

SO YOU HAVE CATARACTS, WHAT NEXT?

Cataracts may be detected through a detailed eye exams including; dilated eye exams, visual acuity tests and tonometry. If they are detected in the early stages, antiglare sunglasses, eyeglasses, ambient lighting or magnifying lens may improve them but if these do not work, cataract surgery is the only option. Cataract surgery involves replacement of cloudy lens with artificial lenses. It is a safe and effective type of surgery and is a very common operation.

Example of a Cataract



**CATARACTS,
AMERICAN ASSO-
CIATION FOR PEDI-
ATRIC OPHTHAL-
MOLOGY AND
STRABISMUS**

However, as with all other forms of surgery, some risks are involved. Patients should discuss these risks with their eye care professional before the surgery.

Photo credit: Medicinenet.com

Other resources

cataractSurgery.com— this site improves communication between the patient, the physician and the practice staff, as well as allow patients to have a clearer understanding of their surgical options

<https://panoptix-iol.myalcon.com/cataracts/panoptix-iol/nl/>

Vision Optical

Contact us
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www.visioneye.com

Vision Optical Hospital

BIG ENOUGH TO KNOW WHAT YOU NEED,
SMALL ENOUGH TO CARE

KNOW THE FACTS ABOUT CATARACTS



Photo credit: Medicinenet.com

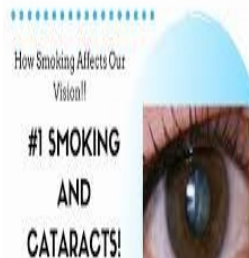
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Cataracts are dense cloudy patches in the eye lens that form due to accumulation of proteins in the eye. Our eyes usually have natural lens which help use see by refract light rays that come into our eyes. The clear part of the eye is what is known as the lens. Ideally, these lenses should be clear so that the retina receives a clear, sharp image. The retina is a light sensitive tissue at the back of the eye. In the absence of any vision complications, light passes through the clear lens to the retina where it is converted to nerve signals before transmission to the brain. For the retina to get a sharp image, the lens must be clear and transparent. However, when proteins accumulate to form cataracts, the lens become foggy just like a windshield would when dust accumulates.

WHAT ARE THE RISK FACTORS FOR DEVELOPING CATARACTS

The most common cause of cataracts is aging. Cataracts are very common among the elderly. This is because of some normal vision changes that happen when one turns 40. The proteins in the lenses start breaking down causing lenses to become cloudy. On turning 60, the lenses may cloud some more causing visual problems. Conditions such as diabetes and smoking may

also increase the risk of cataracts.



How smoking causes cataracts, bhalanetra superspecialty eye hospital

PROTECTIVE FACTORS AGAINST CATARACTS

There are both protective and risk factors for cataracts. Protective factors against cataracts include; high vitamin C intake especially for those with deficiencies, protein intake of about 100 to 150g per day, increased consumption of vegetables, vitamin A, E, carotenoids and any other antioxidant supplements.

Business Name

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