

healthpedia

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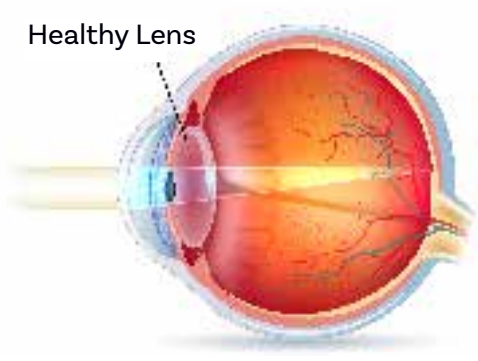
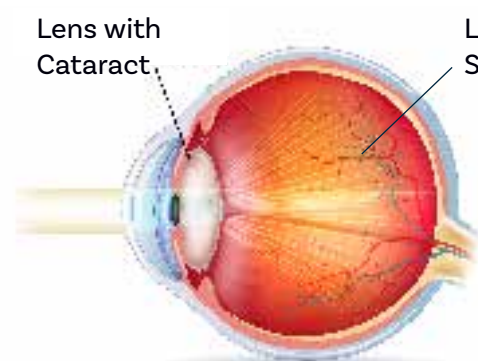
UNDERSTANDING CATARACT

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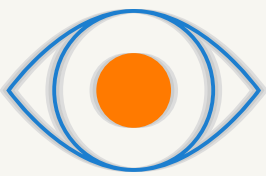
What is a Cataract?

Cataract is a condition where the **eye's natural lens becomes hazy**. The proteins in the eye's lens break down and cause objects to look cloudy or less colorful. The condition with time **develops and aggravates** thereby hindering vision.

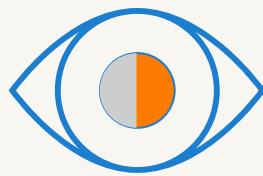
How does an eye function ?	
In healthy normal eye	In Cataract eye
 <p>Healthy Lens</p>	 <p>Lens with Cataract</p> <p>Light is Scattered</p>
Light passes through a clear lens to produce a clear, sharp image at the retina.	Light is scattered and a blurred image is formed in the retina.

Symptoms

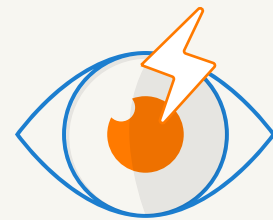
Cataract is a progressive condition and develops over a long duration. It is thus important to be vigilant and look out for the following symptoms:



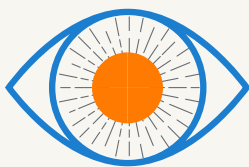
Blurry vision



Double vision



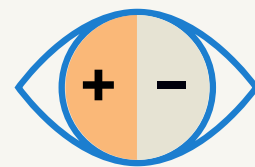
Sensitivity to light



Halos around



Faded colours



Changing eye power

Causes/Risk Factors



Aging (50 and above)



Smoking and alcohol abuse



Diabetes and hypertension



Radiation exposure



Eye trauma or injury



Genetics/hereditary factors



Excessive use of steroids



Deficiency of vitamins and minerals

Cataract in specific cases



Diabetes:

High blood sugar can directly escalate Cataract formation by changing structures of the eye's lens.



Smoking:

Compared to non-smokers, smokers are 2 to 3 times more likely to develop Cataract.



Alcohol:

Daily alcohol consumption is directly related to increased likelihood of Cataract formation.



UV light:

Oxidative stress from harmful UV rays can damage the eye's lens leading to Cataract.



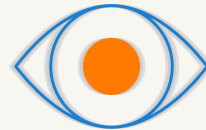
Steroid use:

Studies have demonstrated that long term and high dosage of steroid consumption can facilitate Cataract formation.

What are the complications of Cataract?



Complete blindness is a major concern!



Increased risk of fall due to weak 3D vision.



Hypermature cataract, glaucoma and weak zonules.



Delaying of treatment changes the type of surgery.

Research shows that Cataract is the most common cause of complete/partial blindness. In India, 80% of blind people had Cataracts in both the eyes.

How to prevent Cataract?



Regular eye examinations



Avoid smoking & alcohol



Treat diseases like diabetes



Adapting a healthy lifestyle



Protect your eyes from UV Rays



Avoid steroid dosage

What to do after getting diagnosed with Cataract?

1

Make an early appointment with Ophthalmologist

2

Eyeglass with updated power lens should be used

3

Control blood sugar and steroid usage

4

Use Cataract glasses till the treatment

Nutrients useful to a Cataract patient

1

Vitamin C

Research has shown that a Vitamin C rich diet can help in reducing the growth of Cataract. Consumption of food items like oranges, lemons, tomatoes, pineapple and kiwis can increase the intake of Vitamin C.

2

Vitamin A

Commonly referred to the nutrient for the eyes, Vitamin A can reduce the Cataract and slow its progression. Try intaking food items like carrots, sweet potatoes, spinach, dairy products and egg yolks.

3

Vitamin E

A natural antioxidant, Vitamin E rich food can stop the breakdown of healthy eye tissues. Aim to consume food items like nuts, sweet potatoes, eggs, whole grains and vegetable oil to reduce the Cataract growth.

Nutrients useful to a Cataract patient

4 Zinc

Studies indicate zinc deficiency in diseases like Cataract and poor night vision. Health professionals recommend eating zinc rich food items like meat, fish, whole grains, dairy products and nuts.

5 Lutein and zeaxanthin

Many studies have demonstrated how both these antioxidants reduce the risk of developing new Cataract. Consume dark green leafy vegetables, broccoli, corn, peas and oranges to increase these beneficial antioxidants.

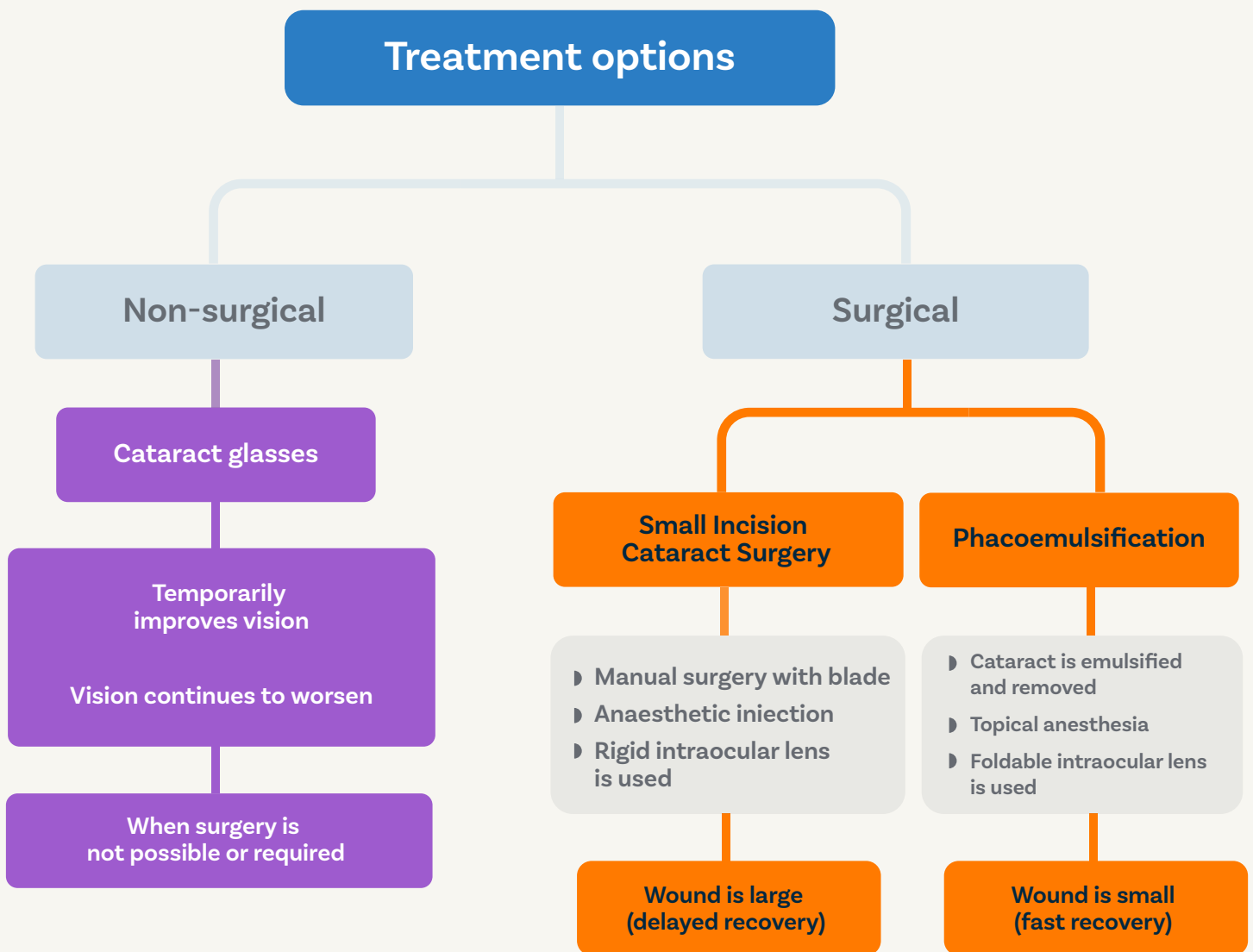
When to consult a Doctor?

If you are an adult **above the age of 50**, with the symptoms of visual impairment consult an Ophthalmologist.

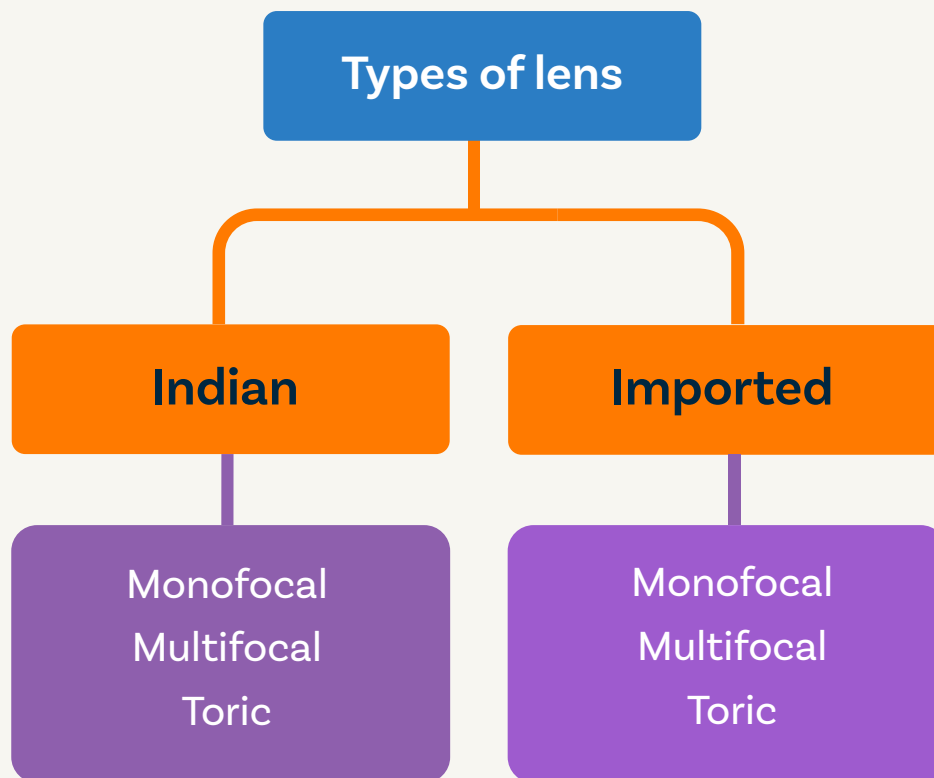
A well experienced and trained Doctor will help you diagnose or rule out Cataract.

Regular eye examinations are also important, as you age.

What are treatment options for Cataract?



Choosing an intraocular lens



Monofocal	For far vision. Glasses for near vision will be needed.
Multifocal	For far, intermediate & near vision. Chances of glasses after surgery are minimal.
Trifocal	For far, intermediate & near vision. Chances of glasses after surgery are minimal. Amount of flare is less than multifocal.
Toric	For high cylindrical powers.
EDOF	For near vision, the amount of flare is minimum.

How is recovery after the procedure?



Vision will start to improve immediately after the procedure.



Discomfort, blurred vision and watery eyes are common for a few days.



Colors will look brighter.



Complete recovery takes around 3 weeks.

What to expect on the day of surgery?

1

Soft easy digesting food to be taken before surgery.

2

Patient is awake during the complete course of the surgery.

3

Anesthesia is used on the eyes, making it comfortable for the patient.

4

After the procedure, an eye glass will be placed over the eyes.

Do's & Don'ts post-procedure

DO'S

Use eye drops and oral medications as prescribed

Relax and avoid straining the eyes

Use eye glasses before going to sleep at night

Read or watch TV for a limited duration

When taking a bath, protect the eyes by wearing eyeglasses

Clean the eye shield and sunglasses daily with soap and warm water before wearing

Shave carefully provided that you don't wash the face

DON'TS

Rub or touch the treated eye

Splash water into the eyes directly or use soap to wash the face

Apply any cosmetic or eye makeup

Take a head bath for at least 15 days

Drive for the first 24 hours and fly during the recovery period

Perform any strenuous exercise and go to dusty places for the entire duration of recovery

Miss out on any of the follow-ups with the doctor



**Pristyn
Care**

