

# WHAT CAUSES CATARACTS?

## Getting older



## Other causes can include:



Diabetes



Smoking



Too much  
sunlight



Injury to  
the eye



Some types of  
medicine



Some people  
are born  
with cataracts

# CATARACTS CAN...



Make your vision  
blurry or dark



Make it harder to  
see faces



Make it harder to drive



Make it harder to read



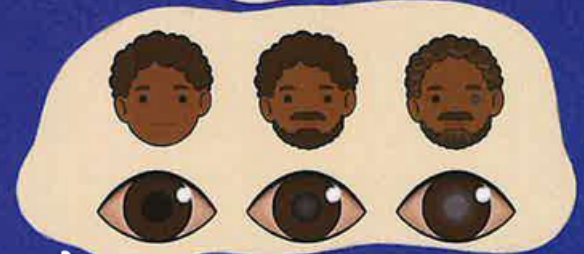
Make it harder  
to paint and work



Make it harder  
to fish and hunt



Make it harder  
to see at night



Cataracts grow slowly  
over a long time

# CATARACT SURGERY



Cataract surgery is a short operation where the cloudy lens is taken out of the eye and replaced with a new, clear lens.



Cataract surgery takes about 20 minutes.



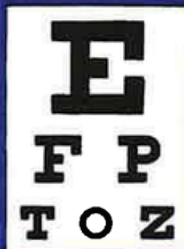
Your eye is put to sleep so you won't feel any pain



You will get an eye patch



You will get eye drops for a month



When your eye is healed, you will see more clearly

Talk to your eye doctor or health worker at the clinic. They can check your eyes and tell you what to do next.

# UNDERSTANDING CATARACTS

## WHAT IS A CATARACT?

Inside every eye is a clear lens. This lens helps us see. When the clear lens becomes smoky and cloudy, this is called a cataract. Having cataracts is like the windscreen in your car getting dusty or foggy. The lens is still there, but it is hard to see through.



Normal eye



Cataract eye



Clear picture



Foggy picture