



Healthy Bites Episode 20 – Reduced light on the retina

Hi, I'm Dr Nick, an optometrist from Eyes by Design.

Did you know that as we age, the amount of light that reaches the retina in our eyes decreases, making it harder to see, and increasing the risk of falls? This is because the retina needs more light to process images as we get older.

You can help your eyes by making sure that you are using adequate wattage globes around your home, especially in areas where you spend a lot of time, such as the kitchen, living room, and bedroom. It is also a good idea to consider using brighter LEDs instead of dimmer incandescent bulbs.

When reading or doing other close-up tasks, make sure that you are wearing a current pair of reading glasses and again, help your eyes by ensuring you have adequate lighting. A desk lamp with a flexible arm that can be adjusted to direct light where needed provides the perfect solution. Avoid reading in dim or low-light areas, and use a book stand or holder to keep your reading material at a comfortable angle and distance to reduce strain on your eyes.

You can talk to an optometrist if you're concerned about the amount of light reaching your retina. They can help identify any other vision issues and recommend appropriate treatments, such as prescription glasses or treating eye disease which is limiting your vision.

So do your eyes a favour, and book your annual check-up today!