

August is...

Cataract Awareness Month



What is a cataract?

- _ A cataract is a cloudy spot in the clear part of the eye.
- _ Most cataracts are due to aging, and usually start after age 50.

How can a cataract affect vision?

- _ At first cataracts are small and have little effect on vision.
- _ However, as a cataract grows it can cloud the eye and make it difficult to do daily tasks, like reading and driving.

What can increase a person's risk for developing cataracts?

- _ Smoking, over exposure to the sun's harmful UV rays, a family history of cataracts, African-American heritage and some diseases, such as diabetes and HIV, may increase cataract risk.

What are some of the symptoms of cataracts?

- _ Symptoms may include: painless blurred vision, sensitivity to light, poor night vision, double vision in one eye, needing brighter light to read, fading or yellowing color.



What treatments are available for cataracts?

- _ If loss of site from cataracts begins to interfere with daily activities, you have the option of treating them surgically. Ask your doctor if this is right for you.

Remember early detection is best! Adults between the ages of 40 and 65 should see their eye doctor for a check up every 2-4 years, but adults over 65 should get an eye exam every 1-2 years.