

# The Doctor Says I have Cataracts: What Should I Do about Them?

## **What is a cataract?**

A cataract is a clouding of the front of the eye that occurs gradually as most people get older. Cataracts cause your vision to become cloudy and hazy. Sometimes they also cause double vision, halos around objects, or glare from lights.

## **Removing cataracts**

Nobody relishes the thought of undergoing surgery for cataracts, but it would probably improve your vision. Just as important, recent studies have shown that having a cataract removed reduces an older person's risk of falling, and it improves the quality of their lives.

## **Preventing falls and fractures; improving quality of life**

In a study of more than 300 older persons with cataracts, those who had their cataracts removed had 34% fewer falls during the following year. They also had fewer fractures, increased daily activity levels, better mood, increased and confidence.

If your eye doctor says you have a cataract, ask him or her to explain the benefits and risks of having it removed.

## **More information**

For additional information, please read the attached information about cataracts sheet produced by the U.S. National Eye Institute.