



CATARACTS:

WHAT YOU NEED TO KNOW

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 can also be caused by injury, medical conditions, medications, or be present at birth. They develop slowly over time and are one of the leading causes of vision changes in adults.



TYPES OF CATARACTS



AGE-RELATED CATARACTS (MOST COMMON)

Develop gradually with age. Symptoms: blurred or cloudy vision, glare or halos around lights, difficulty driving at night, faded colours, frequent prescription changes.



NUCLEAR CATARACTS

Form in the center (nucleus) of the lens. May first improve near vision temporarily before worsening over time.



CORTICAL CATARACTS

Start at the edges of the lens and move inward. Symptoms: glare, sensitivity, difficulty with contrast, problems with night vision.



POSTERIOR SUBCAPSULAR CATARACTS

Form at the back of the lens and may progress quickly. Symptoms: difficulty reading, glare in bright light, poor night vision.



CONGENITAL CATARACTS

Present at birth or develop in childhood. Early treatment is important for proper visual development.

RISK FACTORS



Increasing age



UV light exposure



Smoking



Diabetes



Long-term use of corticosteroids



Previous eye injury or inflammation



Family history of cataracts

TREATMENT OPTIONS



Updated Eyeglass Prescription: May improve vision in early stages.



UV Protection: Sunglasses with UV protection may help slow cataract progression.



Cataract Surgery: The most effective and most common treatment. The cloudy lens is removed and replaced with a clear artificial lens (IOL).



IOL Options: Different lens implants can improve distance vision, reading vision, astigmatism, or reduce dependence on glasses.

TESTING MAY INCLUDE



Visual acuity testing



Retinal imaging



Glare testing

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



CALL OUR CLINIC TO SCHEDULE YOUR
COMPREHENSIVE EYE EXAMINATION AND CATARACT EVALUATION.



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