



Healthy Vision Program: Making Vision a Health Priority

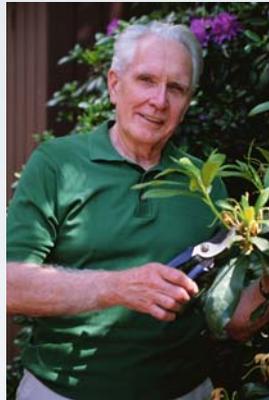
Cataract





The Healthy Vision Program is...

Vision is an essential part of everyday life.





The Healthy Vision Program includes...

- Examination and prevention
- Eye disease
- Injury and safety
- Vision rehabilitation

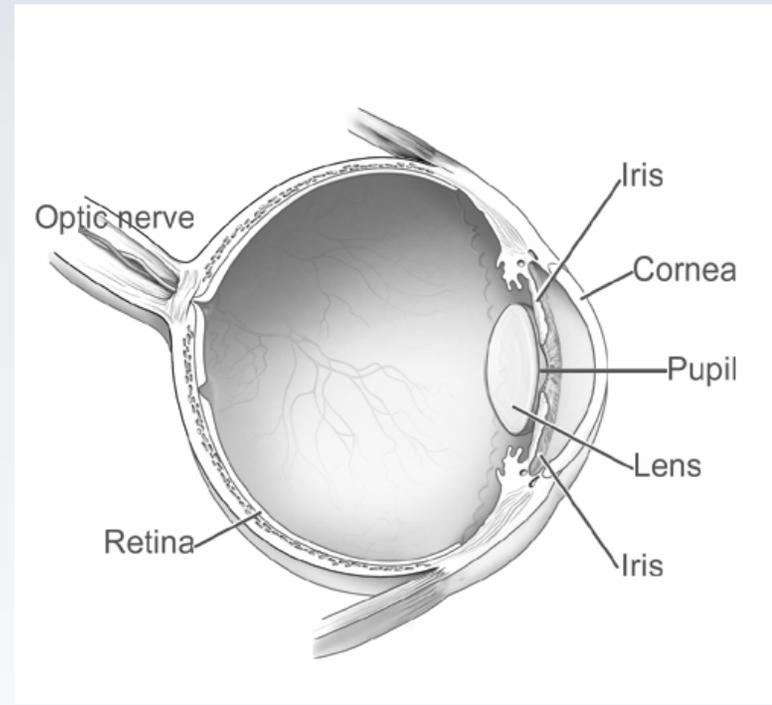


Healthy Vision Program: eye disease objectives

- Reduce visual impairment due to diabetic retinopathy.
- Reduce visual impairment due to glaucoma.
- Reduce visual impairment due to cataract.

What is a cataract?

- A cataract is a clouding of the lens of the eye that causes vision problems.
- The lens is the clear part of the eye that focuses an image on the retina, the light-sensitive tissue at the back of the eye.





What causes cataract?

- In a normal eye, light passes through the lens to the retina.
- The lens is made mostly of water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it.
- As we age, some of the protein may clump together and start to cloud a small area of the lens.

Who is at risk for cataract?



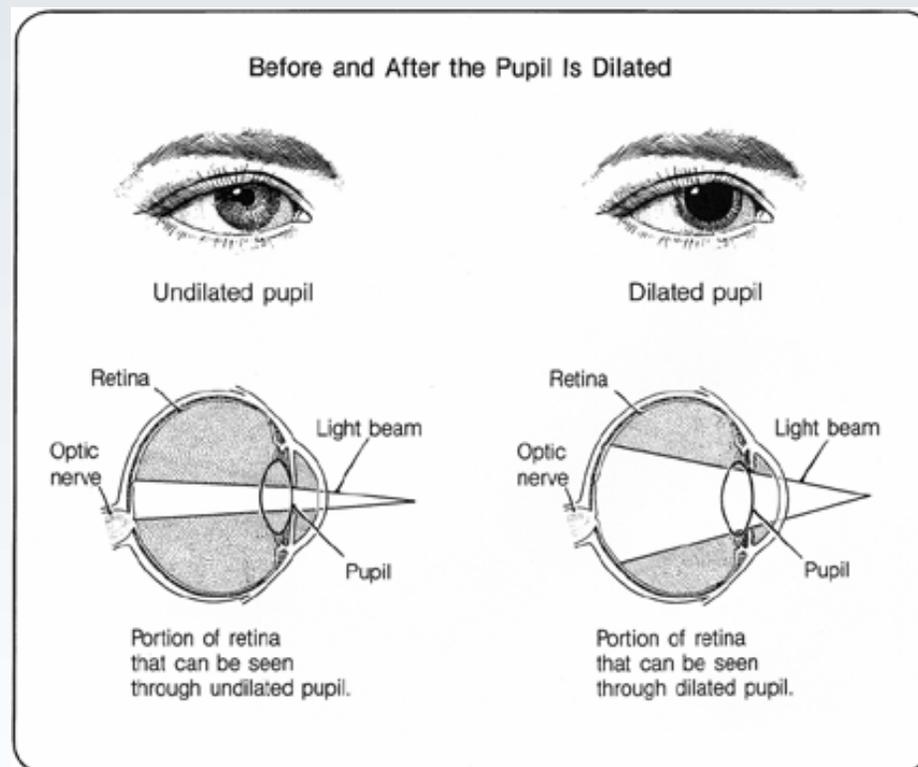
- Cataract occurs most frequently in adults age 50 and older.



How is cataract detected?

- Cataract can be detected through a comprehensive dilated eye exam.
- In a comprehensive dilated eye exam, an eye care professional uses eye drops to dilate (widen) the pupil to get a better look at the retina.

Dilated eye exam





How is a cataract treated?

- A cataract is treated with surgery.
- If your eye care professional finds a cataract, however, you may not need surgery.
- In the early stages of the disease, stronger lighting and eyeglasses may lessen the problem.



**People over the age of 60
should have a dilated eye
exam at least once every 2
years.**



How the Healthy Vision Program works

The Healthy Vision Program challenges individuals, communities, and professionals—indeed, all of us—to take specific steps to improve the eye health of people living in the United States through prevention, early detection, timely treatment, and rehabilitation.



You can help

- Begin at home
- Become an advocate
- Start something in your community



You can help

- Use the Healthy Vision Program resources
- Add the logo to your Website
- Identify partners to work with you



**Share in the success of the
Healthy Vision Program**



Visit the Healthy Vision Website

[http://healthyvision2010.
nei.nih.gov/](http://healthyvision2010.nei.nih.gov/)



Join the Healthy Vision Consortium

[http://healthyvision2010.nei.nih.gov
/about_hv/join.asp](http://healthyvision2010.nei.nih.gov/about_hv/join.asp)

Contact the National Eye Institute

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Eye Institute



Make Vision a Health Priority