



Cataract Awareness

A cataract is a cloudiness or discoloration that develops in the lens of the eye.

It can occur in one or both eyes, but does not spread from one to the other. It is usually associated with aging, so that nearly everyone over 75 years old has at least one. Most cataracts occur as a result of protein changes in the lens as people grow older, but exposure to sunlight, diabetes, smoking, and alcohol use also contribute.

Cataracts are not usually removed until they grow large enough to interfere with vision; not all of them get to that point. Cataract surgery is one of the most common operation in the US. Usually an artificial replacement lens, called an intraocular lens, is inserted.

These are two common techniques for cataract removal:

Extracapsular - The lens is surgically removed in one piece after cutting the cornea.

- Traditional method
- Usually for more advanced cataracts
- Recovery is slower and there is greater discomfort, in most cases

Phacoemulsification – After a smaller incision to cornea, a vibrating probe is inserted to break up the cataract.

- Suction removes the remaining particles
- Can be performed in less than 15 minutes

Protective eyewear is required directly after surgery, and there is usually irritation, swelling, and pain, sometimes bleeding and for a few days. Eyedrops are often prescribed for these problems. Vision loss, nausea, and excessive pain should be

reported to the eye surgeon immediately, in case of complications. Vision can be blurry for the first several days, but under normal circumstances, everyday activities can be resumed after that.

SYMPTOMS

The most common symptom of cataracts is the noticeable blurring and worsening of vision. Other symptoms include the dimming and fading of colors, decreased night vision, problems with bright lights and sunshine, and in many cases, regular visits to the ophthalmologist for changes in glasses and contact lens prescriptions as vision worsens. Some patients report double vision in the affected eye although this symptom seems to decrease or disappear entirely as the cataracts grows.

If an individual's eyesight grows progressively worse, it is best to schedule a visit to an eye specialist as soon as possible. They will be able to assist with a diagnosis of the problem and available treatments if required.

Source: <http://www.googobits.com>
<http://www.cataract.com>

Courtesy of Wellness Proposals