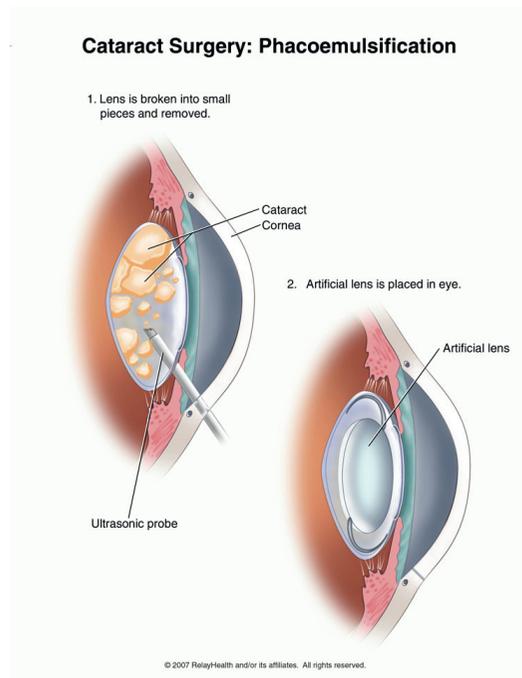


It is normal for your spectacles to need changing following cataract surgery, so you will need an eye examination a few weeks after the operation.



Once a cataract has been removed it will not return. However, occasionally the sac the new lens is put into can become cloudy. This is removed easily by YAG laser treatment, which is quick and painless.

CATARACTS

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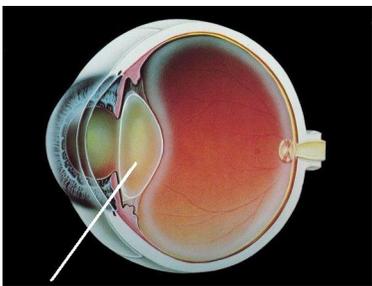
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## CATARACTS

Cataracts are a very common eye condition. As we get older the lens inside our eye gradually changes and becomes less transparent.

A lens that has turned misty, or cloudy, is said to have a cataract. Over time a cataract can get worse, gradually making your vision mistier. You may also find that you need more light to read small print, or that you are dazzled more by bright lights.

A cataract is not a growth or a film growing over the eye. It is simply the lens becoming misty.



Cataracts can be caused by a number of things, but by far the most common reason is growing older.

Most people over the age of 65 have some changes in their lens and most of us will develop a cataract in time.

Apart from getting older, the other common causes of cataract include:

DIABETES

TRAUMA

MEDICATIONS, SUCH AS STEROIDS

EYE SURGERY FOR OTHER EYE CONDITIONS

TOBACCO SMOKING

LIFELONG EXPOSURE TO SUNLIGHT

The only effective treatment for cataracts is surgery, performed by an Ophthalmologist.

This straightforward operation usually takes about 30 minutes as a day-case procedure and will remove the misty lens and replace it with an artificial lens to enable you to see more clearly again.



Cataract surgery is available on the NHS when your standard of vision has fallen to below a certain level, or at an earlier time as a private patient. Your optometrist can advise you on the methods of referral.