

Age Related Eye Changes to Expect After Sixty

Turning sixty does not automatically bring eye problems, but it does mark a point where certain age related changes become considerably more common, and understanding what to expect helps put any new symptoms into context. Presbyopia, the gradual loss of close up focusing ability, usually sets in earlier but often becomes more pronounced through the sixties, prompting many people to rely more heavily on reading glasses. This is also the decade when conditions like cataracts, glaucoma and macular degeneration become more prevalent, which is why annual or biannual eye examinations take on greater importance than they did in earlier decades. Many of these conditions develop **Check out the post right here** slowly and without obvious symptoms early on, making regular screening far more useful than waiting for noticeable vision changes. Dry eye also becomes more common with age, sometimes linked to hormonal changes, certain medications or simply reduced tear production over time. It can cause irritation, blurred vision and discomfort that is often mistaken for something more serious. Staying on top of routine eye care through this decade, rather than only seeking help once vision clearly changes, tends to lead to better long term outcomes across almost every common age related eye condition.