

2. Dilated eye exam. To examine the retina and optic nerve for signs of damage and other eye problems.
3. Tonometry. An instrument measures the pressure inside the eye.

How cataract is treated:

The symptoms of early cataract may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses. If these measures do not help, surgery is the only effective treatment. Surgery involves removing the cloudy lens and replacing it with an artificial lens.

A cataract needs to be removed only when vision loss interferes with your everyday activities. Sometimes a cataract should be removed even if it does not cause problems with your vision. For example, a cataract should be removed if it prevents examination or treatment of another eye problem.

If you have cataracts in both eyes that require surgery, the surgery will be performed on each eye at separate times, usually four weeks apart.

How to protect your vision:

- Wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help to delay cataract.
- Stop smoke.
- Researchers believe good nutrition can help reduce the risk of age-related cataract. They recommend eating green leafy vegetables, fruit, and other foods with antioxidants.



- If you are age 60 or older, you should have a periodic eye exam. In addition to cataract, your eye care professional can check for signs of age-related macular degeneration, glaucoma, and other vision disorders. Early treatment for many eye diseases may save your sight.
- If you are diabetic, watch out your blood glucose level.



الصلبيخات - وزارة الصحة - المكتب الاعلامي - الدور الثاني

@Urta_q8 | @arikuwait | ari-kuwait.com
 q8 media | q8 media | 24861035



Cataract





Definition:

Cataract is clouding of the lens of the eye, which impedes the passage of light and affects vision. The lens is a clear part of the eye that helps to focus light, or an image, on the retina. The retina is the light-sensitive tissue at the back of the eye.

Most cataracts are related to ageing, although occasionally children may be born with the condition, or cataract may develop after an injury, inflammation or disease. Cataract can happen in one or both eyes but it does not spread from one eye to the other.

How cataract develops:

As we age, some of the protein in the eye lens may clump together and start to cloud a small area of the lens. Over time, the cataract may grow larger and cloud more of the lens, making it harder to see.

Magnitude of the problem:

According to the latest assessment of WHO, cataract is responsible for 51% of world blindness, which represents about 20 million people (2010). As people in the world live longer, the number of people with cataract is anticipated

to grow. Cataract is also an important cause of low vision in both developed and developing countries.

Persons at risk for cataract:

The risk of cataract increases as you get older. Other risk factors for cataract include:

- Certain diseases (for example, diabetes).
- Personal behavior (smoking, alcohol use.)
- The environment (prolonged exposure to ultra-violet sunlight).

Symptoms of Cataract:

- Cloudy or blurry vision.
- Colors seem faded.
- Glare. Headlights, lamps, or sunlight may appear too bright. A halo may appear around lights.
- Poor night vision.
- Double vision or multiple images in one eye. (This symptom may clear as the cataract gets larger.)
- Frequent prescription changes in your eyeglasses or contact lenses.

Types of cataract:

Although most cataracts are related to aging, there are other types of cataract:

1. Secondary cataract. Cataracts can form after surgery for other eye problems, such as glaucoma. Cataracts also can develop in people who have other health problems, such as diabetes. Cataracts are sometimes linked to steroid use.
2. Traumatic cataract. Cataracts can develop after an eye injury, sometimes years later.
3. Congenital cataract. Some babies are born with cataracts or develop them in childhood, often in both eyes.
4. Radiation cataract. Cataracts can develop after exposure to some types of radiation.

How cataract is diagnosed:

Cataract is detected through a comprehensive eye exam that includes:

1. Visual acuity test. to measure how well you see at various distances.

