

Fast Facts

Cataracts

- Clear lens that is behind the iris (colored part of your eye) becomes cloudy causing distortion of light as it passes through making it difficult for the light sensing receptors to do their job
- Can be a result of an eye injury, but most often are a natural part of aging because the lens becomes less flexible, less transparent and thicker
 - Process usually starts small and isn't noticeable until area gets larger
 - Occurs in both eyes, but they progress at their own rate
 - Several types: nuclear, cortical, posterior subcapsular and congenital
- Factors that increase risk are increasing age, having diabetes, excessive exposure to sunlight (especially without wearing sunglasses), smoking, obesity, having high blood pressure, having a previous eye injury/inflammation/surgery, prolonged use of corticosteroids and drinking excessive amounts of alcohol

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Cloudy/blurred/dimmed vision -Increasing difficulty seeing at night -Sensitivity to light/glare -Need for brighter lights to see to read -Seeing "halos" around lights -Having to frequently change eyeglass or contact lens prescription strength -Fading/yellowing of iris -Double vision in one eye only 	<ul style="list-style-type: none"> -Wearing glasses or contacts -Cataract surgery (involves taking out the clouded lens and replacing it with an artificial one that becomes a permanent part of your eye) -If both of your eyes have cataracts, your doctor will fix one eye and let that heal completely before doing the other one 	<ul style="list-style-type: none"> -Regular eye exams -Don't smoke -Manage other health conditions -Eat healthy -Avoid excessive amounts of alcohol -Always wear sunglasses when outside -Wear a broad-brimmed hat in addition to sunglasses -Make sure you have plenty of light while reading to avoid eye strain

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