



Know about Cataracts (Chitta Motia ਚਿੱਟਾ ਮੋਤੀਆਂ)

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Cataracts are a common eye condition, particularly among older adults, where the lens of the eye becomes cloudy, leading to impaired vision. This article explores the causes, symptoms, diagnosis, and treatment options for cataracts.

What Are Cataracts?

A cataract is a clouding of the normally clear lens of the eye. This cloudiness can cause vision to become blurry, hazy, or less colorful. Cataracts typically develop slowly and can affect one or both eyes. They are most commonly associated with aging, but can also result from injury, certain medical conditions, or prolonged use of steroids¹.

Symptoms of Cataracts

The symptoms of cataracts can vary, but common signs include:

- Blurred or cloudy vision
- Difficulty seeing at night
- Sensitivity to light and glare
- Seeing "halos" around lights

- Fading or yellowing of colors
- Double vision in a single eye

If you experience any of these symptoms, it's important to consult an eye care professional for a comprehensive eye exam².

Diagnosing Cataracts

Diagnosing cataracts involves a thorough eye examination, which may include several tests:

1. **Visual Acuity Test:** This test measures how well you can read a series of letters from a distance.
2. **Slit-Lamp Examination:** This allows the doctor to see the structures at the front of your eye under magnification.
3. **Retinal Exam:** After dilating your pupils, the doctor examines the back of your eye (retina) to check for cataracts.
4. **Tonometry:** This test measures the pressure inside your eye¹².

Treatment Options for Cataracts

The primary treatment for cataracts is surgery, especially when they begin to interfere with daily activities. Here are the main treatment options:

1. **Non-Surgical Treatments:**

- *Eyeglasses or Contact Lenses:* In the early stages, stronger prescription glasses or contact lenses can help improve vision.

- *Magnifying Lenses and Brighter Lighting*: These can also aid in managing vision problems caused by cataracts³.

2. Surgical Treatments:

- *Cataract Surgery*: This is the most effective treatment for cataracts. The procedure involves removing the cloudy lens and replacing it with a clear artificial lens, known as an intraocular lens (IOL). Cataract surgery is typically performed on an outpatient basis and has a high success rate in restoring vision.

When to Consider Surgery

Most eye doctors recommend considering cataract surgery when cataracts start to affect your quality of life, such as making it difficult to read, drive, or perform other daily activities. It's important to discuss the benefits and risks of surgery with your doctor to make an informed decision¹.

Conclusion

Cataracts are a treatable condition, and with the right diagnosis and treatment, individuals can regain clear vision and improve their quality of life. If you suspect you have cataracts, schedule an eye exam to explore your options and take the first step towards better eye health.

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