

EYES Health

Common Age-related Eye Diseases and Conditions:



Age-related Macular Degeneration (AMD)

AMD is a disease associated with aging that gradually destroys sharp, central vision. Central vision is needed for seeing objects clearly and for common daily tasks such as reading and driving.



Cataract

A cataract is a clouding of the lens in the eye. Vision with cataract can appear cloudy or blurry, colours may seem faded and you may notice a lot of glare.



Diabetic Eye Disease

Diabetic eye disease is a complication of diabetes and a leading cause of blindness. The most common form is diabetic retinopathy which occurs when diabetes damages the tiny blood vessels inside the retina.



Glaucoma

Glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss and blindness. It is usually associated with high pressure in the eye and affects side or peripheral vision.



Dry Eye

Dry eye occurs when the eye does not produce tears properly, or when the tears are not of the correct consistency and evaporate too quickly. Dry eye can make it more difficult to perform some activities, such as using a computer or reading for an extended period of time.

Nutrients or Healthy Eyes

Nutrients	Function	Food Source
Vitamin A	<ul style="list-style-type: none">Maintain eyes' light-sensing cells (photoreceptors)	Liver, Egg Yolks, Dairy Products
Lutein and zeaxanthin	<ul style="list-style-type: none">Protecting your eyes against harmful blue light	Spinach, Kale, Parsley, Pistachios, Green Peas
Omega-3 fatty acids (EPA and DHA)	<ul style="list-style-type: none">Eyes developmentMaintain eyes functionReduce your risk of eye diseases — especially dry eyes.	Oily Fish
Vitamin C	<ul style="list-style-type: none">Reduce risk of cataractSlow the progression of age-related macular degeneration and visual acuity loss.	Bell Peppers, Citrus Fruits, Guavas , Kale, Broccoli
Zinc	<ul style="list-style-type: none">Involved in formation of visual pigments in your retina	Oysters, Meat, Pumpkin Seeds, Peanuts

与年龄有关的常见眼睛疾病



年龄相关性黄斑变性（AMD）

AMD 是一种与衰老相关的疾病，将逐渐破坏尖锐的中心视力。中心视力帮助清晰地观察物体,阅读和驾驶等日常工作。



白内障

眼睛中晶状体混浊导致白内障。白内障的视力可能会出现混浊或模糊，颜色可能会褪色，您可能会看见很多眩光。



糖尿病眼病

糖尿病眼病是糖尿病的并发症，也是导致失明的主要原因。最常见的形式是糖尿病视网膜病变，当糖尿病损害视网膜内的微小血管时就会发生这种情况。



青光眼

青光眼是一组可以损害视力神经并导致视力丧失和失明的疾病。它通常与眼睛的高压有关，并影响侧面或周边视力。



干眼症

当眼睛产生不足够眼泪，或者眼泪的稠度改变并且蒸发太快时，就会出现干眼症。干眼会使执行某些活动变得更加困难，例如使用计算机或长时间阅读。

眼睛的营养素

营养	功能	食物来源
维生素 A	<ul style="list-style-type: none">•维持眼睛的光感受细胞	肝脏，蛋黄，乳制品
叶黄素和玉米黄质	<ul style="list-style-type: none">•保护眼睛免受有害蓝光的伤害	菠菜，羽衣甘蓝，欧芹，开心果，绿豌豆
Omega-3 脂肪酸（EPA 和 DHA）	<ul style="list-style-type: none">•眼睛发育•保持眼睛功能•降低患眼病的风险 - 尤其是干眼症	油性鱼类
维生素 C	<ul style="list-style-type: none">•降低白内障风险•减缓年龄相关性黄斑变性和视力丧失的进展	甜椒，柑橘类水果，番石榴，羽衣甘蓝，西兰花
Zinc	<ul style="list-style-type: none">•帮助视网膜视觉色素的形成	牡蛎，肉类，南瓜籽，花生