

# Will I get Cataracts?

## Cataracts

A cataract is a shadow in the crystalline lens in the eye, which can blur your vision. Early on cataracts can create blurring of your night vision and glare problems as light is scattered by the cataract into the eye. Generally cataracts progress over time, contours and colour become less clear and vision is compromised.

## **What causes cataracts?**

Cataracts are part of the aging process, though they don't always affect vision. Development of cataracts can also be associated with exposure to UV light; and some side effects of specific high dose medication, oxidative stress and trauma.

## **What is cataract surgery?**

Cataract surgery involves removing the opaque crystalline lens and replacing it with a synthetic clear lens. Vision is restored very quickly. Cataract surgery is performed under local anesthetic and as a day surgery procedure. There are precautionary recommendations to reduce the risk of damaging the eye; antibiotic drops, anti-inflammatory drops and glaucoma drops post surgery for a short time.

## **Can cataracts be prevented?**

Wearing UV protection, such as quality sunglasses that comply with Australian standards, may slow down and assist prevention of cataracts. Taking regular antioxidants including vitamins A, C, E is recommended though not scientifically proven. Statins, whose role is to lower lipids, also have antioxidant characteristics.

## **World Sight Day:**

World Sight Day recognizes preventable blindness. Age related cataracts are responsible for 48% of world blindness, about 18million people. Cataracts are the main cause of low vision in developing and undeveloped countries. In many third world countries surgical services are inadequate, there are long waiting lists and financial difficulties to access surgical procedures and there are a growing number of people with cataracts.

A regular eye assessment by your Optometrist will monitor your ocular health.

Shop 105 The Avenue 12 Salonika Street  
Parap, NT 0804

**PH: (08) 8995 9595**

[www.helensummersoptometrist.com.au](http://www.helensummersoptometrist.com.au)