

LEARN THE FACTS ABOUT CATARACTS



A **cataract is an eye disease** in which the eye's clear lens becomes cloudy or opaque, causing a decrease in vision. At first, you may not notice that you have a cataract. However, cataracts can make your vision blurry, hazy, or less colorful over time. The good news is that surgery can eliminate cataracts. Listed below are some facts you should know about cataracts.



Aging isn't the only risk factor for cataracts

Approximately one in six Americans 40 and older will develop a cataract. By age 80, more than 50% will have a cataract. Other risk factors include:

- Long-term exposure to UV rays from the sun
- Hereditary influences
- Eye diseases and injuries
- Certain diseases, such as diabetes and obesity



Cataracts can affect people differently

Everyone who gets cataracts can go through different experiences. For example, people with wedge-shaped cataracts that appear on the edge of their lens may not see a difference in their vision. Others who have cataracts at the center of their lens will notice a significant impairment.



Cataracts can go unnoticed

Because cataracts typically form over a long period of time, many people don't realize they have them. That's why it's important to watch for common symptoms like these:

- Blurry or foggy vision
- Colors appear dull or washed out
- Poor night vision
- Starbursts or halos appear around lights
- Sensitivity to sunlight or bright lights
- The feeling of having a film over your eye(s)
- Your glasses don't seem to work



There's more than one type of cataract formation

The most common type of cataracts (found in people over age 40) forms mainly in the center of your eye's lens; this is called a **nuclear cataract**. Another type of cataract is called a **cortical cataract**. This wedge-shaped cataract develops at the edge of the lens instead of the center. A **posterior capsular cataract** generally forms at the back of the lens, blocking light rays from reaching the retina.

Take the steps to help protect your eyes and improve your eyesight. The key to preventing vision loss from cataracts is regular eye exams – even if you have no problem seeing well. Let our team help you find the perfect vision plan! You'll save money at your next eye doctor appointment and take a step towards clearer, healthier vision. **[Click here to book a consultation.](#)**



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