

# Common causes of poor vision

Vision loss is a common condition, as the World Health Organization notes that more than 285 million people across the globe suffer some type of visual impairment. Many people can effectively counter their vision problems with prescription lenses, but others may have a more significant issue, such as low vision.

The Kellogg Eye Center defines low vision as a reduced level of vision that cannot be fully corrected with conventional glasses. Those with low vision have some useful sight and are not considered completely blind. However, low vision can interfere with performance of daily activities, and some people with this condition are classified as "legally blind."

Symptoms of low vision include difficulty recognizing objects at a distance or problems with differentiating colors. Yet, not everyone dealing with these symptoms has low vision. Specialized testing can determine if a person has low vision or another condition.

Many conditions can impact sight and contribute to vision loss. Here's a look at some of the more common ones.

- **Glaucoma:** A person with glaucoma may gradually lose peripheral vision. Early symptoms, such as a subtle loss of contrast, may be unnoticeable. Eventually, glaucoma may cause tunnel vision, which occurs when a person can only see through a small window.

- **Macular degeneration:** Macular degeneration is the leading cause of vision loss, affecting more than 10 million people in the United States alone, according to the American Macular Degeneration Foundation. The AMDF offers that macular degenera-

tion is caused by the deterioration of the retina's central portion, known as the macula. The macula is responsible for focusing central vision in the eye, and it contributes to one's ability to read, drive a car, recognize faces or colors and see objects in fine detail.

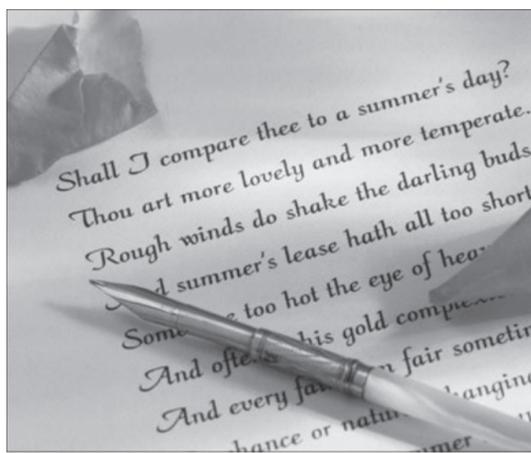
- **Retinal detachment:** An increase of floaters or sudden flashes of light in vision may be indicative of retinal detachment or a tear in the retina. When caught promptly, a detached retina may be repaired. However, if left untreated

and the detachment reaches the macula in the center of the retina, vision loss may be irreparable. The National Eye Institute says those with extreme nearsightedness, those who have had cataract surgery or those with a family history of retinal detachment are at a high risk.

- **Diabetic retinopathy:** Blurring or patchy vision loss can be a side effect of high blood glucose levels. Not all people with diabetes will develop vision problems, but it is common enough to warrant attention.

- **Cataracts:** According to The Mayo Clinic, a cataract is a clouding of the normally clear lens of the eye. Cataracts develop when aging or injury changes the tissue that makes up the eyes' lenses. Clouded vision can make it more difficult to read or drive. Over time, cataracts may obscure vision so much that they require surgical repair.

Routine eye examinations can bring potential vision disturbances to light and facilitate faster treatment. Eye doctors also can make suggestions about lifestyle changes, including the use optical devices to improve sight.



## Okay library lovers, it is time to celebrate your love!

February is Love your Library Month at the Sachse Public Library. During the entire month of February, the library invites the community to love your library and show your support by attending a program or checking out some of our materials—both print and electronic.

### AT THE LIBRARY



By Mignon Morse, Sachse Public Library manager

You can show your love for the library by joining in on this year's valentine celebration on February 9th at 6:00 p.m. This will be a Willy Wonka themed Valentine's experience complete with games, crafts, and prizes and chocolate. Bring your camera for photo opportunities. The program is open to the public and all ages are encouraged to attend.

Do you have a great camera, a high-tech phone or a really cute kid? We want to

see your photographs! Everyone, young and old, is invited to showcase their skills in our just-for-fun photography contest. Enter your favorite photograph (one per person) and have it displayed in the library! You can make your

photos library related if you want to show your love for the library. This is a chance to display your photos only. All display photos must be received by February 13.

Please visit the library's website at [www.cityof-sachse.com/library](http://www.cityof-sachse.com/library) for a list of upcoming programs and access to our online catalog, e-books, and other resources. If you are a face book user, please "like" your library on the Sachse Public Library page. Check the page often for program pictures and articles on public libraries.

## Visit Senior Rec Center for Art, Heart's Sake

Those who know about art (or want to learn a bit more) should sign up for our trip Jan. 28 to Fort Worth's famed Kimbell Art Museum to see the work of French impressionist painter Gustave Caillebotte. More than 50 paintings have been gathered from museums and private collections around

### SILVER SCENE



By Katy Burton, Wylie Senior Recreation Center supervisor

the world, featuring images of Parisian streets and domestic life, all from Caillebotte's daring perspective. Catch the bus at 10:30 a.m. and bring \$15, plus money for lunch. We'll be back about 4:30 p.m.

It's not all about going and doing at the senior center; great things happen inside as well. Plan to spend the afternoon on Jan. 27, with woodcarving at 1 p.m. and chair yoga at 1:30. If you haven't tried yoga, come on down. You'll relax and rejuvenate with the aid of a chair.

On Jan. 29, group exercise starts at 9:45 a.m.—it's just easier with friends!—and there's bingo at 12:30 p.m. Jan. 30, learn conversational Spanish at 9:30 a.m.

and scoot your boots during line dance at 10:30 a.m. Let's greet February with Triple Threat Poker at 10 a.m. on Feb. 1.

Feb. 2 begins with a local store trip at 9 a.m. (usually Walmart or The Dollar Store—it's up to you!), bunco at 11:30 a.m. and Stitch 'n' Smile at 1 p.m.

Feb. 3, after group exercise at 9:45, and there are two activities at 12:30 p.m. Would you rather take a trip to the Smith Public Library or stay in for Coffee Talk? During our Coffee Talk meetings, we listen to your ideas, wants and needs. Many of the trips and programs we now offer came about because your friends and peers said they wanted them. Continue improving your balance and peace of mind with chair yoga at 1:30 p.m. that afternoon.

All activities, trips and classes are on a first-come, first-served basis, so be sure to register early to secure your spot. Join us tomorrow—or better yet, today! We're having fun.



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