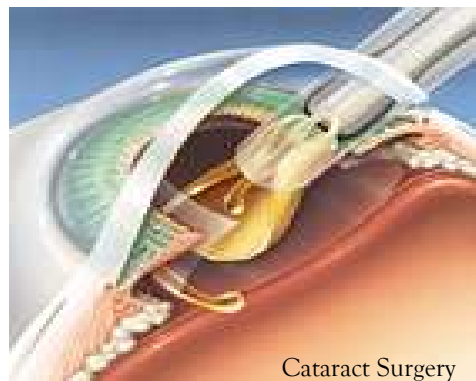


## Treatment

The only effective treatment for a cataract is surgery to remove the clouded lens, which usually includes replacing the lens with a clear lens implant.



Cataract Surgery

## Self-care

You can try a few simple approaches to deal with symptoms:

- \* If you have eyeglasses or contact lenses, make sure they're the most accurate prescription possible.
- \* Use a magnifying glass to read.
- \* Improve the lighting in your home with more or brighter lamps
- \* When you go outside during the day, wear sunglasses to reduce glare.
- \* Limit your night driving.

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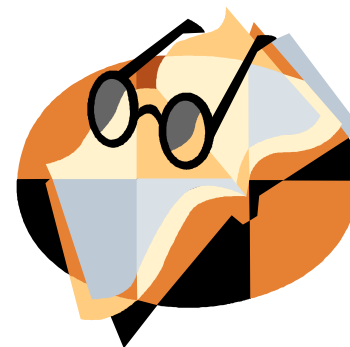
### SHIFA CLINIC

419 V Street, Suite A  
Sacramento, CA 95818  
Phone: (916)441-6008  
Fax: (916)441-0036  
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Vision with action can change  
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## Cataract



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# Cataracts

## What is Cataract?

Cataract is clouding of the eye lens that reduces the amount of incoming light and results in deteriorating vision.

Cataract is often described as being similar to looking through a waterfall or waxed paper. Clouded vision can make it more difficult to read, drive a car- especially at night- or see the expression on a friend's face.

Cataracts commonly affect distance vision and cause problems with glare. Eyeglass prescriptions may require frequent changes.

An estimated 200 million people worldwide have cataracts.

## Symptoms

Common symptoms of cataract include:

- \* Causes a painless blurring of vision
- \* light sensitivity
- \* poor night vision
- \* double vision in one eye

- \* needing a brighter light to read
- \* Frequent changes in eyeglass or contact lens prescription

## Causes and Risk Factors

Everyone is at risk of developing cataracts simply because age is the single greatest risk factor. By age 65 about half of all Americans have developed some degree of lens clouding, although it may not impair vision.

In an age-related cataract, the center of the lens gradually hardens and becomes cloudy. It may become so cloudy that your Eye doctor cannot clearly see the details of the retina. At that point, you might experience difficulty identifying colors and seeing at a distance.

Other factors that increase your risk of cataracts include:

- \* medical problems, like diabetes
- \* family history of cataracts
- \* injury to the eye
- \* long-term, unprotected exposure to sunlight
- \* Previous eye surgery
- \* Poor nutrition

## Screening and diagnosis

The only way to know for sure if you have a cataract is to have an eye examination that includes several tests:

**Visual acuity test.** Acuity refers to the sharpness of your vision or how clearly you see an object. In this test, your eye doctor checks to see how well you read letters from across the room

**Slit-lamp examination.** A slit lamp allows your eye doctor to see the structures at the front of your eye under magnification to detect any small abnormalities.

**Retinal examination.** During this exam, your eye doctor puts dilating drops in your eyes to open your pupils wide and provide a bigger window to the back of your eyes. Then he/she uses an ophthalmoscope to examine your lens for signs of a cataract and, if needed, determine how dense the clouding is.

## When to see a doctor

- \* Every two to four years until age 65 and every one to two years at age 65 and older
- \* Anytime you develop new eye problems

