

# Cataracts



Las cataratas son la principal causa de pérdida de visión entre los adultos mayores de 60 años, perjudican la visión, haciendo actividades cotidianas como conducir de noche o leer cada vez más difícil.

Es un proceso normal de envejecimiento que cambia el lente natural, clara del ojo en una estructura turbia, opaca que impide el paso de la luz a la retina. La condición puede compararse a una ventana que es helada o "nublada" con vapor. Las causas incluyen envejecimiento, esteroides, trauma, diabetes, tabaco o alcohol.

Los síntomas incluyen lavado Color visión, deslumbramiento y aros en la noche, sensibilidad de bajo contraste, visión nublada, borrosa o doble y mala visión en baja iluminación.

Dr. Gupta puede diagnosticar las cataratas mediante el examen de los ojos con lámpara de hendidura. Recomendación: no fume. Siempre use un sombrero o gafas de sol en el sol. Mantenga la diabetes bien controlada. Limitar el consumo de alcohol.

Si su pérdida de la visión no puede corregirse con gafas o contactos, ella recomienda y se refiere de la cirugía para eliminar las cataratas. El lente nublado es eliminado y reemplazado con un lente artificial. La cirugía se realiza de forma ambulatoria, es seguro y extremadamente eficaz para mejorar la visión.

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.

If your vision loss can't be corrected with glasses or contacts, she recommends and refers for surgery to remove the cataracts. The cloudy lens is removed and replaced with an artificial lens. The surgery is done on an outpatient basis, is safe and extremely effective at improving vision.

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