

Get the Facts on Cataracts

Cataracts occur when the lens in the eye becomes clouded, affecting your ability to see. The lens, located behind the iris and the pupil, is the clear part of the eye that helps focus on light and images in the retina.

How do you know if you have cataracts and what are the symptoms?

Here are some quick tips to help you detect and slow the formation of cataracts:

Understanding the Symptoms

There are different ways you can identify if cataracts are forming. These symptoms include:

- Images becoming blurry or cloudy
- Lens discoloration, like seeing a brownish tint and trouble differentiating colors
- A myopic shift in vision
 - » For example, if you've always been farsighted and suddenly you notice your up-close vision has become better, but your far away vision has worsened
- Seeing glares and halos around light sources
- When lights seem too bright
- Frequent prescription changes
- Worsening night vision

What Causes Cataracts:

Cataracts are generally caused by aging and develop over time. Other causes include diabetes, past eye surgery, inherited genetic disorders and previous trauma to the eye. All of these factors can affect your eyes and eventually lead to the formation of cataracts.

Slow the Development of Cataracts:

There are several things you can do to help lessen your chances of developing cataracts:

- Limit your alcohol consumption
- Refrain from smoking
- Eat a well-balanced diet
- Shade your eyes from the sun
- Visit your eye doctor regularly

If you have any questions or concerns about cataracts, Illinois Eye Center will help you determine next steps and find a treatment option to fit your lifestyle.

Give us a call today at (309) 243-2400
or visit www.illinoiseyecenter.com for more information.