

## CATARACT

The internal lens of the eye assists in focusing a clear image onto the retina of the eye. When the lens becomes cloudy, it affects a person's vision and is now called a cataract.

Causes of cataracts:

- Advanced age
- Diabetes mellitus
- Prolonged usage of certain medicines such as corticosteroids
- Trauma to the eye
- People with certain genetic conditions can develop cataracts
- Inflammation inside the eye

How does a cataract affect one's vision:

- Misty vision is the most common complaint.
- Double vision in the affected eye
- Areas of darkness in an affected person's vision.
- Increased glare in bright sunlight, when watching tv or while driving at night time.

How are cataracts treated:

- A lens that has developed a cataract has to be removed surgically. The lens is then replaced by the surgeon with an artificial acrylic or silicone lens.

Who should not have a cataract operation:

- People with uncontrolled hypertension (High BP) or uncontrolled Diabetes Mellitus (High Blood Sugar) cannot have surgery due to increased risk of intraoperative complications.
- People unable to lie flat to undergo surgery.
- People with any form infection.
- There is no age limit for cataract surgery since the surgery is performed under local anaesthesia.