

Cataracts

A cataract is a cloudiness that develops in the lens of the eye. The cloudiness scatters the light as it enters the eye, preventing light from focusing sharply in the eye. This results in a decrease in vision. Contrary to popular belief, it is NOT a film that grows over the surface of the eye.

Cataracts occur most often in people over the age of 55, but are occasionally found in newborns. They may also happen after a significant traumatic blow to the eye. Cataracts typically affect both eyes, however, they tend to grow at different rates in each eye.

Here are some of the visual symptoms cataracts will cause:

- Increase in haziness, blurriness or distortion of objects
- Decrease in color perception
- A shadowy appearance that seems to move with the eye
- An increasing dependency on well-lit environments to see well.
- A shift in your glasses prescription to nearsightedness
- Double vision

There is currently no way to prevent cataracts from forming, however, recent studies have hinted that a good balanced diet, and antioxidant vitamins may contribute to longer eye health. It is also a good idea to wear 100% Ultraviolet sunglasses to promote good eye health.

When the cataract starts to impair your daily activities, it is time for surgery. Cataract surgery is one of the most performed surgeries in the United States and has a 95% success rate.