

CAUSES AND SYMPTOMS OF CATARACT

Below are the causes of cataract due to which cataract is occurred:

- Because of ageing
- Smoking
- Due to diabetes
- Exposure to excessive UV rays

SIGN OF CATARACT

Here are the common sign and symptoms of cataract as mentioned below:

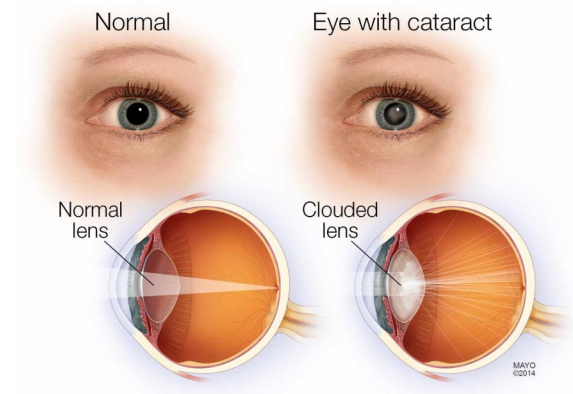
- Cloudy, foggy and blurry vision.
- Having problem during driving at the night.
- Progressive nearsightedness.
- Double vision.
- There are changes in the way in which you were used to see colour.



5 TIPS ON HOW TO PREVENT CATARACT

1. Reduce exposure to sunlight
 - Wear proper sunglasses
 - Use a cap / hat
2. Quit smoking.
3. Control your diabetes well if you are diabetic.
4. Protect your eyes from eye injury.
5. When using steroid creams on the face, try to avoid getting them into the eye.

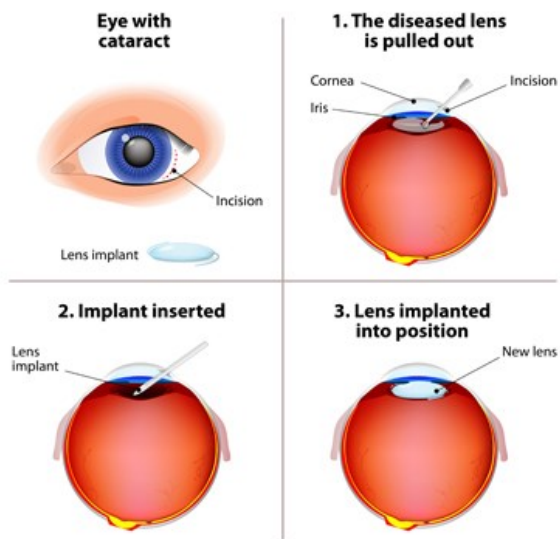
CATARACT Surgery



What is cataract?

- A cataract is a clouding of the lens in the eye which leads to a decrease in vision.
- Cataracts often develop slowly and can affect one or both eyes.

CATARACT SURGERY



COMMON DO'S AND DON'TS AFTER CATARACT SURGERY

Do's

- Schedule provided by your Ophthalmologist.
- Resume light daily activities such as reading, writing, watching TV and walking .
- Keep physical activity light .
- Wear your protective eye covering while you sleep and avoid sleeping on the side that has been operated on.
- Bathe and shower with your eyes closed.

Don'ts

- Rub your eye or get anything in your eye, even water, which can increase the chance of infection.
- Swim or use a hot tub, for at least 2 weeks.
- Drive for 24 hours after surgery.
- Do any strenuous activity, especially bending and lifting anything 15 to 20 pounds or more.
- Wear any eye make-up until you consult with your ophthalmologist.

