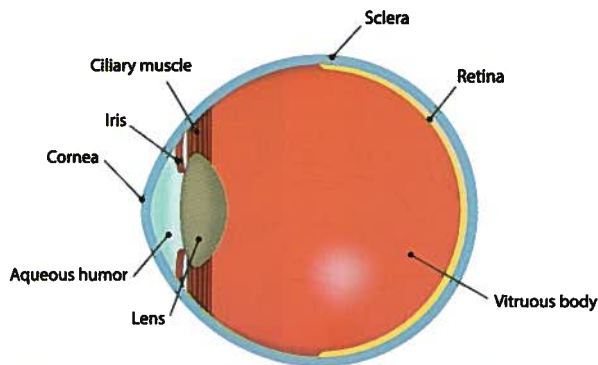
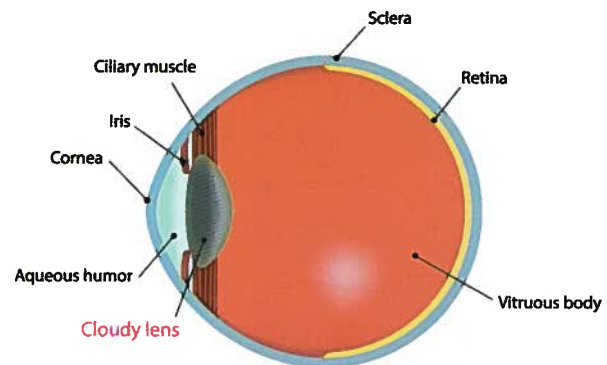


## Cataracts

### Healthy Lens



### Cloudy Lens



## What are Cataracts?

*A cataract is the development of cloudiness of the natural lens of the eye.*

..... *Dr. Blake Williamson - Williamson Eye Center*

**M**uch like the lens of a camera, our eye focuses light toward the back of the eye, onto the retina. Our eye's lens also works to adjust the focus of the eye, allowing us to see both near and far. When cloudiness begins to form on the lens of our eye, our vision becomes slightly impaired. Our eye's lens consists of mostly protein and water - throughout the aging process, the protein may begin to clump, causing cloudiness of the lens and making it difficult to see clearly. With age, many people develop cataracts, but may not be aware until the cloudiness begins to affect their vision. Cataracts may form in both of your eyes or just one at a time. Surgery is not typically required in the early development of cataracts; in fact, treatment can merely include new glasses, magnifiers or additional aids. Over time, as the cataract continues to develop in opacity, surgery will be needed. Cataract diagnosis requires nothing more than a routine eye exam and a treatment plan can be developed to leave you seeing clearly.

**TYPES OF CATARACTS:** Cataracts usually occur in adults and are age-related. There are three main types of cataracts and their names relate to the part of your lens that is affected.

- **Nuclear cataracts.** This type of cataract develops when the centre of your lens (the nucleus) becomes hardened over time.

- **Cortical cataracts.** This type of cataract begins at the outer edge (cortex) of your lens and spreads towards the centre of your lens.

- **Subcapsular cataracts** This type of cataract develops on the back of your lens. Sometimes cataracts can occur in children. They are named according to the age they develop in children.

- **Congenital cataracts** are present at birth or shortly afterwards. Infantile or juvenile cataracts may occur in older babies or children.

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## SYMPTOMS OF CATARACTS:

Your symptoms will depend on where your cataract is, its size and if you have a cataract in one or both of your eyes. Some of the symptoms of cataracts are listed below.

- » Cloudy or blurred vision – this may make it difficult for you to read, watch television or recognize faces.
- » You may get more glare from lights or the sun.
- » Driving may become difficult, especially at night.
- » Frequent changes to the prescription of your glasses or contact lenses.
- » Colors may seem washed out or faded.

These symptoms may be caused by problems other than cataracts.

If you have any of these symptoms, see your optometrist for advice. An optometrist is a registered health professional who examines eyes, tests sight and dispenses glasses and contact lenses

### CATARACT SURGERY

With nearly instant results, cataract surgery of today takes merely a few minutes and is one of the safest of all surgical procedures. Typically, after one day of recovery, your vision is restored to its state prior to cataracts.

Using anesthetic eye drops, your eyes are numbed prior to surgery and the procedure is virtually pain-free. The advanced technology of ultrasound is used to create a small opening in your eye and the cloudy

protein build up is broken down and permanently removed. In standard cataract procedures, the eye's natural lens is replaced with a new intraocular lens, which clears your clouded vision. Some patients opt to go one step farther in the treatment spectrum with Lifestyle Lens Options, which will additionally repair both distance and up-close vision. Advanced cataract treatments have the ability to eliminate your need for glasses or contact lenses completely.

**Coming Soon:** In the next issue of The Polished, watch for an article on "Lifestyle Lens Options Today for Cataract Surgery" or call the Williamson Eye Center 924-2020 to make an appointment with Dr. Blake Williamson about your options.

# ACT NOW!



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\* \$500 Deposit Required

\* Renting group/organization is responsible for setup, breakdown and cleaning up after event.

\* Center will supply table and chairs

\*Must pay for Security

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