

A Clearer Future with **Visual Acuity**

Age-Related Vision Impairment



81% of those living with vision impairment are aged **50 and above**

Source: WHO

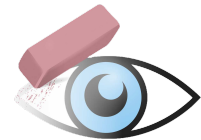
Chronic eye diseases are the leading causes



Cataract



Glaucoma



Age-related macular degeneration (AMD)

May lead to **blindness** if left untreated

Modern technology brings yet another challenge to seniors...

Computer Vision Syndrome (CVS) in the Digital Age



What is CVS?

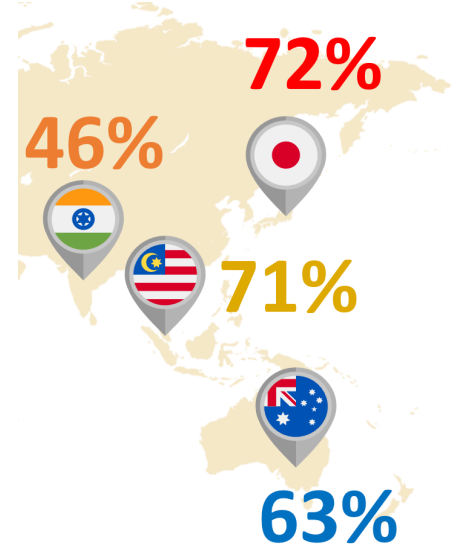
A condition resulting from prolonged exposure of eyes to a digital display, causing symptoms such as



- Blurred vision
- Eye strain and fatigue
- Headache
- Neck/shoulder pain

APAC prevalence among computer workers

Source: Rosenfield et al., 2011



More seniors (>55 years) are using smartphones or tablets
73% in South Korea
65% in Singapore

Source: The Straits Times, 2013



CVS may further aggravate eye health problems in seniors

Strategies to combat CVS



Extraocular
(outside-the-eye)

Optimizing the work environment can help reduce **eye strain symptoms**



Ocular surface
(on-the-eye)

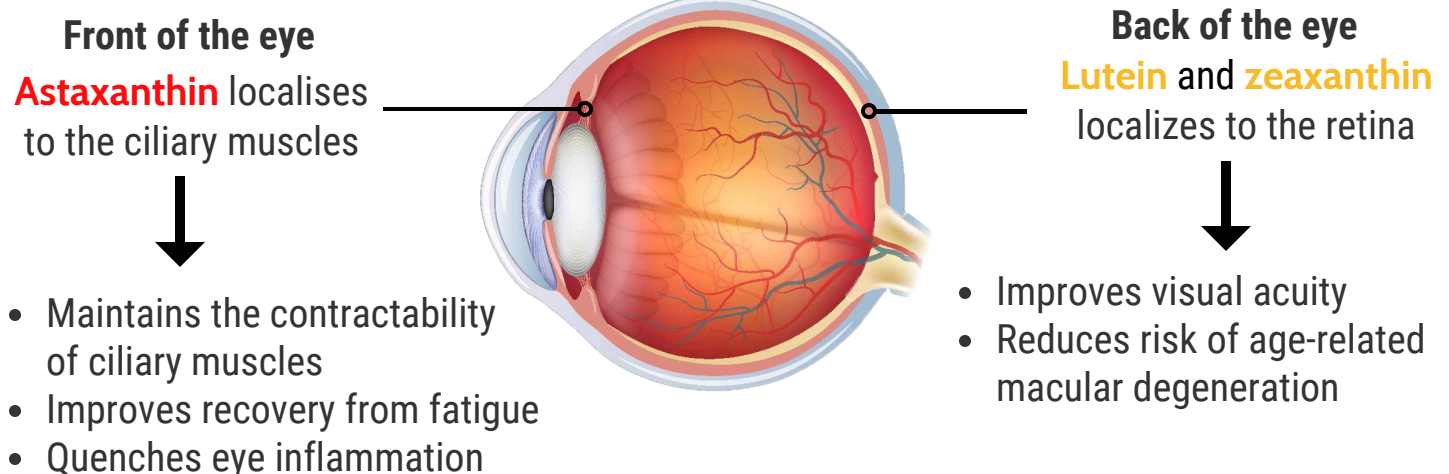
Frequent blinking or eye drops prevent dry eyes, which can lead to **eye fatigue**



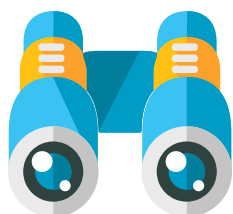
Intraocular
(inside-the-eye)

Targeted nutrition improves refocusing abilities and reduces **eye inflammation**

How does astaxanthin fight CVS?



Clinical Studies on Eye Health



Accommodation range and refocusing time measure how well the eye can adjust focus on far and near objects



↓46% Computer workers complaining about eye strain
Nagaki et al., 2002

↑27% Accommodation range
Nitta et al., 2005

↓66% Refocusing time
Nakamura et al., 2004



77% Eye strain subjects saw improvement in symptoms
Kajita et al., 2009

For more information, visit our [Healthy Ageing APAC Summit 2018 special page](#)

AstaReal
Be you, Just healthier

AstaReal
The Natural Astaxanthin of Choice