

Cataracts: An Overview

Cataracts are an ocular condition involving opacity of the lens of the eye. This means that the lens of the eye becomes clouded, preventing light from traveling through the lens properly. Cataracts are the most common cause of reversible blindness in the world, and they have a typical onset between the fifth to sixth decade of life.

Causes of Cataracts

There are many different causes of cataracts, including age-related factors, endocrine diseases, systemic diseases, ocular diseases, medications, trauma, and congenital causes. Most of these causes involve insult or trauma to the lens, which is a very sensitive structure.

Types of Cataracts

There are three main subtypes of cataracts: cortical cataracts, nuclear sclerosis cataracts, and posterior subcapsular cataracts. Cortical cataracts affect the cortex of the lens anteriorly, while nuclear sclerosis cataracts affect the nucleus of the lens and appear yellow to brown in color. Posterior subcapsular cataracts affect the posterior portion of the lens.

Clinical Features of Cataracts

The signs and symptoms of cataracts include vision loss, glare, and halos around lights.

Understanding Cataracts

Cataracts are a common eye condition that causes progressive vision loss in the affected eye. The vision loss is painless and gradual, and it typically affects distance more than near vision. Individuals with cataracts may experience starburst or halo patterns, especially while driving at night, and they may also have color perception changes. As the condition progresses, they may also have an increasing nearsightedness phenomenon called second sight.

Diagnosis and Treatment

Cataracts can be diagnosed through a slit lamp examination that allows the eye doctor to observe the different layers of the cataract. There are no medical treatments available for cataracts, and surgical removal is required. During the surgery, the lens capsule is cut open, and the lens is carefully removed and replaced with an artificial lens. There are different types of artificial lenses available depending on the individual's specific needs. After the surgery, follow-up care is important to monitor for any residual