## Will glasses be required after surgery?

Cataract surgery doesn't correct nearsightedness or farsightedness. You may need to wear glasses only to fine-tune your vision. You may be given a new prescription.

## Will activities be restricted after surgery?

You can resume your daily activities in a few days. This also depends on the general health and the condition of your eye.

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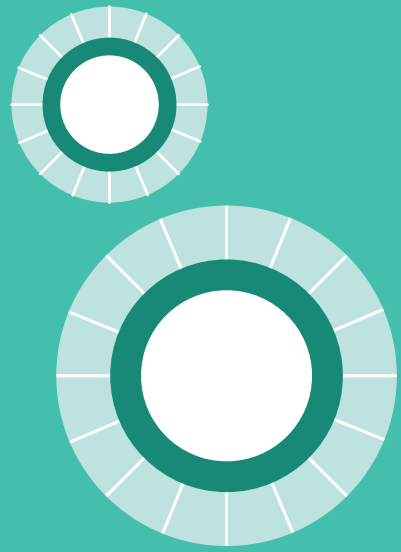
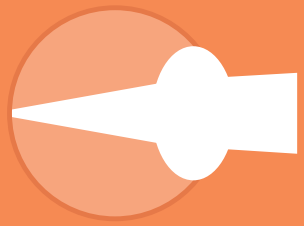
# CATARACT



**Cataract** is the opacity (clouding) of eye's natural lens which is normally transparent. When the lens becomes cloudy, light rays cannot pass through them easily and vision becomes blurred. It can develop in one eye and has a variety of causes.

# SYMPTOMS



Generally Cataract occurs slowly and develops few signs until they noticeably block light. Some of symptoms may include:

- Cloudy, foggy, filmy or blurry vision
- Colour seem faded or altered
- Progressive nearsightedness in older people
- Problems during driving at night
- Problems with glare (sensitivity to bright lamps or sun)
- Double vision (like a superimposed image)
- Rapid changes in glasses prescription

## What are the causes of Cataract?

Cataract development is a normal process of aging. Any person can get it sooner or later. Cataract can also be present from birth. Researchers across the world have recognized factors that are associated with the formation as well as the development of Cataract.

Besides increasing age, Cataract risk factors include:

- Ultraviolet radiation from sunlight and other sources
- Diabetes, Hypertension
- Obesity
- Smoking and significant alcohol consumption
- Prolonged use of corticosteroid medications
- Statin medicines used to reduce cholesterol
- Previous eye injury or inflammation
- Hormone replacement therapy
- High Myopia
- Family history

## Treatment

To a certain level, Cataract-affected vision can be corrected with power eye-glasses including contacts or bifocals. If lost vision cannot be regained by new power eye-glasses, surgical treatments are needed in which cloudy lens are removed and replaced with clear artificial lens. So far, the surgical treatments have proven very successful in regaining vision. Today, surgical treatments for Cataract have become faster, accurate, easier and safer. The surgery may be conducted in the early as well as advanced stages of Cataract development.

One of the well-known Cataract surgeries is Phacoemulsification (also called key-hole surgery). This surgery is done with the help of a machine known as Phaco machine to remove the cloudy lens and replace it with a clear artificial lens called Intra Ocular Lens (IOL). Micro Incisional Cataract Surgery (MICS) is another well-known Cataract surgery. In this surgery, phaco machine is used to send a probe through a 1.8 mm incision near the cornea that eliminates the Cataract.

## FAQ What are the different types of IOLs?

There are different types of IOLs depending upon the nature of Cataract:

- Multifocal (near & far vision)
- Torics (Astigmatism)
- Regular single vision lenses

## Can Cataracts be prevented?

Since the real causes of Cataracts are uncertain, there is no proven method of stopping them. As Cataracts are very common in old age, it's very important to get your eyes examined on a regular basis.