



CATARACTS

Are you concerned about cataracts, what they are and how they are treated?

A cataract is a cloudiness of the lens of the eye obstructing vision. It's like looking through a foggy window. This cloudiness makes it more difficult for the individual to read, watch television and perform the usual everyday activities he or she does because it affects distance vision and cause problems with glare.

Symptoms include clouded, blurred or dim vision, sensitivity to light and glare, the need for brighter light for reading and other activities, and poor night vision. Some risks conditions related to them are diabetes, high blood pressure, smoking and the use of alcohol, exposure to sunlight for long periods of time, poor nutrition and a family history of cataracts.

Cataracts are treated by being diagnosed through an eye exam and there are no medications or vitamins that can cure them. Depending on how big they are, surgery is the only known option. This surgery is very successful and common in the USA and the outcome is excellent. The procedure takes less than one hour and very little pain is involved and most people can go home the same day. Itching is normal, but after 1-2 days discomfort should lessen. The healing process is completed within 8 weeks and the individual can return quickly to his or her daily activities.

Regular eye exams are very important for early detection and it is recommended that the individual do not smoke, eat a balanced diet and protect oneself from the sun by wearing sunglasses and/or sun hat.



Resources for Further Information

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