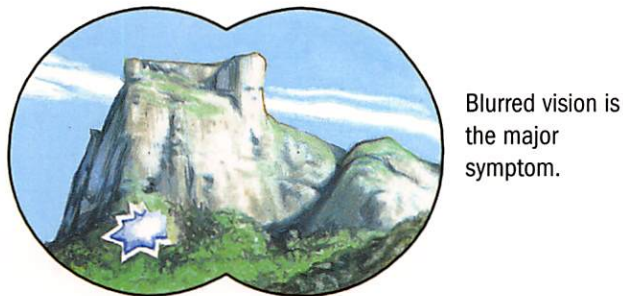
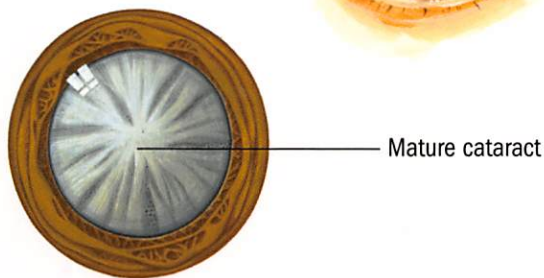
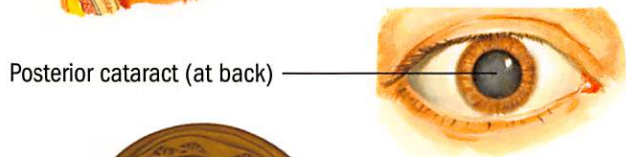
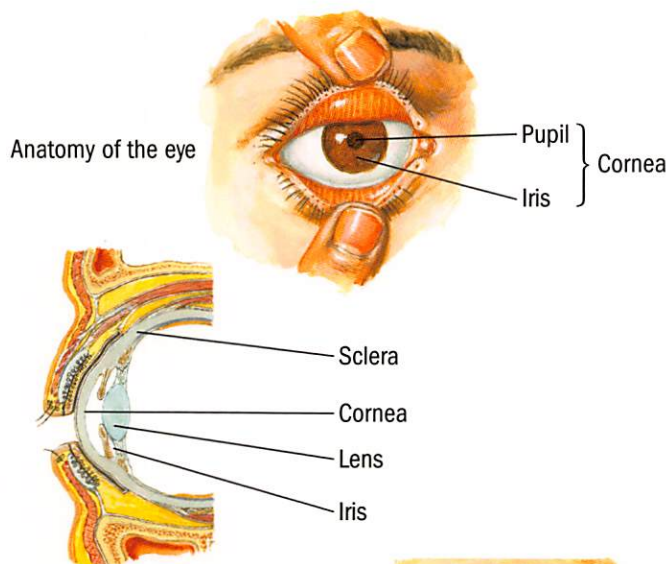
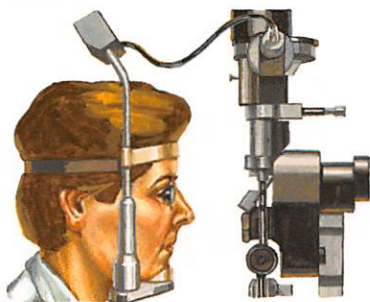


# MANAGING YOUR CATARACTS



Using equipment, the doctor will look into the eye to see the cataract.



## What Is a Cataract?

A cataract is a clouding of the lens of the eye. The lens is like a glass window that we look through to see. A cataract makes it hard to see clearly.

## What Causes Cataracts?

The cause of most cataracts is unknown. However, some cataracts can be caused by long-term use of steroids, redness and swelling (inflammation), infections of the eye, and illnesses such as diabetes.

Most often, cataracts develop with aging. The lens slowly becomes cloudy, thick, hard, and dry and eventually a cataract.

## What Are the Symptoms of Cataracts?

The major symptom is blurred vision. At times, distance vision will be blurred more than reading vision, but at other times the reverse is true. Also, poor sight even with eyeglasses or contact lenses, ghost-like images, glare, and a halo around a light may be noticed.

## How Are Cataracts Diagnosed?

Your doctor will suspect a cataract based on your history and eye exam. You will be referred to an eye specialist (optometrist or ophthalmologist), who will use equipment to look into the eye to see the cataract. An optometrist is someone who tests for vision defects to prescribe eyeglasses. An ophthalmologist is a medical doctor specializing in eye diseases.