

## Cataract Awareness Month :- Dr Sunil Moreker, Ophthalmologist

### Eye Health After 60: Why Cataract Screening is Important?

# Eye health after 60: Why cataract screening is important?

**Mumbai**

**V**ision problems are a common occurrence in the older population. Prevalence of cataract is more often seen in older population and can lead to significant vision loss. Regular screening can help detect the condition early and prevent complications related to maturation of the crystalline lens. Here, the experts also give some vital tips to take care of the eyes. So, what are you waiting for? Get going now, and you can thank us later!

As one ages, eyes undergo changes that impact one's vision quality. Among the most common age-related eye conditions is cataract, a clouding of the crystalline lens in the eye that develops slowly over time. While cataracts are often seen as a part of ageing, they shouldn't be ignored. Remember, regular cataract screenings after 60 can make a difference in maintaining good vision and quality of life. Early detection allows for timely management, preventing complications and unnecessary suffering. Cataract surgery, which is safe and highly effective, can restore clear vision in most cases. But the key lies in early diagnosis, which is only possible through routine eye check-ups." Dr. Nusrat Bukhari, Ophthalmologist Apollo Spectra Mumbai.



Dr Sunil Moreker, Ophthalmologist, Lilavati Hospital Mumbai Said, "In the early stages of cataract, many people may not notice any vision loss, and some may attribute minor changes in sight to ageing or lighting. However, as cataracts progress, one can experience symptoms such as blurred vision, glare or halos around lights, faded colors, frequent changes in prescription glasses, and difficulty seeing at night. Ignoring these signs can lead to a gradual decline in vision, affecting daily tasks like reading, driving,

and even recognizing faces. Cataract screening should be done as per the doctor's advice. It is a painless eye examination that can aid in detecting early lens clouding even before symptoms appear. Or The symptom of cataract where a patient starts seeing near better without glasses thinking he/she has got near sight again after years of using glasses for near second sight. But this happens in a type of cataract called nuclear cataract where the lens becomes denser and so bends light more and so near object with divergent light now

reaches retina without glasses for near. These cataracts tend to get so dense that they then become brown in colour and are called brown cataract which are difficult to remove with conventional ultrasound and laser. When vision interferes with daily activities, surgery becomes the best option. Currently, cataract surgery is quick, minimally invasive, and highly successful. Take utmost care of your eyes."

"It is necessary to take utmost care of the eyes. So, schedule annual comprehensive eye exams, even if you don't wear glasses. Wear sunglasses outdoors and manage diabetes and high blood pressure, as they can invite eye problems. Eat a well-balanced diet consisting of leafy greens, vitamin C, and omega-3s. Try to stay hydrated by drinking enough water. Make sure to report symptoms such as blurry vision or slightest intolerance to sunlight to the doctor without any delay. By taking proactive steps and prioritizing regular eye screenings, those above 60 can protect their vision and enjoy a better quality of life," Concluded Dr Bukhari.

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