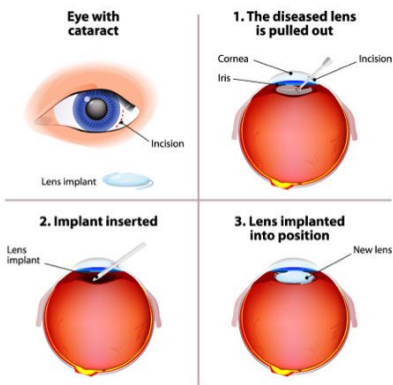


## CATARACT SURGERY



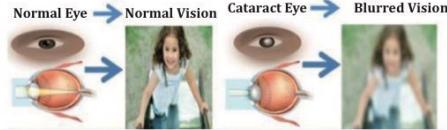
### Remember these tips:

- Tell your doctor if cataracts are getting in the way of your everyday activities
- See your doctor for regular check-ups
- Ask your doctor about the benefits and risks of cataract surgery
- Encourage family members to get checked for cataracts, since they can run in families

**More Than 1500**  
Cataract & Retinal Procedures



**Your Eyes... Windows To Your Health!**  
Have Regular Check Up



Preventive Eye care "Tight Control of Diabetes & Blood Pressure" "Balanced Diet" "Avoid direct sunlight" "Prevent eye injury" "regular Eye Check up."

**Serving the Society**

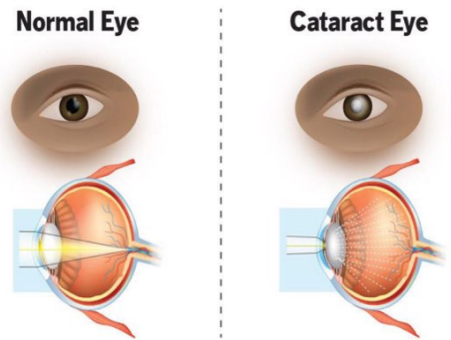
કચ્છના આંધ્ર બંધ કરતી વખતે વાવોલની યુવતિની આંખની નીચે જ લાકડાનો ટુકડો ઘુસી ગયો

કચ્છના આંધ્ર બંધ કરતી વખતે વાવોલની યુવતિની આંખની નીચે જ લાકડાનો ટુકડો ઘુસી ગયો. આ ઘટનાને કારણે યુવતિની આંખને ગંભીર ઘાત પહોંચ્યો હતો. આ ઘટનાને કારણે યુવતિની આંખને ગંભીર ઘાત પહોંચ્યો હતો. આ ઘટનાને કારણે યુવતિની આંખને ગંભીર ઘાત પહોંચ્યો હતો.

## Cardio Uno

• Address •  
48, Chaitanya nagar Opp. S.P. Stadium,  
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P.O. Navjivan, Ahmedabad 380014.  
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## Cataract



### CAUSES

- ❖ EXPOSURE TO SUN LIGHT (UV RAYS)
- ❖ AGE-RELATED COMPLICATIONS
- ❖ OBESITY AND HYPERTENSION
- ❖ DIABETES

### SYMPTOMS

- ❖ CLOUDY / BLURRY / DUOUBLE VISION
- ❖ DIMMING OF COLOURS
- ❖ SENSITIVITY TO LIGHT AND GLARE
- ❖ DECREASED VISIBILITY AT NIGHT

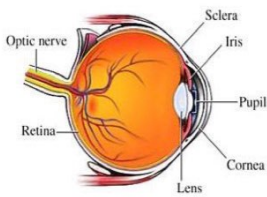
### TREATMENT

- ❖ VISUAL AIDS FOR CATARACT DETECTED EARLY
- ❖ CATRACT SURGERY

Written By:

**Dr. Hem Desai** M.S. (Ophth.)  
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Printed for Patient Information

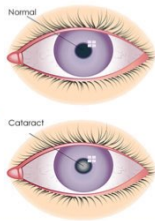
## Normal Eyeball Anatomy:



## What are cataracts & their symptoms?

A cataract is a cloudy area in the lens of your eye. With increasing age and due to various risk factors the clear eye lens becomes opaque over a period of time. Cataracts are very common as you get older. In fact, more than half of all Indians age 70 or older either have cataracts or have had surgery to get rid of cataracts. At first, you may not notice that you have a cataract. But over time, cataracts can make your vision blurry, hazy, or less colourful. You may have trouble reading or doing other everyday activities. You may have to frequently change your prescription glasses. Be sure to consult your eye specialist if you have any of these problems. Over time, cataracts can lead to serious vision loss.

- CATARACT - SYMPTOMS**
- Dim vision
  - Sensitivity to light & glare
  - Double vision in single eye
  - Fading or yellowing of colour
  - Seeing "Halos" around lights
  - Increasing difficulty with vision at night
  - Clouded, blurred vision
  - Frequent changes in contact lenses



The good news is that surgery can get rid of cataracts. Cataract surgery is safe and corrects vision problems caused by cataracts.



Halos



Double Vision



Blurred Vision

## What are the types of cataracts?

Most cataracts are age-related — they happen because of normal changes in your eyes as you get older. But you can get cataracts for other reasons — for example, after an eye injury or after surgery for another eye problem (like glaucoma).

**No matter what type of cataract you have, the treatment is always surgery.**

### Did you know?

- You can get cataracts in one eye or both eyes — but they can't spread from one eye to the other
- By age 70, most people either have cataracts or have had cataract surgery
- Cataract surgery is one of the most common performed operations in India

### Am I at risk for cataracts?

Your risk for cataracts goes up as you get older.

You're also at higher risk if you:

- Have certain health problems, like **diabetes**,
- Have a **family history of cataracts**,
- Have had an **eye injury, eye surgery, or radiation treatment** on your upper body,
- Have spent a **lot of time in the sun**,
- **Take steroids (medicines)** used to treat a variety of health problems, like arthritis and Asthma
- **Smoking**,
- **Alcoholism**.

### What causes cataracts?

Most cataracts are caused by normal changes in your eyes as you get older.

When you're young, the lens in your eye is clear. Around age 40, the proteins in the lens of your eye start to break down and clump together. This clump makes a cloudy area on your lens — or a cataract. Over time, the cataract gets more severe and clouds more of the lens.

## RISK FACTORS OF CATARACTS



Aging



Previous eye injuries



Hereditary



Too much UV light (sun) exposure



Diabetes

## How can I prevent cataracts?

You can take steps to protect your eyes and delay cataracts.

- **Wear sunglasses** and a hat with a brim to block the sun.
- Keep your diabetes under good control.
- Quit smoking.
- **Eat healthy.** Eat plenty of fruits and vegetables — especially dark, leafy greens like spinach.
- **Get a dilated eye exam.** If you're age 50 or older, get a dilated eye exam at least once every 2 years.

## How will my eye doctor check for cataracts?

An eye doctor can check for cataracts as part of a dilated eye exam. The exam is simple and painless — your doctor will give you some eye drops to dilate (widen) your pupil and then check your eyes for cataracts and other eye problems.

## What's the treatment for cataracts?

- **Surgery is the only way to get rid of a cataract**, but you may not need to get surgery right away.
- Early on, you may be able to make small changes to manage your cataracts.

### You can do things like:

- Use brighter lights at home or work
- Wear anti-glare sunglasses
- Use magnifying lenses for reading and other activities
- New glasses or contacts. A new prescription for eyeglasses or contact lenses can help you see much better with cataracts early on.

## Cataracts Surgery- lens implant

Your doctor might suggest surgery if your cataracts start getting in the way of everyday activities like reading, driving, or watching TV. During cataract surgery, the doctor removes the clouded lens and replaces it with a new, artificial lens (also called an intraocular lens, or IOL). This surgery is very safe, and 9 out of 10 people who get it can see better afterwards.

Talk about your options with your doctor. Most people don't need to rush into surgery. Waiting for some time to have surgery usually won't harm your eyes or make surgery more difficult later.