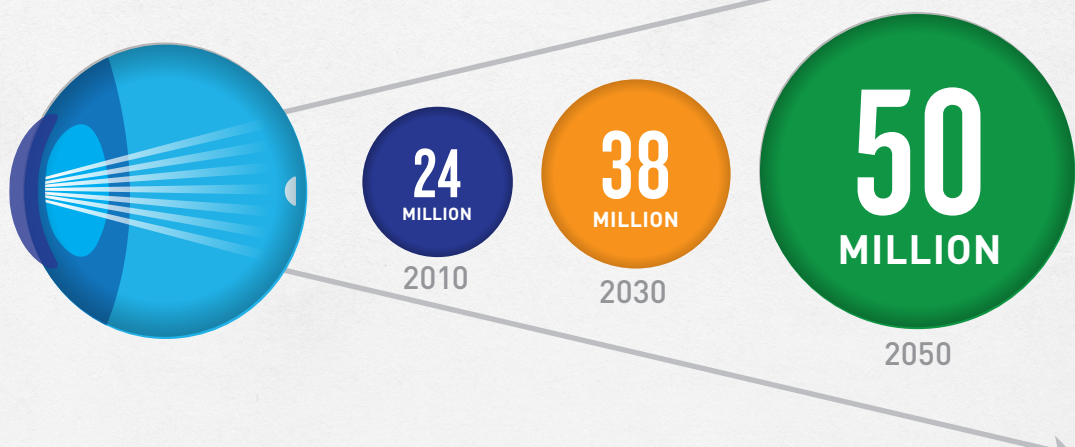




CATARACT

A CLOUDING OF THE LENS IN THE EYE THAT AFFECTS VISION.

PREVALENCE DATA



RISK FACTORS

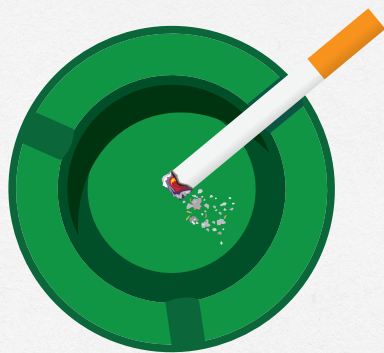
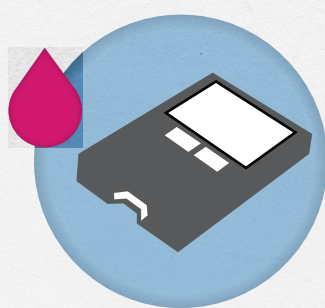


AGING.

60% of people with cataracts are over **THE AGE OF 70.**

CERTAIN DISEASES.

Having conditions like **DIABETES INCREASES RISK.**

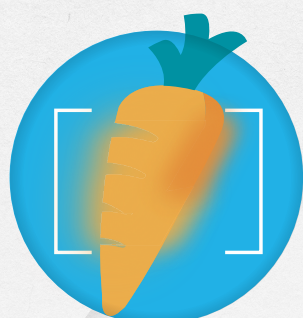
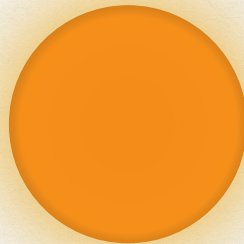


PERSONAL BEHAVIOR.

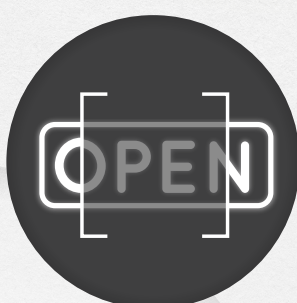
Cataracts are linked to **SMOKING AND ALCOHOL USE.**

THE ENVIRONMENT.

Prolonged exposure to **SUNLIGHT INCREASES RISK.**

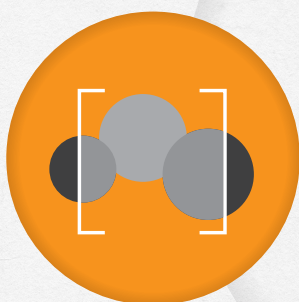


CLOUDY OR BLURRY VISION.



POOR NIGHT VISION.

COMMON SYMPTOMS



COLORS SEEM FADED.



FREQUENT PRESCRIPTION CHANGES IN YOUR EYEGLASSES OR CONTACT LENSES.



PROBLEMS WITH GLARE.

PROTECT YOUR VISION



GET AN EYE EXAM

at least once every year, if you are age 60 or older.



WEAR SUNGLASSES AND A HAT

with a brim to block ultraviolet sunlight.



AVOID SMOKING



EAT A HEALTHY DIET

that includes green leafy veggies, fruits, and fish.



For more information:

www.nei.nih.gov/health/cataract