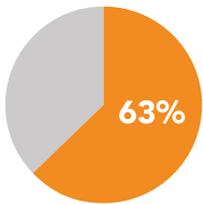


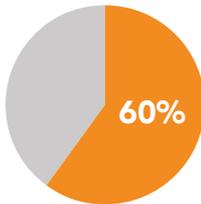
LOW VISION ISSUES AMONG HISPANIC AMERICANS



Aging increases risk of developing low vision disorders. However, other factors like ethnicity can also impact potential of certain eye diseases.



Concern about impact of vision loss on independence



Concern about impact of vision loss on quality of life

A recent poll by Research!America found that more than a third of Hispanic American respondents, 38 percent, feared vision loss and said it would have the greatest impact on their life. The poll also found that six in 10 Hispanic respondents (63 percent) were concerned that loss of vision would impact their independence, and 60 percent were concerned about the impact it would have on their quality of life.ⁱ

Impact of Low Vision on Hispanic Americans

Cataracts

While Hispanic Americans proportionately have the lower rates of cataracts (12 percent) compared with African Americans and white Americans, this ethnic group is expected to have the most rapid increase in prevalence from 1.76 million cases in 2010 to 9.51 million in 2050. The risk of this condition increases with age. By age 80, it is projected that 61 percent of Hispanic Americans have cataracts.ⁱⁱ

Diabetic Retinopathy

According to the National Eye Institute (NEI), 1.2 million Hispanics have diabetic retinopathy and this number is projected to increase to approximately 3 million people by 2030.ⁱⁱⁱ

Some ethnic groups, including Hispanics, are more likely to have diabetes, a chronic condition that affects the way the body metabolizes sugar and puts people at risk for developing diabetic retinopathy. High intake of calories and sodium appears to be associated with the progression of diabetic retinopathy. It is important for individuals to have their diabetes under control to prevent the onset or progression of the eye disorder.

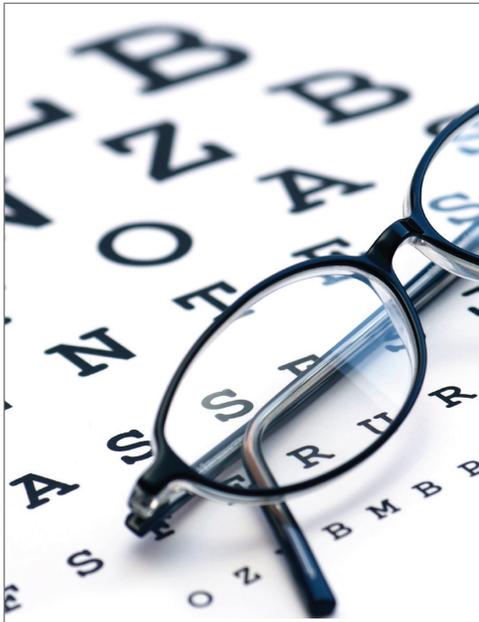
Glaucoma

The Los Angeles Latino Eye Study (LALES) found Latinos are at greater risk of developing open-angle glaucoma, a form of the condition that affect peripheral vision, similar to rates of African Americans. Yet, a knowledge gap persists about the pervasiveness about the eye disorder among this patient population.

By the year 2030, the number of Hispanics/Latinos age 40 and older with glaucoma is expected to nearly triple.^v

In a study, most of the Latino respondents who had glaucoma (**75 percent**) were unaware they had the disease.^{iv}

Protect Your Vision

 <ol style="list-style-type: none">1. Regular, comprehensive exams with an eye care provider can help diagnose these disorders when they are most treatable.	 <ol style="list-style-type: none">2. Consult a low vision specialist on the latest tools and devices to enhance remaining vision – including magnifiers, telescopic eyewear and portable handheld video magnifiers – to help those with low vision maintain or regain their independence.	 <ol style="list-style-type: none">3. Create a tailored plan to treat low vision with a coordinated care team, including primary care doctor and low vision specialist, and determine if medical procedures or drug interventions provide optimal treatment.
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ⁱ“Attitudinal Survey of Minority Populations on Eye and Vision Health.” Research!America, Research to Prevent Blindness and Alliance for Eye and Vision Research (AEVR). August 2014. <<http://www.researchamerica.org/uploads/AEVRRApoll.pdf>>

ⁱⁱ“Prevalence of Adult Vision Impairment and Age-Related Eye Diseases in America.” Prevalence of Adult Vision Impairment and Age- Related Eye Diseases in America. National Eye Institute, 2010. Web. 30 Jan. 2015. <https://www.nei.nih.gov/eyedata/adultvision_usa>.

ⁱⁱⁱ“Diabetic Eye Disease Rates Increase Among Hispanics.” USA.gov Blog. National Eye Institute, 5 Nov. 2014. Web. 09 Apr. 2015.

^{iv}Singh, Kuldev, MD, MPH. “Hispanic Americans and Latinos at Increased Risk.” Hispanic Americans and Latinos at Increased Risk. Glaucoma Research Foundation, Jan. 2008. Web. 09 Apr. 2015.

^v“7 Vital Eye Health Tips for Latinos, Who Struggle with Glaucoma.” SaludToday Blog. SaludToday, 23 Jan. 2015. Web. 09 Apr. 2015.