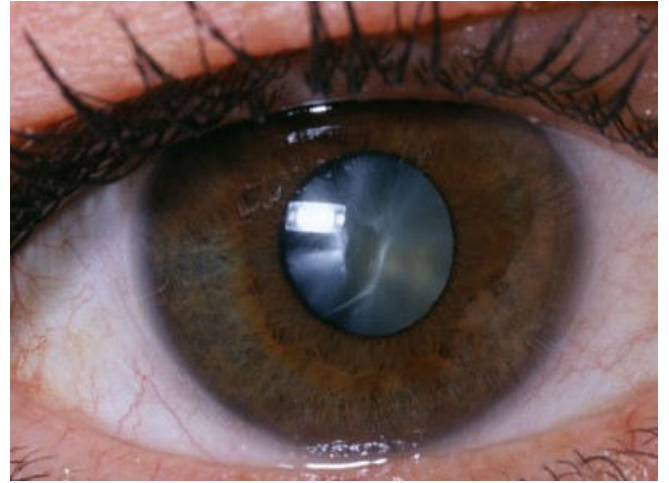


Cataracts



Cataracts are the leading cause of vision loss among adults age 60 or older, they impair vision, making everyday activities like driving at night or reading increasingly difficult.

It is a normal aging process that changes the natural, clear lens of the eye into a cloudy, opaque structure that stops the passage of light to the retina. The condition can be compared to a window that is frosted or "fogged" with steam. Causes include aging, steroids, trauma, Diabetes, smoking or alcohol.

Symptoms include Washed out Color Vision, Glare and Haloes at night, low contrast sensitivity, cloudy, double or blurred vision and poor vision in low lighting.

Dr Gupta can diagnose cataracts by examining the eyes with a slit lamp. She recommends : Don't smoke. Always wear a hat or sunglasses in the sun. Keep diabetes well controlled. Limit alcohol consumption.