

HEALTH EDUCATION LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
Ask the Librarian : Free Answers to any
Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



Health Education Library For People

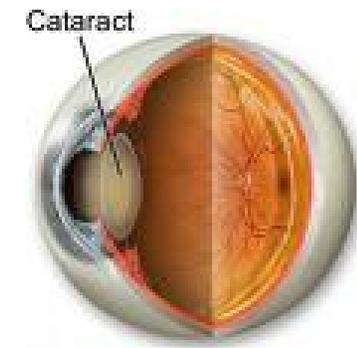
206,Dr.D.N.Road,
National Insurance Bldg.,
Ground Floor,
Near New Excelsior Cinema,
Mumbai – 400 001.
Tel:22061106,22031133, 65952393,65952394
Email: helplibrary@gmail.com

www.helpforhealth.org



HEALTH EDUCATION LIBRARY FOR PEOPLE

Cataract

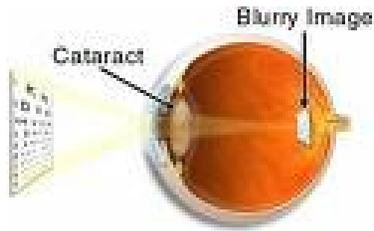


**LET'S HELP
ERADICATE
IGNORANCE**

Cataract - Treatment

Cataract

A cataract is a clouding of the lens in the eye that affects vision. Most cataracts are related to aging and are very common in older people.



The most common symptoms of a cataract are

- cloudy or blurry vision and poor night vision
- glare -- headlights, lamps, or sunlight may appear too bright or a halo may appear around lights
- double vision or multiple images in one eye
- frequent prescription changes in your eyeglasses or contact lenses.

How is Cataract detected?

Cataract is detected through a comprehensive eye exam that includes a visual acuity test, dilated eye exam, and tonometry.

The symptoms of early cataract may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses. If these measures do not help, surgery is the only effective treatment. Surgery involves removing the

cloudy lens and replacing it with an artificial lens.

Treatment and Prevention

A cataract needs to be removed only when vision loss interferes with your everyday activities, such as driving, reading, or watching TV. You and your eye care professional can make this decision together.

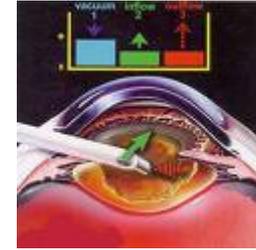
Once you understand the benefits and risks of surgery, you can make an informed decision about whether cataract surgery is right for you.

Sometimes a cataract should be removed even if it does not cause problems with your vision. For example, a cataract should be removed if it prevents examination or treatment of another eye problem, such as age-related macular degeneration or diabetic retinopathy.

If you choose surgery, your eye care professional may refer you to a specialist to remove the cataract. If you have cataracts in both eyes that require surgery, the surgery will be performed on each eye at separate times, usually four to eight weeks apart.

Cataract removal is one of the most common operations performed. In about 90 percent of cases, people who have cataract surgery have better vision afterward.

There are two types of cataract surgery, phacoemulsification and extracapsular surgery. Your doctor can explain the differences and help determine which is better for you.



After the natural lens has been removed, it usually is replaced by an artificial lens, called an intraocular lens, or IOL. An IOL is a clear, plastic lens that requires no care and becomes a permanent part of your eye. The operation usually lasts less than one hour and is almost painless.

Post Surgery Care

You can return quickly to many everyday activities, but your vision may be blurry. The healing eye needs time to adjust so that it can focus properly with the other eye, especially if the other eye has a cataract.

Taking care of your eyes

If you are age 60 or older, you should have a comprehensive dilated eye exam at least once every two years.

In addition to cataract, your eye care professional can check for signs of age-related macular degeneration, glaucoma, and other vision disorders. For many eye diseases, early treatment may save your sight.

