

Cataract



نور دبي
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لعيون تحلم بنعمة البصر
REVIVING THE GIFT OF SIGHT

Cataract:

A cataract is an opacity that develops in the crystalline lens of the eye.

What is the crystalline lens?

The lens or crystalline lens is a transparent structure in the eye that helps to refract light to focus it on to the retina. The lens must be clear for the retina to receive a sharp image. If the lens is cloudy from a cataract, the image you see will be blurred.



What causes cataract?

Most cataracts are age related, but there are conditions that may lead to cataract, these include:

- **Age:** as we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract. Over time, the cataract may grow larger and cloud more of the lens, making it harder to see.
- **Secondary cataract:** Cataracts can form after surgery for other eye problems. Cataracts also can develop in people who have other health problems, such as diabetes. Cataracts are also linked to long term steroid use.
- **Traumatic cataract:** Cataracts can develop after an eye injury.
- **Congenital cataract:** Some babies are born with cataracts or develop them in childhood, often in both eyes.
- **Radiation cataract:** Cataracts can develop after exposure to some types of radiation.



What are the symptoms?

Cataract develops gradually and is painless, symptoms include:

- Clouded vision, like looking through foggy glass
- Increase sensitivity to light and glare
- Halos around bright light
- Need for brighter light when reading
- Frequently changing eye glasses



Normal



Cataract

Cataract is usually not dangerous and doesn't change the appearance of the eye.

When should I see an ophthalmologist?

Have a routine check up:

- Every two to four years until age 65 and every one to two years at age 65 and older
- Anytime you develop new eye problems

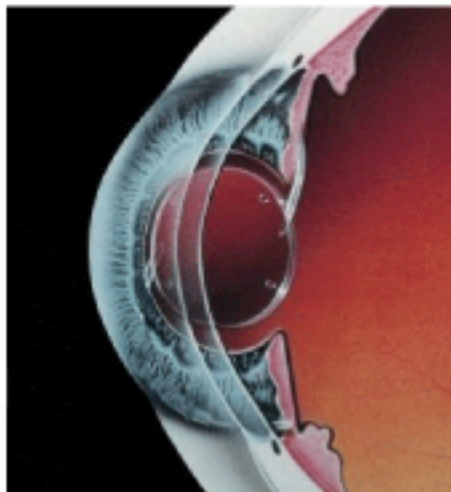
How to Treat Cataract?

The only effective treatment for a cataract is surgical removal; the surgery includes replacing the lens with a clear artificial lens implant.

There are no proved medications, diet or optical devices to cure Cataract.

If the artificial lens is not implanted, you will need a contact lens to correct the refractory error.

If you wish to delay Cataract development protect your eyes from sunlight, avoid smoking and eat a healthy diet.



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