

Does My Health Impact My Vision?

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Eyes are a very important and visible part of our bodies. While some body parts can be altered by exercise and nutrition, and some cannot be altered at all, eyes fall in the middle. An unhealthy body will only support good vision for so long but a healthy body does not always override genes and disease.

Diabetes, for example, is the leading cause of blindness among adult Americans. Diabetes can cause cataracts, edema, bleeding, and scarring. Early changes are invisible but happen on a cellular level and can show up first in vision changes.

Macular degeneration is an aging change to the retina, the lining of the eye responsible for catching an image and transporting it to the brain. The macula is at the heart of the eye, giving us detail and color vision. The macula relies on nutrients delivered through the blood vessels for best performance. Smoking, high cholesterol, heart problems, and diabetes limit the blood supply and therefore can cause loss of macular health.