

SEE YOUR WAY CLEAR

Eye conditions can develop at any age, but there are steps you can take to safeguard your sight and avoid long-term problems



Eye problems are considered to be something most likely to affect older people, but according to an expert, that's not entirely true – and paying attention to signs and symptoms at all ages can be the route to avoiding longer term, and sometimes permanent, damage.

Specsavers data shows that last year, more than 30,000 people under 60 were referred for suspected glaucoma – a disease that damages the eye's optic nerve. Early detection is vital – if left untreated, it can lead to irreversible damage and permanent sight loss.

Giles Edmonds, clinical services director at Specsavers ([specsavers.co.uk](https://www.specsavers.co.uk)), agrees that age isn't always a factor in eye health conditions.

"It's a common misconception among younger people that certain eye conditions are something only older generations need to worry about. But the reality is, anyone can develop issues with their sight, and often these conditions don't come with obvious early

symptoms. While some conditions like glaucoma or macular degeneration are more common with age, we're increasingly seeing issues like digital eye strain, myopia (short-sightedness) and dry eye affecting younger generations – largely due to lifestyle changes such as increased screen time."

Despite glaucoma being one of the most common eye conditions, most people know little about it – a survey found close to a third of British adults know almost nothing about the condition – and around half of cases go undiagnosed.

"Glaucoma is often known as the 'silent thief of sight' because it can develop without any symptoms and can result in irreversible damage," warns Giles. "That's why regular eye checks are so essential – they don't just test your vision, they can help detect conditions early, when they're most treatable."

Here, Giles outlines steps you can take to keep your eyes as healthy as possible for as long as possible.