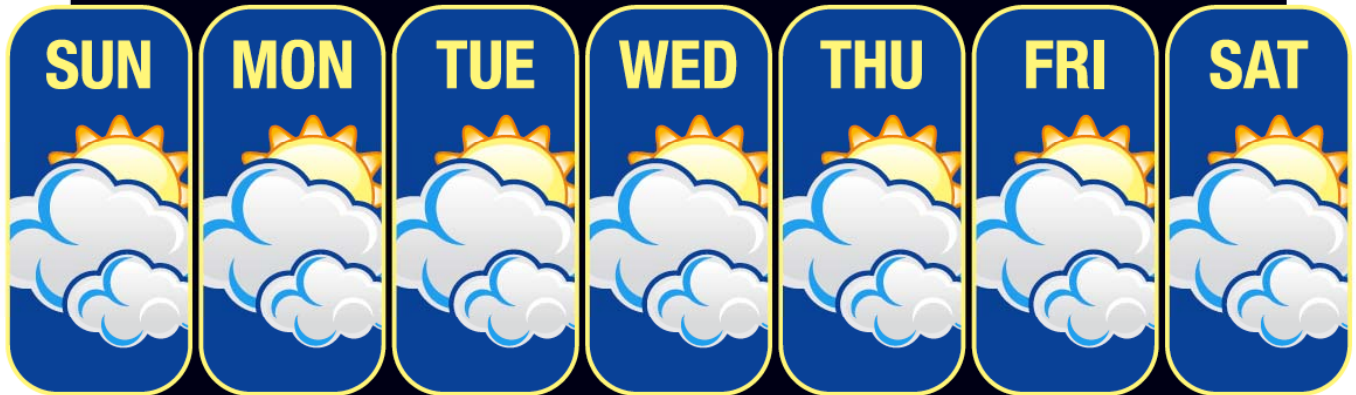


With untreated cataracts, the forecast is always the same.



Cloudy Vision is One Symptom of Cataracts

A cataract is a clouding of the lens in the eye that affects vision. Symptoms of cataracts vary, but may include:

- **Cloudy Vision**
- **Normal Sunlight Seems Too Bright**
- **“Halos” Around Street Lights or Headlights**
- **Poor Night Vision**
- **Colors Appear Faded**

The cause of cataracts is most often related to aging. In fact, by age 80, more than half of Americans will have had a cataract or cataract surgery. There is no cure, but studies suggest that there are things you can do to prevent or delay the onset of cataracts

- **Limit exposure to UV rays by wearing sunglasses and a widebrimmed hat.**
- **Maintain a healthy diet including foods rich in antioxidants.**
- **Don't smoke.**

If detected early, cataracts can be more easily managed and treated. But the first step is a comprehensive eye examination in our office. If you show symptoms of cataracts, we can explain all the treatment options available to you. These may include new glasses, magnification aids or Intraocular Lens (IOL) implant. And remember, cataract detection, management and surgery is covered by Medicare and most major health plans.



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