

CATARACT AWARENESS

Month



Presented By

ecr
purpose

What is a cataract?

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent.

Vision may become blurry or dim because the cataract stops light from properly passing through to the retina.

Generally, a cataract does not cause pain, redness, or tears.

Cataract is one of the leading causes of blindness in the United States. If not treated, cataracts can lead to blindness.

The longer cataracts are left untreated, the more difficult it can be to successfully remove the cataract and restore vision.

Early detection and treatment of cataracts is critical to preserving sight.

(Source: preventblindness.org)


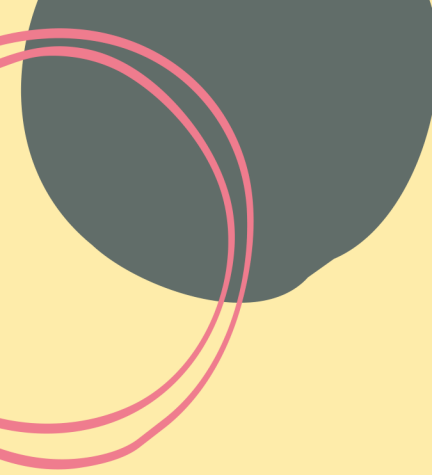
What are the *Symptoms?*

- Clouded or blurred vision
- Double vision
- Eye pain (in some cases)
- Seeing halo around lights
- Sensitivity to light and glare
- Difficulty in seeing during the night
- Headache due to changes in vision
- Need for brighter than normal light to read or see objects
- Seeing objects in faded or yellow color





CATARACT RISK FACTORS





CATARACT RISK FACTORS

- **Older age**
 - **Excessive exposure to sunlight**
 - **Certain diseases (such as diabetes)**
 - **Inflammation in the eye**
 - **Hereditary influences**
 - **Drinking excessive amounts of alcohol**
 - **Long-term steroid use**
 - **Eye injuries**
 - **Obesity**
 - **Smoking**
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What treatment is available for cataracts?



What treatment is available for cataracts?

Cataract surgery is a procedure to remove the lens of your eye and, in most cases, replace it with an artificial lens.

Normally, the lens of your eye is clear. A cataract causes the lens to become cloudy, which eventually affects your vision.

Cataract surgery is performed by an eye doctor (ophthalmologist) on an outpatient basis.

CATARACT PREVENTION

No studies have proven how to prevent cataracts or slow the progression of cataracts.

But doctors think several strategies may be helpful, including:

- **Have regular eye examinations**
- **Quit smoking**
- **Manage other health problems**
- **Wear sunglasses**
- **Reduce alcohol use**
- **Eat a balanced diet**

Source: [mayoclinic.org](https://www.mayoclinic.org)