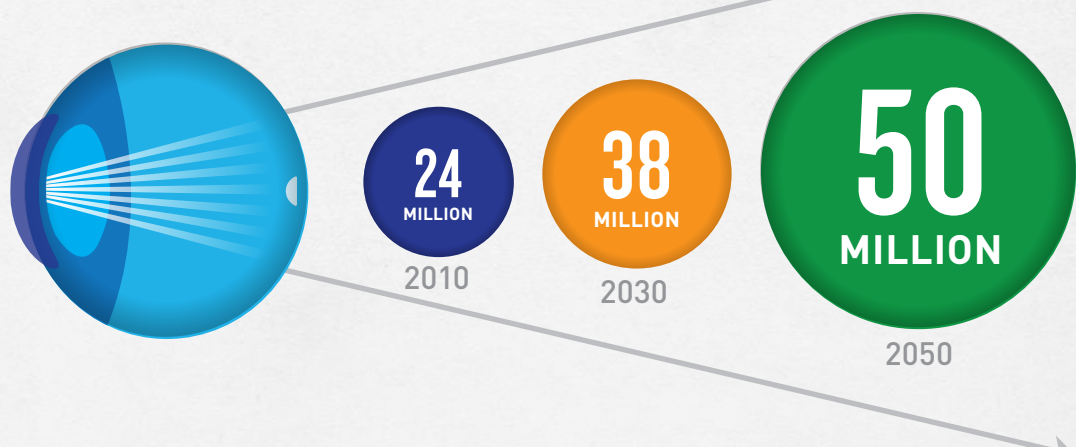




# CATARACT

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

## PREVALENCE DATA



## RISK FACTORS

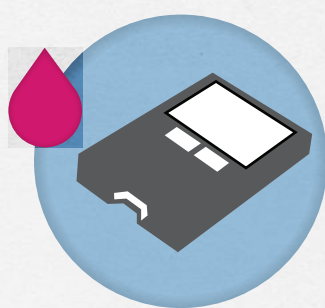


### AGING.

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

### CERTAIN DISEASES.

Having conditions like **DIABETES INCREASES RISK.**

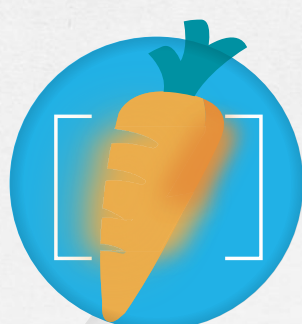
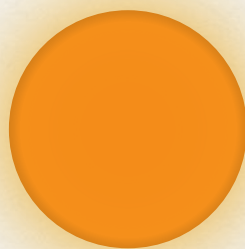


### PERSONAL BEHAVIOR.

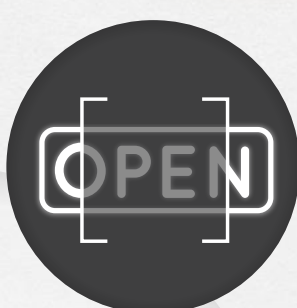
Cataracts are linked to **SMOKING AND ALCOHOL USE.**

### THE ENVIRONMENT.

Prolonged exposure to **SUNLIGHT INCREASES RISK.**

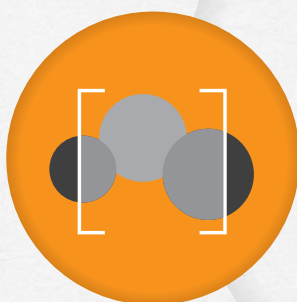


CLOUDY OR BLURRY VISION.



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](http://www.nei.nih.gov/health/cataract)