

Cataracts

A cataract is a clouding or haze of the lens inside the eye which leads to a decrease in vision. Opacities in the lens obstruct light from passing through and being focused on to the retina.

Symptoms

- Reduced or hazy vision
- Increased glare sensitivity
- Reduced contrast (need for bright lights to read)
- Double vision
- Problems distinguishing colours

Causes

- Age is the most common cause
- UV exposure (over many years)
- Blunt trauma, Ionizing radiation (X-rays), Laser, Electric and heat injuries
- Cigarette smoking (2-3 x higher risk)
- Steroid use

Prevention and Treatment

- UV protection
- Don't smoke
- Healthy diet (antioxidants may help reduce risk)
- Regular eye examinations (can help with symptoms)
- Referral to ophthalmologist (for cataract extraction)

More information

For more information on cataract or any other disorder of the eye, contact your local Eyecare Plus Optometrist Clifton Beach on (07) 4059 1444 or [click here to request an appointment online](#).