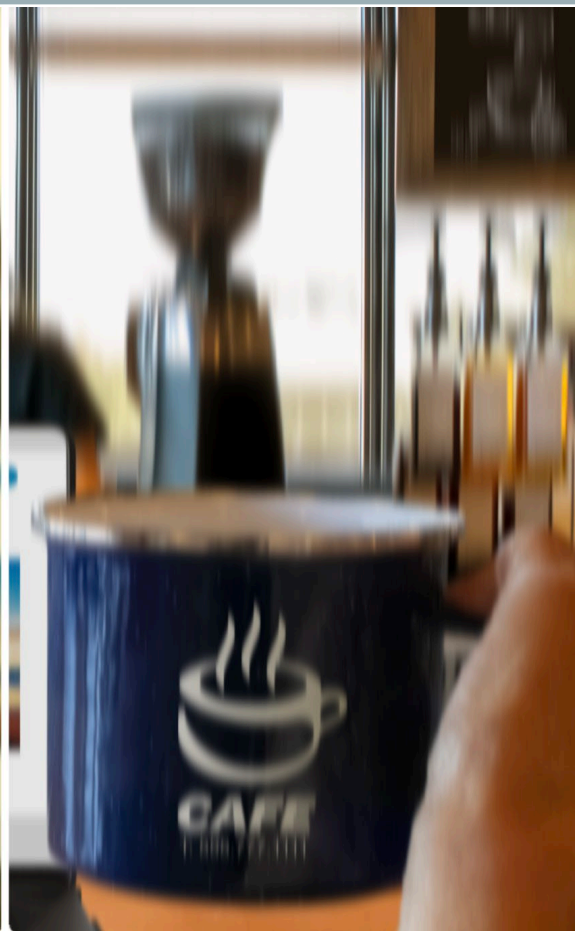


PanOptix® IOL

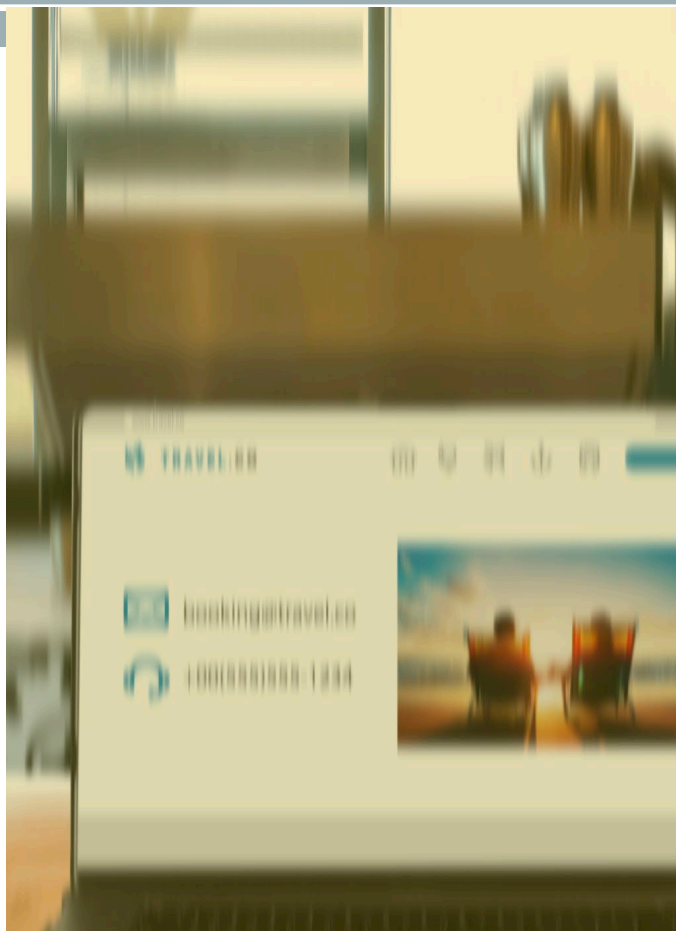




With Cataract



Monofocal

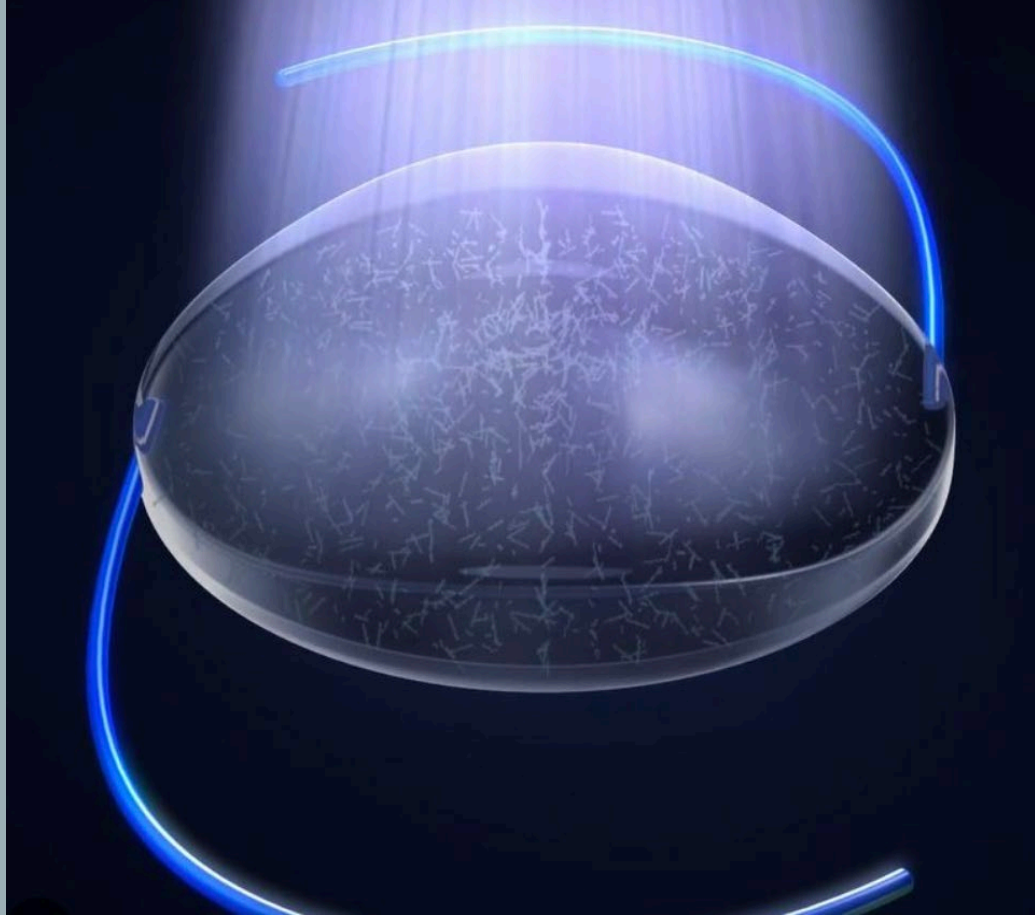


With Cataract



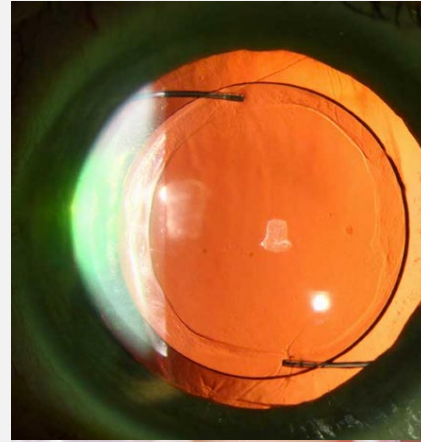
Monofocal Toric





# CATARACTS

- Recovery process/timeline
- Benefits:
  - Better vision
  - +/- glasses independence
  - Lower IOP/more light



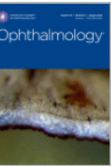
# CATARACTS

- Hidden benefits
  - Improved cognition
  - Decreased fall risk
  - Better color vision
  - Less glasses → saves \$



Ophthalmology

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Original Article

## Cataract Surgery and Cognitive Benefits in the Older Person: A Systematic Review and Meta-analysis

Brian Sheng Yeo Yeo MBBS<sup>1</sup>, Rebecca Yi Xuan Ong MBBS<sup>2</sup>, Pooja Ganasekar MBBS<sup>1</sup>, Benjamin Kye Jyn Tan MBBS(Hons)<sup>1</sup>, Dennis Chuen Chai Seow FRCP(Ed), FAMS(Geriatric Medicine)<sup>3 4</sup>, Andrew S.H. Tsai FRCOphth, MCI<sup>5 6</sup>  

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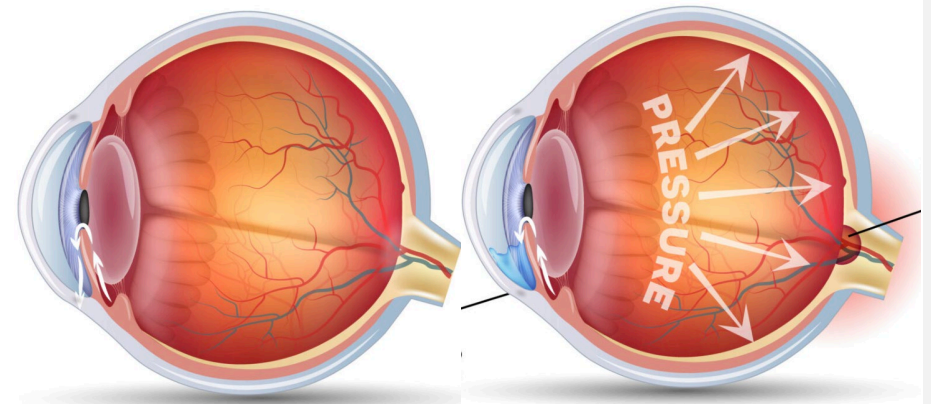
<https://doi.org/10.1016/j.ophtha.2024.02.003> ↗

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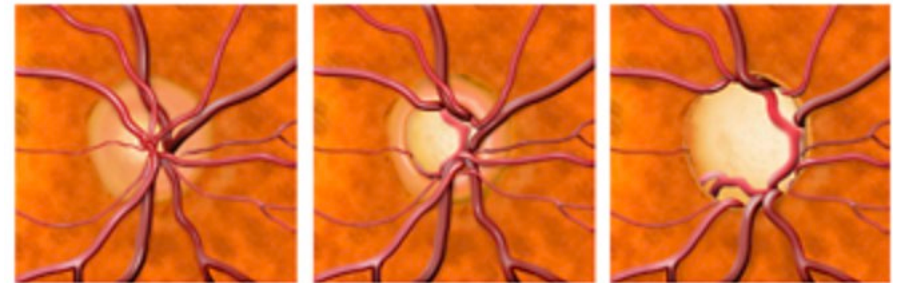


# GLAUCOMA

- Progressive Optic Neuropathy
- Common with aging
- “Silent thief of vision”
- Early diagnosis is key
- Treatable!



Optic nerve head cupping progression



0.3 c/d

0.6 c/d

0.95 c/d

# GLAUCOMA

- Testing →
- Treatment = lowering IOP
- SLT laser / Drops / Surgery
- Prognosis

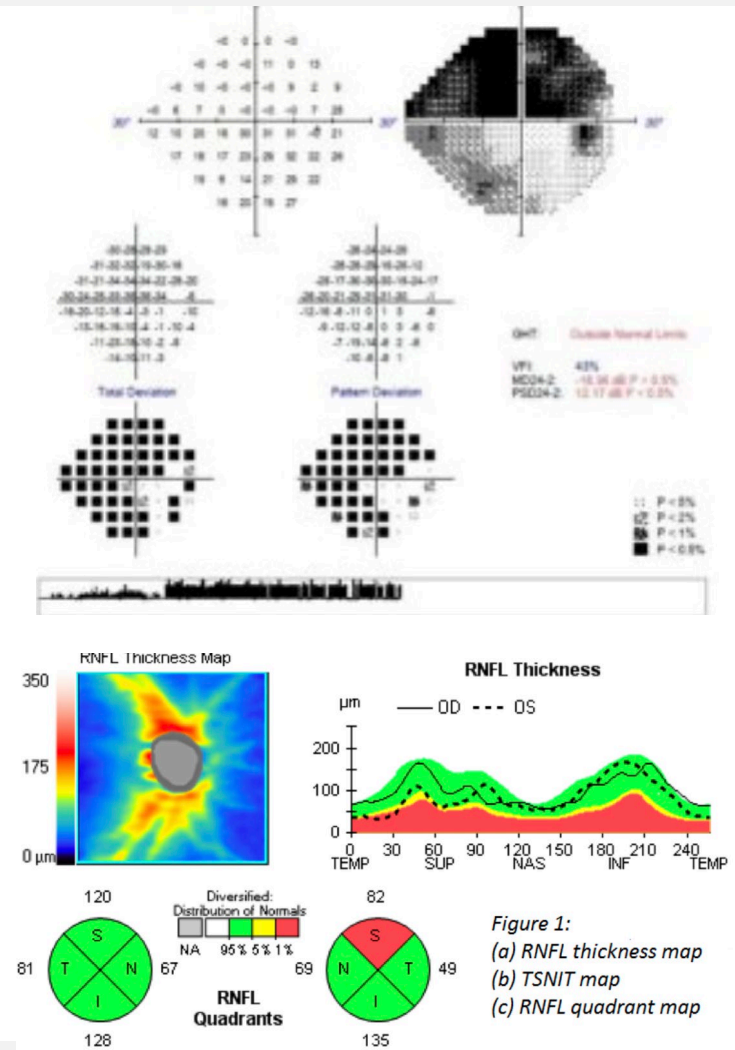
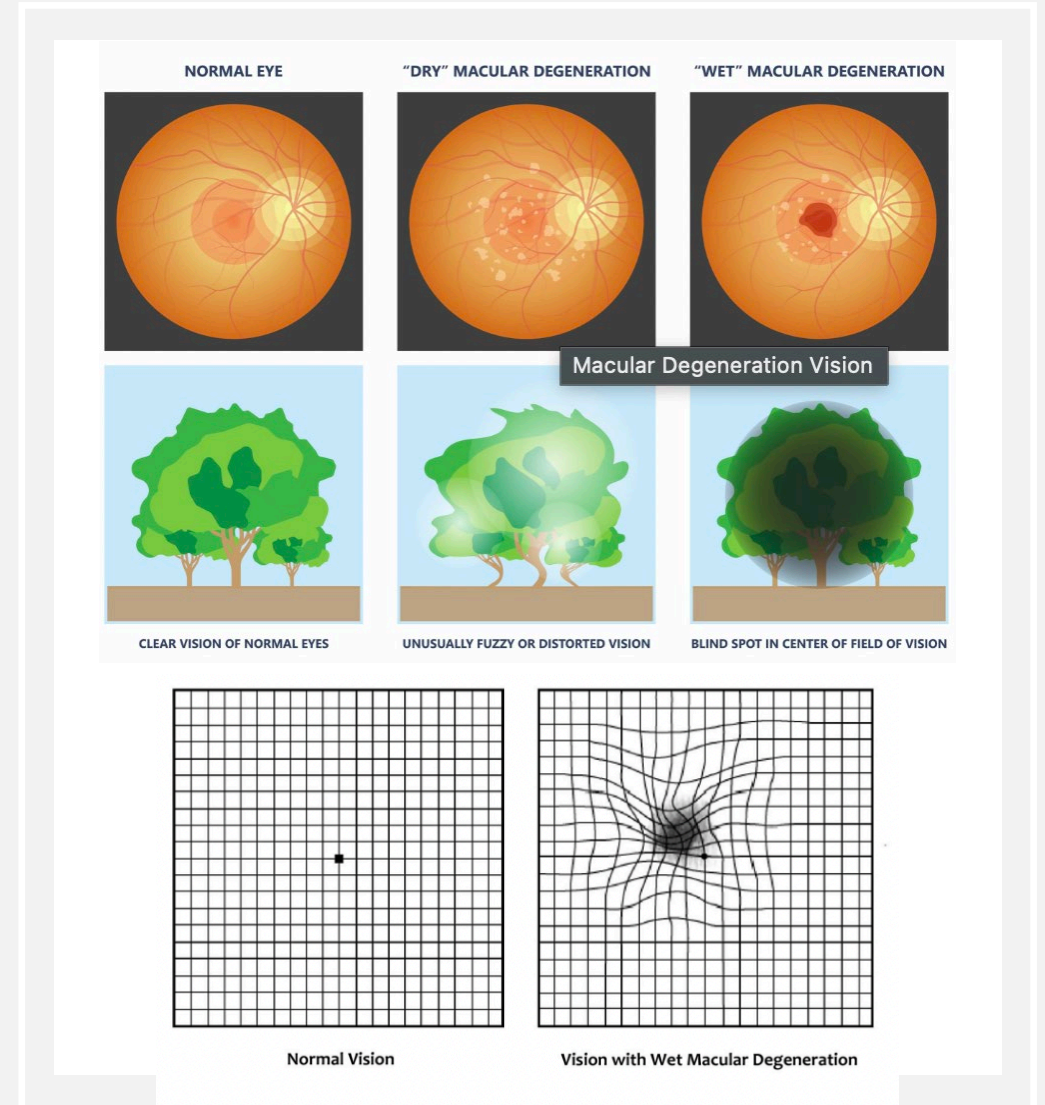


Figure 1:  
(a) RNFL thickness map  
(b) TSNIT map  
(c) RNFL quadrant map

# AGE RELATED MACULAR DEGENERATION

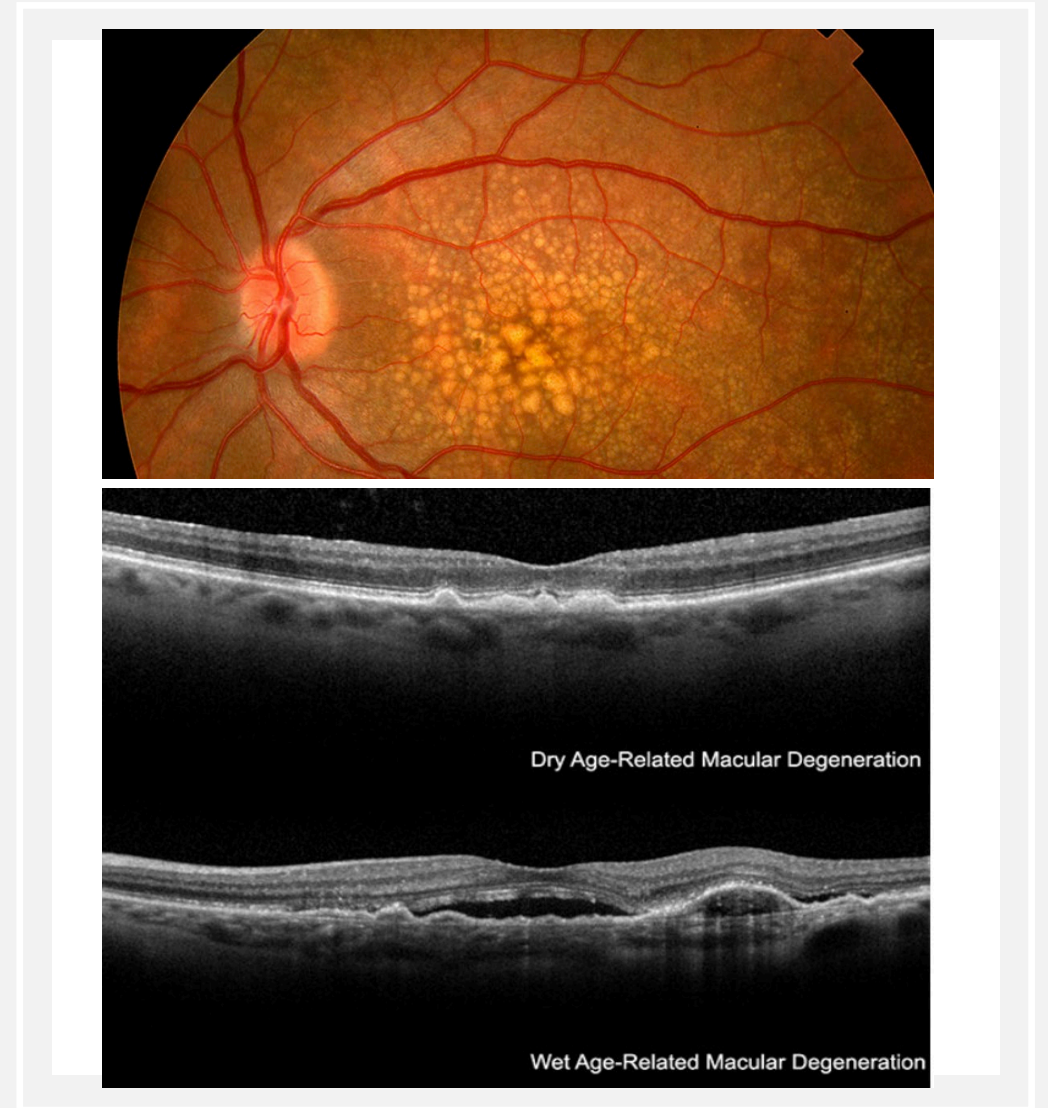
- Symptoms:
  - Distorted vision
  - Scotomas (dark spots)
  - Trouble with dim light
  - Poor light-dark adjustment





# AGE RELATED MACULAR DEGENERATION

- Dry vs. Wet
- Treatment:
  - AREDS2 + lifestyle
  - Intravitreal injections
- Prognosis



## DRY EYE

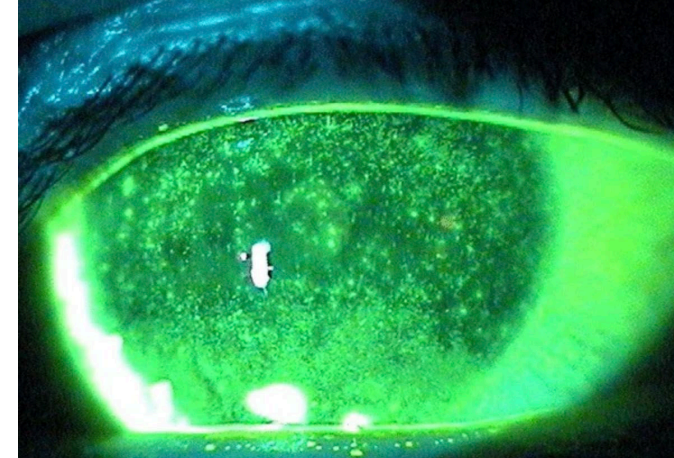
- Symptoms:
  - Fluctuating blurriness
  - Itching/Burning pain
  - Overtearing
  - Red eye



Healthy Eye

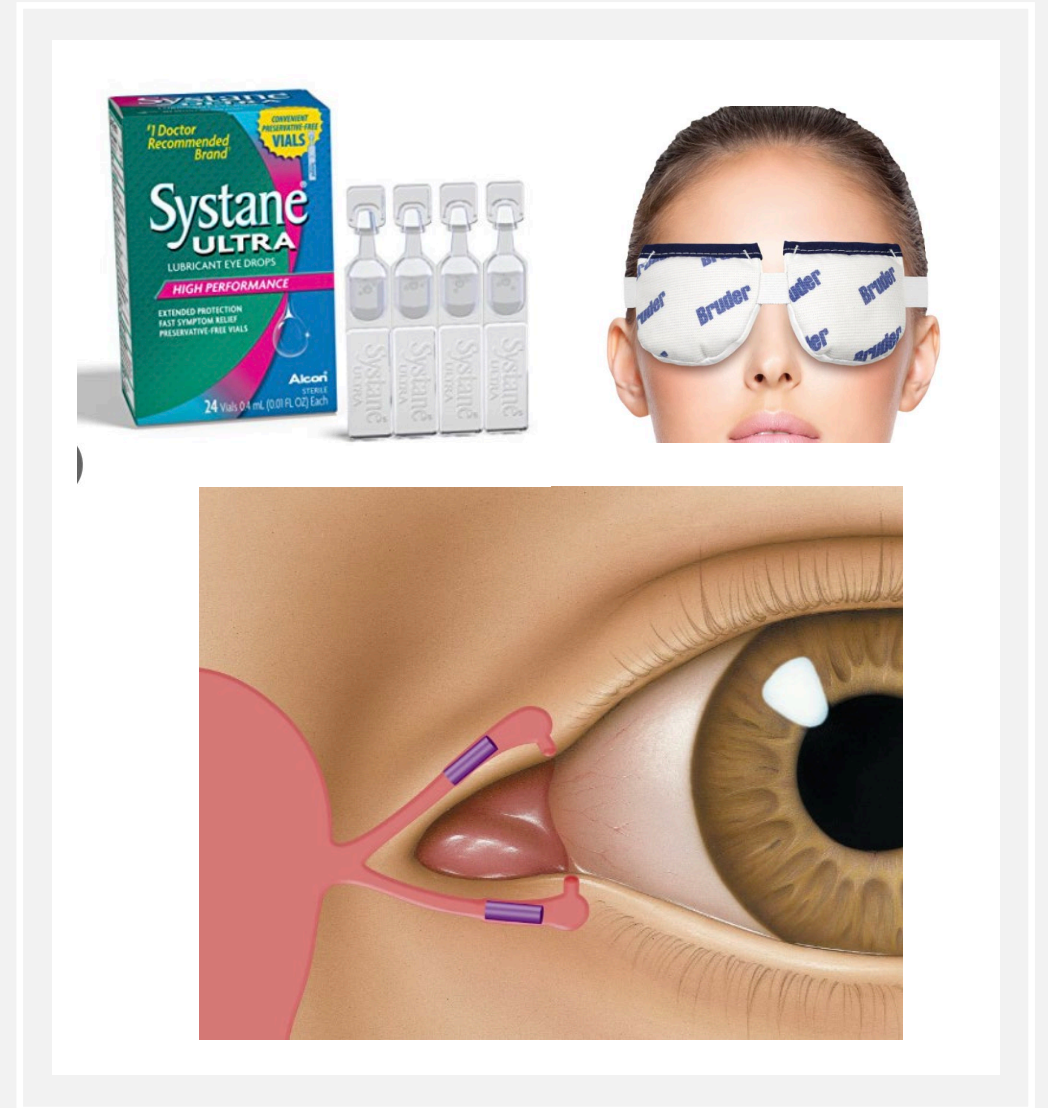


Superficial  
Punctate Keratitis



# DRY EYE

- Treatment:
  - Artificial tears
  - Warm compresses
  - Rx drops
  - Punctal plugs



## TAKE HOME POINTS

- Vision changes? See an ophthalmologist!
- Make sure to have an annual eye exam



# QUESTIONS & ANSWERS

?