

Cataract



Learning is
Living



Cataract is a reversible cause of partial or complete blindness; formed by accumulation of cell debris in the lens of the eye. Initially it creates a clouding effect interfering with vision; which may occur in one or both eyes.



Causes:

- Aging
- Physical trauma to eye
- Congenital (birth defect)
- Develops as a complication of some diseases
- Side effect of some medications

Symptoms:

- Blurred vision with no clarity
- Difficulty in driving, reading road signs and reading fine prints
- Double vision in one eye
- Sensitivity to light and glares
- Seeing halos around light sources

Normal vision



Vision with Cataract



Treatment:

If the cataracts are progressing and interfering with vision and daily activities, doctors advise surgery. If both eyes are affected, surgery is performed on different days. The surgery involves removal of the cataract and placement of the new lens.

There are 2 types of methods:

1. Traditional cataract surgery involves a blade and a small nick in the eye to remove the lens
2. Laser cataract surgery; do not require any blade instead the incision is made with a laser beam to remove and replace the lens.

Risk Factors:

Non-Modifiable	Modifiable
Kidney disorders	Smoking
Down's syndrome	Exposure to UV light (sunlight)
Short sightedness (myopia)	Obesity
An eye condition such as retinal detachment/retinal surgery	High blood pressure /high blood sugar
Trauma to the eye	Dehydration
Gall stones	Use of certain medications; such as, steroids

Outcome:

- Successful surgery typically results in vision that allows the patient to carry out routine activities without discomfort
- Contact lenses/glasses may be required if there is some residual refractory error with the new lens (IOL)
- In some cases, the surgeon may opt to remove the cataract and install the IOL at a later date; such patient will be prescribed special glasses known as Aphakic eyeglasses

For more information on cataract and other diseases:
visit at www.educateyourhealth.com