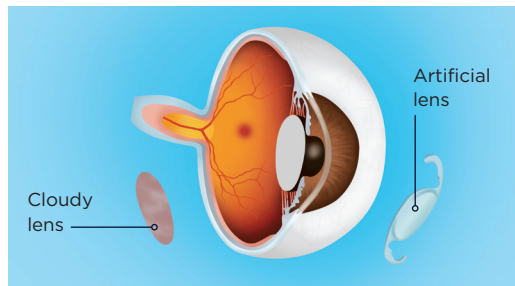


HOW IS CATARACT TREATED?

During the early stages of cataract, an updated glasses prescription may improve your vision, though this may only be temporary.

- Cataract surgery should be considered if your cataract symptoms start affecting your daily activities and quality of life
- During cataract surgery your ophthalmologist will remove the cloudy lens and replace it with an artificial lens
- Cataract surgery is a simple and quick operation to improve your vision



A cloudy lens is removed and replaced with an artificial lens

STEPS YOU CAN TAKE TO HELP REDUCE YOUR RISK

1. For early detection of eye conditions like cataract, get a regular eye check
2. Eat a healthy diet, and manage your diabetes
3. Protect your eyes from the sun by wearing sunglasses and a hat
4. If you are a smoker, stop smoking
5. Reduce alcohol consumption

'TRAVERSING COUNTRY'

by Gilimbaa artist David Williams
(Wakka Wakka)

These elements represent the strength and vibrancy of First Nations people all over Australia. We are diverse and culturally strong peoples with humour to share and stories to tell. We are forever connected to Country, our families, and our communities.

Continuity of culture is one of the most important things for First Nations peoples. Our health and wellbeing is strengthened by these connections. The connections here are represented as a continual line from left to right; the line has no end.

As we walk on, feel, and see our Country, we are connected.

REGULAR EYE CHECKS KEEP OUR EYES HEALTHY

For more information and support with your eye health and cataract yarn with your health worker, doctor or local health clinic about getting an eye check. It's also part of your annual 715 health check.

Further information and other eye health resources visit Indigenous Eye Health Unit, University of Melbourne.

www.iehu.unimelb.edu.au



YOUR EYES AND CATARACT

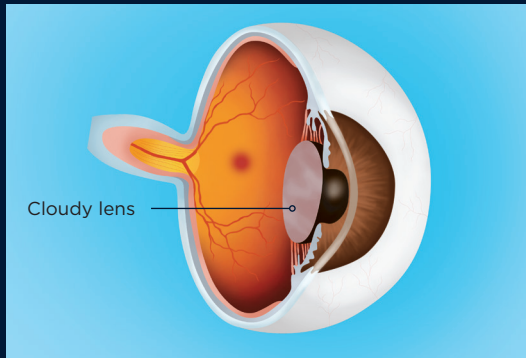
Regular eye checks keep our eyes healthy



WHAT IS CATARACT?

CATARACT IS A COMMON CAUSE OF VISION LOSS AND IT CAN EASILY BE TREATED

- Inside your eyes we have a lens, a healthy lens is clear
- If you have cataract, this lens becomes cloudy. It is like looking through a foggy or dusty car windscreen. Things look blurry and may also be less colourful
- Cataract can develop in one or both eyes and can lead to vision loss and eventually blindness



Eye with cataract

WHAT ARE THE SYMPTOMS OF CATARACT?

Cataract usually appears slowly over time. As the cloudy lens develops, so do the symptoms which can include:

- having blurry or cloudy vision
- being more sensitive to light (lights may seem glare and uncomfortable)
- having difficulty seeing well at night
- seeing colours as faded or yellow



Healthy vision



Blurry or cloudy vision from cataract

WHAT CAUSES CATARACT?

The most common cause of cataract is ageing. The older you are the more likely you are to develop cataract.

Other reasons you may get cataract include:

- some health conditions like diabetes
- having spent a lot of time in the sun, outside or out on Country (especially without sunglasses or a hat)
- the use of some types of medication for long periods of time
- having an eye injury
- smoking or excessive alcohol consumption

If your parents, brothers, sisters or other family members have cataract, you are also more likely to develop cataract.

HOW IS CATARACT DETECTED?

Cataract is detected through a full eye examination by an eye specialist (optometrist or ophthalmologist).

However, in primary care (for example your Aboriginal Health Service or local health clinic), an eye check can detect the early signs or symptoms of eye conditions, such as cataract. An eye check should be a part of your annual 715 health check.

Your health worker, doctor or local health clinic can support you with appropriate referral to an eye specialist for your full eye examination, and then treatment and management.