

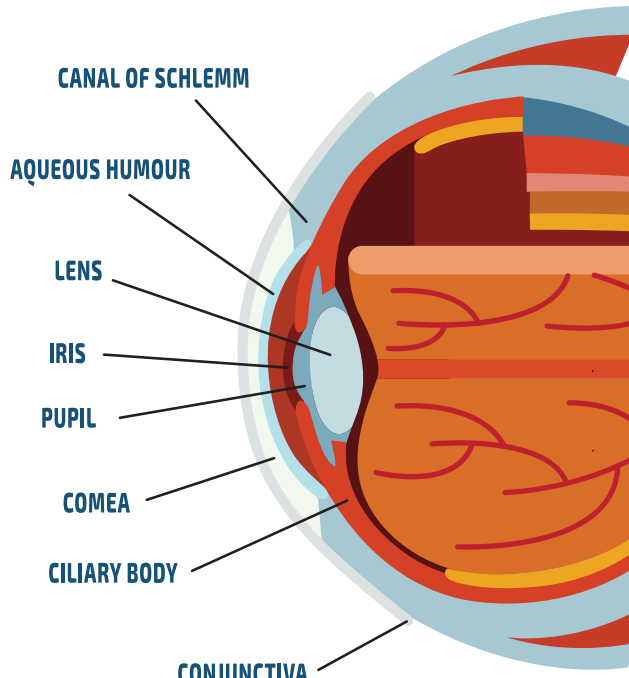


WHAT YOU NEED TO KNOW ABOUT CATARACTS

June is Cataract Awareness Month. We put together this handy infographic to keep you informed about this condition which affects many seniors.

WHAT ARE THEY?

Cataracts are a natural buildup of protein on the lens of your eye. They make your lens cloudy, blurring your vision. They can develop at different rates in each eye. Cataracts are fairly common, affecting 50 percent of people in the U.S. over age 80. Sometimes cataracts are caused by past eye surgeries, diabetes, or the long-term use of steroids.



ARE THEY PREVENTABLE?

There are no known ways to prevent cataracts, but some conditions can exacerbate them. Here's what you can do to help prevent them from forming:



KEEP BLOOD PRESSURE LOW



DON'T SMOKE



DRINK ALCOHOL IN MODERATION

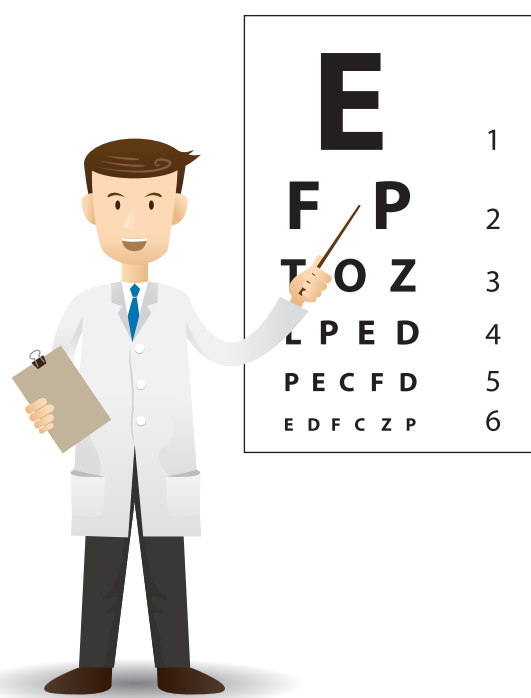


WEAR SUNGLASSES WHICH BLOCK UVB RAYS

WHAT ARE THE SIGNS & SYMPTOMS?

- Cloudy or blurry vision
- Dimming vision
- Double vision
- Trouble seeing at night
- Sensitivity to bright lights
- Seeing halos around lights such as streetlamps
- Colors looking faded or too yellow

Your optometrist or ophthalmologist can tell you if you have cataracts at your annual eye exam.



WHAT CAN YOU DO ABOUT THEM?



USE BRIGHTER & PROPER LIGHTING

Brighter lights will help if your vision is dimming.

You can wear sunglasses to help lessen the discomfort of light sensitivity.

Eventually, surgery to replace your lens is the only solution. Cataract surgery has an incredibly high success rate. In about 90 percent of cases, people who have cataract surgery have better vision afterward. It is also considered one of the safest surgeries you can have.

