

For more information about cataract,
visit the **Healthy Vision Website** at
www.healthyvision2010.org/.

Is Cataract Causing Your Clouded Vision?

Do you have cataract?

Cataract forms when the normally clear lens in one or both eyes becomes cloudy and prevents you from seeing clearly.

For most people, the first signs include clouded vision, glaring or sensitivity to bright light, poor night vision, faded color vision, double or multiple vision in one eye, or frequent changes in prescriptions for eyeglasses or contact lenses. Your eye care professional can examine your eyes to tell whether your vision loss is from cataract or another vision problem.



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



Who can get cataract?

Most cataracts are related to aging. More than 17 percent of Americans aged 40 and older have cataract in one or both eyes. More than half of all Americans aged 80 and older have cataract. Smoking, trauma (accidents), too much sun, and diabetes can also lead to cataract.

Can cataract be treated?

At first when you have cataract, stronger glasses, magnifying lenses, or stronger lighting may help. When cataract interferes with your everyday activities such as reading, driving, or watching TV, you may need surgery to replace the clouded lens with a clear one.

Is cataract surgery safe and effective?

Cataract removal is one of the most common, safe, and effective operations performed in the United States. In about 90 percent of cases, people who have cataract surgery have better vision afterward.

What can I do to protect my vision from cataract?

Older people get more cataracts, but the causes often are not known. However, wearing sunglasses and visors outdoors, not smoking, drinking in moderation, and following your doctor's orders to take care of your diabetes and other health conditions may reduce your chances of getting cataract.