

## Cataract

A cataract is a clouding of the lens in your eye. It affects your vision.

Cataracts are very common in older people. By age 80, more than half of all people in the United States either have a cataract or have had cataract surgery.



Common symptoms are:

- Blurry vision
- Colors that seem faded
- Glare
- Not being able to see well at night
- Double vision
- Frequent prescription changes in your eye wear

Cataracts usually develop slowly. New glasses, brighter lighting, anti-glare sunglasses or magnifying lenses can help at first.

Surgery is also an option. It involves removing the cloudy lens and replacing it with an artificial lens.

Wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help to delay cataracts.