

# Help For Aging Eyes

First, you were nearsighted. Now, it seems you're getting farsighted. Maybe your doctor has noticed some cataracts. The good news is, new options are available to keep your eyes sharp as you get older. And it's even better for people in Minnesota, because some of the best eye doctors in America are right here.

With so many "Baby Boomers" approaching retirement age, it's no surprise that eye diseases are on the rise. In fact, age-related eye problems are the prime cause of vision impairment and blindness now affecting more than 20 million Americans 65 years and older. And that number is expected to double over the next 30 years.

This article begins our series about "the aging eye," covering common problems like presbyopia, cataracts, glaucoma and dry eyes. The series complements a program of free vision correction seminars presented by Minnesota Eye Consultants, one of the most highly respected ophthalmologic practices in the United States.

## Where are My Reading Glasses?

It starts around age 40—struggling to read small print. The villain is presbyopia, a Greek word that literally means "aging eyes." As the eye's natural lens ages and stiffens, it loses its ability to focus up close. You can buy reading glasses, or get a prescription for bifocals or multifocal contact lenses. But

constantly scrambling for spectacles or always having to buy contacts becomes tiresome for some people.

## New Options, Better Solutions

Fortunately, Minnesota Eye Consultants has new options for people with presbyopia. These include monovision, in which one eye is corrected for distance and the other for reading, using contact lenses or LASIK laser eye surgery. Minnesota Eye Consultants doctors can even replace the aging natural lens with an implant, such as the newly FDA-approved Crystalens™.

## Minnesota Eye Consultants: The Future is Here

Fortunately, Dr. Jason Stowe can provide the very latest in eye care right here in Sandstone through his association with the research department at Minnesota Eye Consultants which keep its doctors on the forefront of ophthalmologic technology; for example, Minnesota Eye Consultants is one of only 12 centers in the country with a new multifocal lens that reduces glare and halo effects. David Hardten, M.D., F.A.C.S., director of Minnesota Eye Consultants' clinical research department says, "We're always improving what we can offer our patients. Our goal is to deliver the best eye care technologies today, while working to set even higher standards for tomorrow."

## Free Vision Correction Seminars

To learn more plan to attend the first in the upcoming vision seminar series presented by Dr. Jason Stowe. This free educational presentation will be held on: **April 18, 2005 at 12:00 p.m. at the Minnesota Eye Consultants Sandstone office - 109 Court Avenue, Sandstone** and will give an in depth look at Presbyopia and the current and upcoming options available to treat this condition.

For information, visit [mneye.com](http://mneye.com) or call **(320) 245-2637**.



Jason Stowe, O.D. specializes in the diagnosis and management of glaucoma and ocular disease, primary care services, laser vision correction and cataract surgery co-management, urgent care services and contact lens fittings. Dr. Jason Stowe sees patients in the Minnesota Eye Consultants office of Sandstone.