

-What causes a cataract? The lens is made of mostly water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it. As a person ages, some of the protein may clump together and start to produce cloudiness on a small area of the lens. Over time, this clumping increases, resulting in more and more of the lens being clouded, which, in turn, makes it harder and harder to see clearly. Heredity, smoking, diabetes, and just plain getting older contribute to the development of a cataract.

-What are the symptoms? A developing cataract can cause cloudy vision, poor night vision, a yellowish glare, and double vision.

-How common are cataracts? By the age of 80 in the U.S., 50% of the population has cataracts or has had cataract surgery!

-Will I need surgery? The symptoms of early cataracts may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses, or even just magnifying lenses. If these measures do no help, surgery is a very effective treatment. This involves removing the cloudy lens through a tiny incision and replacing it with an artificial lens. The surgery is painless, fast, and the closest thing to a modern-day miracle in the world of medicine!