

## September is Healthy Aging Month

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### Contact Us

2311 W. Hayes Ave,  
Fremont  
Ohio 43420  
(419) 334 8121

622 Parkway Drive,  
Fostoria  
Ohio 44830  
(419) 435 3482

[www.eyecentersofnwo.com](http://www.eyecentersofnwo.com)

[info@eyecentersofnwo.com](mailto:info@eyecentersofnwo.com)

## More Older Americans Will Suffer From Low Vision, Here's How to Make Life Easier and Safer

### Keep Your Vision Healthy

- Get a baseline eye exam by 40 or older
- Choose healthy foods
- Quit smoking
- Exercise
- Maintain normal blood pressure and cholesterol
- Wear sunglasses with at least 99% UV protection



[aao.org/eyesmart](http://aao.org/eyesmart)

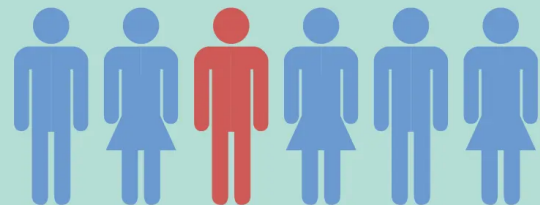
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The number of older Americans with low vision is expected to double in the coming years, as more people live longer. Low vision describes poor vision that can't be fixed or improved with glasses, contacts or surgery. People with low vision have blind spots that can make it difficult or impossible to drive, read or see faces. But the tragedy isn't that people have lost vision, it's that most believe nothing can be done to improve their quality of life. The American Academy of Ophthalmology the Eye Centers of Northwest Ohio are taking the opportunity of September's Healthy Aging Month to let people know they can retain their independence and stay safe, despite declining vision.

### Here's Why You Need an Eye Exam

**By age 65, one in six Americans has a vision impairment that cannot be corrected with glasses or contact lenses.**

Early detection and treatment improves quality of life.



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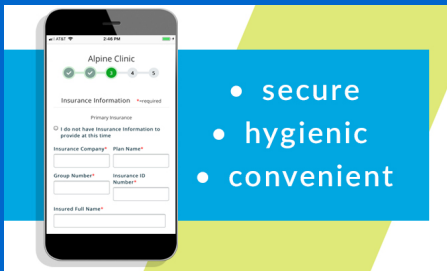
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**We Now Have Paperless Check-In Available**



Follow the link that we text to you the day before your appointment

**Courtesy: The American Academy of Ophthalmology**

[www.aao.org/](http://www.aao.org/)

Age-related macular degeneration is one of the leading causes of low vision. Other common contributors include diabetic eye disease, glaucoma and inherited retinal diseases. Whatever the cause, vision rehabilitation helps people make the most of the vision they have left so they can live as independently as possible.

The field of vision rehabilitation has advanced significantly over the years, offering more effective technologies and strategies. Today, eye doctors can offer solutions that range from a simple, portable video magnifier that can enlarge text and objects to high-tech glasses with cameras that allow people to read text and see faces.

**Vision Loss Affects the Things We Most Enjoy**

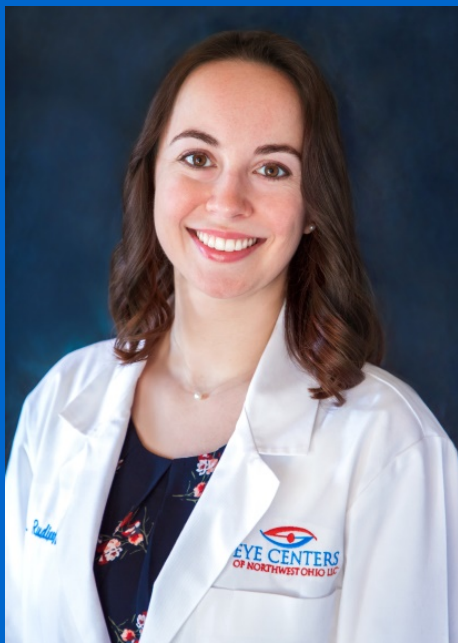
Watching TV, Reading, Cooking, Visiting Friends, Gardening, Driving, Crafts, Using Technology

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But there are many simple changes people can make on their own to help them live better:

- Improve contrast. Put dark place mats under white place settings, buy rugs that are a contrasting color with the floor, and kitchen towels and cutting boards that contrast with the countertop. Use contrasting colored tape along the edges of rugs, stairsteps and lamp shades.
- Improve lighting. Every year, about 3 million older Americans are treated for injuries from falls, according to the Centers for Disease Control and Prevention. Many of these falls are caused by low vision. Add lighting to staircases and dark hallways. Remove rugs from hallways to prevent tripping. Task lighting in the kitchen can also make food preparation safer and easier.
- Reduce clutter and organize. A cluttered house is more difficult to navigate and can contribute to falls and frustration. When each item has a specific place and is identified with a high-contrast label, it's easier to locate items needed for everyday living.
- Embrace technology. Books on tape and personal voice-activated assistants, like Google Home or Amazon's Alexa, can be enormously helpful for people who can no longer see well enough to read, dial a phone or set a thermostat.

Alexzandra Rudinoff, O.D.



Most importantly, see an eye doctor and a low vision specialist. An eye doctor can determine the full extent of vision loss and exact location of blind spots. Either the eye doctor or a low vision specialist can then determine the best techniques and devices that can help patients get around their individual challenges.

## Symptoms of Vision Loss



Falling



Stepping hesitantly



Squinting or tilting the head when trying to focus



Discontinuing everyday activities such as reading or writing



Knocking over objects



Missing objects when reaching for them



Increase in "dings" on the car

**See if you qualify for a free eye exam.**

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Unfortunately, many patients are referred for vision rehabilitation as a last resort, once their disease has advanced to a late stage. But it's most effective when introduced early in a patient's visual loss, so they can involve themselves in the process as they learn how to move around in their new world. We are fortunate to have a low vision specialist on staff, Dr. Alexzandra Rudinoff.

Dr. Rudinoff was raised in Gibsonburg, Ohio. Upon graduation from Gibsonburg High School, she pursued her undergraduate degree at Xavier University in Cincinnati, Ohio. She graduated with high honors, receiving a Bachelor of Science in Biology, with minors in Chemistry and Psychology. She received her Doctor of Optometry degree with high honors from The Ohio State University College of Optometry.

Dr. Rudinoff has been involved in community service and leadership throughout her entire education. In the past, she volunteered at the Clovernook Center for the Blind and Visually Impaired in Cincinnati, Ohio, and she served as a camp counselor at Enchanted Hills Camp for the Blind and Visually Impaired in Napa, California. She has been a member of Lions Club since 2013 and served as President of OSU's chapter. She also held leadership and served in Student Volunteer Optometric Services to Humanity (SVOSH), providing eye care to underserved populations in Nicaragua and Ghana.

She joined the Eye Centers of Northwest Ohio in 2019 and welcomes new patients. Her scope of practice consists of routine eye examinations, contact lens fittings, pre- and post-operative cataract care, as well as treatment and management of ocular disease. Dr. Rudinoff also provides low vision evaluations for individuals who are blind or visually impaired at The Sight Center of Northwest Ohio.

