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## **CATARACT**

A cataract is when the natural lens of the eye becomes cloudy. This occurs in everybody with age. Although most people develop cataracts after age 50 they can occur at any time and even be present at birth.

Every eye has a lens-just like every camera has a lens. With time the lens can get yellow and develop spots within. Sunlight and ultraviolet radiation can make the cataracts progress more rapidly. An eye injury or inflammation can also make a cataract advance more rapidly.

There are certain myths about cataracts that we would like to tell you are not true. Eye drops cannot make cataracts disappear. Using your eyes more, like for reading or sewing, doesn't cause cataracts. Your cataracts do not disappear on their own. Finally, cataracts do not return after they are removed.

There are several different types of cataracts. These include nuclear, cortical and subcapsular. Patients may frequently have more than one type. The type of cataract one has may determine what age it comes on and how rapidly it affects your vision.

There are many other causes of blurred vision, other than cataracts. A cataract often causes a painless gradual decline in vision with objects looking less sharp. Patients may also notice halos around lights and night driving may become more difficult. A routine eye examination can often determine whether or not a cataract is the cause of vision loss.

If it is determined that you have a cataract that is affecting your vision, we will discuss cataract surgery with you.