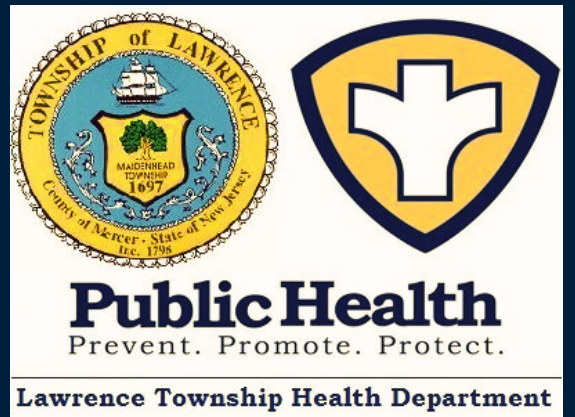


FACTS ABOUT CATARACTS



A cataract is a cloudy area in the lens of your eye (the clear part of the eye that helps to focus light).

Cataracts are very common as you get older. In fact, more than half of all Americans age 80 or older either have cataracts or have had surgery to get rid of cataracts. Cataracts may occur if you smoke, binge alcohol, family history of cataracts, have diabetes, have had certain eye surgeries (glaucoma surgery), or take steroids. Other instances of cataracts can occur through eye injuries, radiation, or the rare instance of congenital cataracts.



SYMPTOMS

- Your vision is cloudy or blurry
- Colors look faded
- You can't see well at night
- Lamps, sunlight, or headlights seem too bright
- You see a halo around lights
- You see double (this sometimes goes away as the cataract gets bigger)
- You have to change the prescription for your glasses or contact lenses often

Talk with your eye doctor if you have any of these symptoms — they could also be signs of other eye problems.

PREVENTION

- Protect your eyes from the sun. Wear sunglasses and a hat with a brim to block the sun.
- Protect your eyes from injury by using protective eyewear from getting accidentally injured.
- Quit smoking.
- Make eye-healthy food choices. Eat plenty of healthy foods — like fruits and vegetables, leafy greens, nuts, and whole grains.

