

## What is cataract?

Normally, the lens in the eye is clear, allowing light rays to pass through easily and focus on the retina to get clear vision.



As cataract develops, the lens becomes cloudy as in the picture above and interferes with the transmission of light. The resulting image on the retina is thus blurred.



## Causes

- It usually occurs in patients above the age of 40. In some cases, it occurs in children too
- Eye diseases such as glaucoma, iritis, eye tumours and diabetes may lead to cataract
- Prolonged use of steroid drugs and eye injuries

## Symptoms

- Blurring or dimness of vision
- Feeling of a film over the eyes
- Sensitivity to light and glare
- Change in colour of pupil

## Treatment

- Removal of the clouded lens by surgery and implantation of an intraocular lens.
- Glasses can be used in the earlier stages to get clear vision.
- Medicines or glasses will not cure cataract.

## Kindly note

- Cataract is not contagious
- Removal of the clouded lens by surgery and implanting an artificial lens is the treatment

## Cataract surgery

Cataract surgery is done under local anaesthesia for adults and general anaesthesia for children.

The ophthalmologist removes cataractous lens either manually or with the help of a phaco machine. An artificial intraocular lens is then placed so as to regain clear vision.

It is the ophthalmologist who decides whether the patient can undergo surgery by Phaco method or manually.

## Intraocular lens (IOL) implantation

IOL is a tiny transparent convex lens, made of a harmless plastic substance (polymethylmethacrylate / acrylic) inserted in the eye during surgery. Unlike contact



lenses, an intraocular lens stays permanently in the eye and does not move with change in the posture. It does not cause any irritation and provides clear vision. There are different types of IOLs.

The doctor / counsellor will help you choose the best suitable IOL.

## Phacoemulsification Surgery

The latest technique in cataract surgery is phacoemulsification. In this, the surgeon makes a very small incision (about 3mm). Cataract lens is broken by a small ultrasonic probe inserted through this opening and is simultaneously suctioned from the eye. It is then replaced by intraocular lens. In most instances, good vision returns early in the post-operative period.



## Advantages of Phacoemulsification surgery

- Small incision, hence faster wound healing
- No sutures and associated problems
- Less number of follow up visits
- Stable vision after one month
- Patient can watch television and read books after one week.

  
**ARAVIND EYE HOSPITALS**  
& POSTGRADUATE INSTITUTE OF OPHTHALMOLOGY

### ARAVIND - MADURAI

1, Anna Nagar, Madurai - 625 020

### ARAVIND - THENI

Periyakulam Road, Theni - 625 531

### ARAVIND - TIRUNELVELI

Swamy Nellaiappan High Road,  
Tirunelveli - 627 001

### ARAVIND - COIMBATORE

Avinashi Road, Coimbatore - 641 014

### ARAVIND - PONDICHERRY

Cuddalore Main Road,  
Thavalakuppam Junction, Pondicherry - 605 007

### ARAVIND - DINDIGUL

31A, New Agraharam, Palani Road  
Dindigul - 624 001

### ARAVIND - TIRUPUR

Dharapuram Main Road,  
Chettipalayam Post, Tirupur - 641 608

### ARAVIND - SALEM

Kaliamman Kovil opp,  
Sankagiri main road, Nethimedu,  
Salem - 636 002

### ARAVIND - TUTICORIN

Meenakshipuram West, Near Old Bus Stand,  
Tuticorin - 628 002

### ARAVIND - UDUMALPET

112, Dhalli Road, opp Palaniandavar Mills  
Udumalpet - 642 126

[www.aravind.org](http://www.aravind.org)

Do you see the image of the flower clearly?



If not, perhaps it is

**CATARACT**  
that's blocking your vision

Removal of cataract and  
implantation of a lens will let you  
regain your vision