

Cataracts

Cloudy Vision

Cataracts

A cataract is the clouding of the lens of your eye, causing vision problems. Normally the lens is clear, made up mostly of water and protein. A clear lens lets light into your eye to the retina. The retina sends the image of what you see to your brain.

For a number of reasons, a lens can become cloudy, blocking the light and making it harder to see. The cataract can take a few months or a few years to develop. One or both eyes may be affected sometime in your life.

Those at Risk for a Cataract

Anyone can develop a cataract. The most common risk factors are:

- being over age 60
- having diabetes
- having a family history of cataracts
- having an eye injury or eye surgery
- taking steroid medicines.

Signs of a Cataract

The most common signs of a cataract include:

- cloudy or blurry vision
- problems with sources of light:
 - vehicle headlights that seem too bright
 - lamp light that glares
 - sunlight that is too bright
 - a halo around lights
- colors that look faded
- poor night vision.

Detecting and Treating Cataracts

During an eye exam, your eye care provider can tell if you have a cataract. If you have a cataract and it is small, it may be treated without surgery. Different glasses, a magnifying glass or better light may help you see better. If you will need surgery for a cataract, your eye care provider will give you information about cataract surgery.

**Information adapted from the
National Eye Institute of the
National Institutes of Health.**