

## Learn About Cataracts: Cataracts Basics



**If you or someone you know has just been diagnosed with a cataract, there are a few basic things you should know about the condition.**



Healthy Lens



Cataract Lens

### What Are Cataracts?

A cataract is a clouding of the natural lens inside the eye. Cataracts are the leading cause of treatable blindness in all areas of the world, especially in adults 55 and older.

Contrary to popular belief, a cataract is not a “film” over the eye. Rather it is a gradual thickening of the lens that causes the lens to become so clouded that light is either distorted or cannot reach the back of the eye (the retina) for transmission to the brain. When left untreated, cataracts will cause blindness.

### What Causes Cataracts?

In general, there are two main causes of cataracts: we can acquire them or we can be born with them. We can acquire cataracts via the natural aging process, trauma, diabetes, or use of some types of medications.

### What Are the Symptoms of Cataracts?

The following can all be symptoms of cataracts:

- Blurry or dim vision
- Colors appearing faded
- Poor night vision
- Halos appearing around lights
- Sensitivity to bright lights

Age-related cataracts develop very slowly and painlessly. In fact, we may not even realize that our vision is changing until we find ourselves going to the eye doctor seeking a change in our eyeglass or contact lens prescription.

### Cataracts + Other Conditions

Talk to your doctor about how any of the following conditions may affect your cataract treatment:

- Nearsightedness, farsightedness, astigmatism, and presbyopia
- Diabetes or diabetic retinopathy
- Glaucoma
- Age-related macular degeneration

**To learn more about cataracts, treatment options, and life after cataracts visit**

**[www.CataractSurgery.com](http://www.CataractSurgery.com)**

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