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.

WHAT ARE THEY?

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?

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.