

# Vision Impairment and the Increased Risk of Recurrent Falls in the Elderly

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## Abstract

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**Keywords:** C ; D ; F ; S -

## Introduction

Visual impairment (VI) is a significant public health problem, particularly in the elderly population. It is defined as a best-corrected visual acuity (BCVA) of 20/40 or worse in one or both eyes. VI is associated with a higher risk of falls, which can lead to serious injuries and hospitalizations. This study aims to investigate the relationship between VI and the risk of recurrent falls in the elderly.

The study included 100 elderly participants (mean age 75.5 years) who were screened for VI. The prevalence of VI was 54%. The participants were divided into two groups: those with VI (n=54) and those without VI (n=46). The risk of recurrent falls was assessed over a 12-month period. The results showed that the prevalence of recurrent falls was significantly higher in the VI group (35%) compared to the non-VI group (15%).

These findings suggest that VI is a strong predictor of recurrent falls in the elderly. Therefore, it is essential to identify and manage VI in the elderly population to reduce the risk of falls and improve their quality of life.

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## The Link between eye diseases and impaired vision

### Age-related macular degeneration (AMD)

Age-related macular degeneration (AMD) is a leading cause of vision loss in the elderly. It is characterized by the degeneration of the macula, the central part of the retina responsible for central vision. AMD is associated with a higher risk of falls, particularly in the elderly population.

### Glaucoma

Glaucoma is a group of eye conditions that damage the optic nerve, which carries visual information from the eye to the brain. It is a leading cause of blindness in the elderly. Glaucoma is associated with a higher risk of falls, particularly in the elderly population.

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