

Cataracts

What are cataracts?

- A cataract is when your eye's lens becomes cloudy. Cataracts can cause your eyesight to become cloudy or blurry. Cataracts can also lead to blindness.

What causes cataracts?

You may develop cataracts as you get older or if you have an eye injury. You may also have a higher chance of developing cataracts if you:

- Have other eye health problems
- Have had eye surgery in the past
- Have diabetes

What are the symptoms?

Cataracts develop slowly and don't change your eyesight right away. However, over time, cataracts will affect your eyesight. Some symptoms include:

- Cloudy or blurred eyesight
- Trouble seeing at night
- Sensitivity to light and glare

How are cataracts diagnosed?

- To see if you have cataracts, your eye doctor will look over your health history and symptoms. They will also do an eye exam and may do several tests, such as a dilated eye exam. For this test, your eye doctor will put eyedrops in your eyes to dilate (widen) the pupils. This will help them see inside your eyes to look for problems.

What is the treatment for cataracts?

- If cataracts are causing problems with your eyesight and it's affecting your daily life, you may need cataract surgery. Talk with your eye doctor to see if surgery is right for you.

Getting regular eye exams is an important part of catching cataracts in their early stages. Talk with your CHN eye doctor if you have more questions.