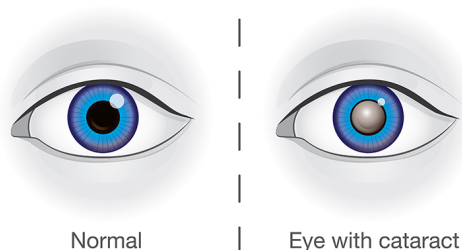


Cataracts

A **cataract** occurs when the natural lens inside the eye becomes cloudy, causing vision to appear blurry, hazy, or dim. The lens is normally clear and helps focus light onto the retina, but as cataracts develop, the clouding interferes with how light passes through the eye.

Cataracts are most commonly related to aging, but they can also develop from injury, medical conditions, medications, or be present at birth. Cataracts usually develop slowly over time and are one of the leading causes of vision changes in adults.



Types of Cataracts:

1. Age-Related Cataracts (Most Common)
 - Develop gradually as part of the natural aging process.
 - Symptoms: Blurred or cloudy vision, glare or halos around lights, difficulty driving at night, faded colours, frequent prescription changes.
2. Nuclear Cataracts
 - Develop in the center (nucleus) of the lens and are commonly associated with aging.
 - May initially cause temporary improvement in near vision before vision worsens over time.
3. Cortical Cataracts
 - Develop around the outer edges of the lens and slowly move inward.
 - Symptoms: Glare sensitivity, difficulty with contrast, problems with night vision.
4. Posterior Subcapsular Cataracts
 - Develop at the back surface of the lens and may progress more quickly.
 - Symptoms: Difficulty reading, glare around lights, reduced vision in bright lighting, worsening night vision.
5. Congenital Cataracts
 - Cataracts present at birth or develop during childhood.
 - May affect visual development if not treated early.

Risk Factors:



Treatments Include:

- Updated Eyeglass Prescription: In early stages, vision may improve temporarily with updated glasses or brighter lighting.
- UV Protection: Wearing sunglasses with proper UV protection may help slow cataract progression.
- Cataract Surgery: The most effective and most common treatment for cataracts is surgery, where the cloudy natural lens is removed and replaced with a clear artificial intraocular lens (IOL).
- Intraocular Lens (IOL) Options: Different lens implant options may help improve distance vision, reading vision, astigmatism, or reduce dependence on glasses after surgery.

Testing May Include:

- Visual acuity testing
- Refraction (glasses prescription testing)
- Slit lamp examination
- Retinal examination
- Glare testing

At our clinics, **we perform comprehensive eye examinations** to monitor cataract development, assess vision changes, and discuss treatment and surgical options when appropriate.

Call our Brampton or Orangeville clinic to schedule your comprehensive eye examination and cataract evaluation.

Contact Us:

Brampton: Call: 289-505-1205 Email: info@inspirevisioncare.ca Address: 10 Tasker Rd Visit Us: www.inspirevisioncare.com	Orangeville: Call: 519-940-8426 Email: reception@ovdc.ca Address: 310 Broadway Ave Visit Us: www.inspirevisioncare.com
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