

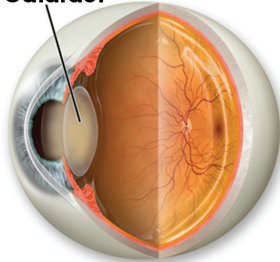
# Cataracts

## What is a cataract? How do I know if I have cataracts?

Cataracts are a natural part of aging (unfortunately like gray hair and wrinkles). The lens inside the eye (located behind the pupil) is an important part of our focusing ability.

It flexes and allows our eyes to focus at different distances. Gradually each year, it becomes thicker as we get older. With time, this thickness causes the lens to become less flexible requiring eyeglasses for reading - usually by our 40s. Later, the thickness causes it to become cloudier, making the vision blurrier (usually in our 60s and 70s).

Cataract



Glare or haloes around lights at night may be the first symptom noticed. Sometimes, there may be no symptoms noted by you, but I may observe cataracts during your eye examination.

If I have told you that you have cataracts, sometimes prescribing eyeglasses or making a small change in your current eyeglass prescription will be all that is needed to improve any blur you may have noted. I may also recommend adding an antireflective coating to your lenses to improve any glare at night. Patients can have cataracts for *many* years without any complications. Wearing sunglasses, especially here

*Please see reverse side...*



*The site for your sight.*

in Florida, can protect your eyes from the sun's harmful rays. Ultraviolet exposure can cause cataracts to form sooner.



Once it has been determined that eyeglasses can no longer improve your clarity of vision, I may recommend a consult with a cataract surgeon.

Cataract surgery is a very common procedure today. The surgery itself usually takes less than five minutes, and you are back to most of your normal activities within a day or two. Eye drops are usually used for several weeks after the surgery. Proper use of these eye drops will ensure

good eye comfort and healing. As a plus, most patients are able to go without eyeglasses after surgery for distance and possibly for reading as well. The surgeon will review all potential options with you. Please never feel pressured into eye surgery.

If you have *any* questions, even after your appointment, please do not hesitate to call the office. Cataract formation should be monitored annually, and if you wish, we can pre-appoint your next visit before leaving the office.

**Thank you for choosing  
Full Spectrum Family Vision  
Care for your eye care needs!**

*Heather L.*  
TRAPHEAGEN, O.D.