

Signs and Symptoms



ANGEL EYES VISION
We see you, so you see better

Blurred or Hazy Vision

Cataracts obstruct the passage of light through the eye, causing objects to appear fuzzy or less distinct.

Glare and Halos in Light

Cataracts scatter light entering the eye, creating vision-obscuring glare or halos in well-lit areas.

Difficulty Seeing at Night

Cataracts also obstruct light entering the eye, limiting vision in low light, such as when driving at night.

WE SEE YOU, SO YOU SEE BETTER!

Come Visit us!

Scan the QR Code below to schedule an exam at one of our locations or visit our website to learn more!



Want to learn more?

Head to our website and read more about it on our blog!



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CATARACTS

A LEADING CAUSE OF BLINDNESS, CATARACTS ARE A NATURAL PART OF AGING AND EASILY TREATED

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What are Cataracts?

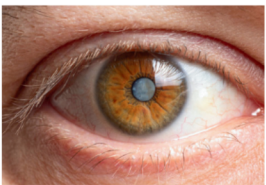
Cataracts are cloudy areas of the eyes' lens. They develop as the proteins and fibers comprising the lens begin to change as a result of lifetime exposure to the sun's harmful rays.

As the opaque area of cataracts grow, it begins to affect the light entering the eye, scattering or obscuring the information eyes turn into vision.

This can cause blurry vision or poor visibility in very bright or dim environments, such as when driving at night or trying to read a menu in a dimly lit restaurant.



Normal Eye



Cataract Eye

MOST CATARACTS DEVELOP WITH AGE, BUT RISK FACTORS SUCH AS DIABETES, SMOKING, ALCOHOL USE, OR EYE INJURIES CAN INCREASE THE CHANCES THAT CATARACTS WILL DEVELOP

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90%
of Americans will develop cataracts by age 65

The changes in vision caused by cataracts are often slow to develop.

Most people's eyes will show signs of cataract growth in their late 40s or early 50s, although the cataracts do not usually begin to affect vision until someone reaches their late 60s.

Initially, a new pair of glasses will be enough to correct some of the vision impairment. Eventually, most people will need surgery to replace the eye's lens with an artificial lens.

Cataracts are among the most treatable causes of blindness

Cataract surgery is safe and highly effective. More than 90 percent of patients who undergo surgery report dramatically improved vision.

Though there are no proven methods for preventing cataract growth, some healthy lifestyle choices can slow their development.

For example, increasing your intake of antioxidant vitamins, like those found in leafy vegetables, can help slow cataract growth.



Cataracts are easily treated with surgery.



Clean eating and exercise keeps eyes healthy for longer.



Sun protection slows cataract growth.

Prevention and Treatment

AN OPTOMETRIST WILL DISCUSS THE BEST TREATMENT OPTIONS FOR YOU

Sunglasses for Sun Protection

Sunglasses do not just make you look cool, they help protect your eyes from the harmful sun rays that can prompt cataract growth.

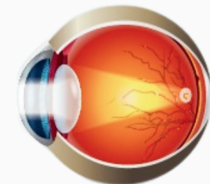
Healthy Lifestyle Choices

Maintain a healthy diet, exercise regularly, and avoid cigarette smoke to slow the progression of cataracts, in addition to promoting overall health.

Vision Correction and Surgery

Regularly updating your glasses prescription will help overcome cataract symptoms. Your doctor may also discuss surgery to remove the cataracts.

NORMAL LENS



LENS AFFECTED BY CATARACTS

