

Let's talk about

Age Related CATARACT

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What is Cataract?

When we look at something, light rays travel into our eye through the pupil and are focused through the lens onto the retina. The lens must be clear in order to focus light properly onto the retina. If the lens has become cloudy, this is called a cataract. Cataract causes progressive painless gradual loss of eyesight and is reversible by surgery in most cases.

What vision problems do we get with cataracts?

If your vision has become blurry, cloudy or dim, or things you see are not as bright or colourful as they used to be, a cataract may have developed in one or both of your eyes. Many people say that their vision with cataracts is similar to the effect of looking through a dirty car windshield.

As a cataract slowly begins to develop, you may not notice any changes in your vision at first. But as the cataract progresses, you may begin to find that it interferes with your daily activities.

How do we manage cataract ?

While cataracts are one of the most common causes of vision loss, especially as we age, they are treatable with cataract surgery. Since most cataracts are part of the normal ageing process, they cannot be reversed. There are no medications or eye drops that will make cataracts go away—surgery is the only treatment.

A cataract may not need to be removed right away if your lifestyle isn't significantly affected. Contrary to popular belief, a cataract does not have to be "ripe" to be removed. However, once you are diagnosed with a cataract, your ophthalmologist needs to monitor your vision regularly for any progression..

Cataract surgery for clearer vision

When a cataract causes bothersome vision problems that interfere with your daily activities, ophthalmologists may recommend surgery to remove the cataract. With cataract surgery, your eye's cloudy natural lens is removed and replaced with a clear artificial lens implant (called an intraocular lens or IOL).

Currently, Phacoemulsification cataract surgery is done to remove the cataract from the eye. It employs ultrasound energy to break & then suck up your cataract from its bag, where an artificial lens is implanted.

