

Does Menopause Affect Eyesight?

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Did you know that menopause can be associated with several eye problems? This is primarily due to the hormonal imbalances that occur during this phase. When a woman experiences menopause, her body produces less estrogen and progesterone, leading to various changes in the body, including the eyes. One notable change is the alteration in the way light enters and travels through the eyes. Dry eyes are a common eye condition experienced by women during menopause. This occurs because the hormonal imbalance affects the oil glands responsible for keeping the eyes lubricated.

In addition to dry eyes, women may also be at a higher risk for glaucoma and cataracts during menopause. Research suggests a strong correlation between menopause and the risk of developing glaucoma, particularly for women who go through menopause before the age of 45. While the direct link between menopause and cataracts is not entirely clear, some studies indicate that the use of hormone replacement therapy increases the likelihood of requiring cataract removal by 14%. To maintain healthy eyes after menopause, it is crucial to regularly visit an eye specialist. Additionally, adopting a balanced diet, avoiding smoking, and maintaining healthy blood pressure and sugar levels are important steps for preserving eye health.

