

CATARACT



EDGBASTON EYE CLINIC
Safe, Efficient & Patient Centred Care

★★★★★
5 ★ RATED ON GOOGLE

Understanding Cloudy Vision, Symptoms, Assessment & Treatment

A cataract is clouding of the natural lens inside the eye, most commonly related to ageing. This can cause blurred vision, glare and reduced contrast.

Careful assessment helps determine whether your symptoms are due to cataract and whether onward referral for surgery is appropriate.



EXPERT CARE



ADVANCED TECHNOLOGY



SAFE, EFFECTIVE TREATMENTS



PERSONALISED APPROACH



SHORT WAITING TIMES & FLEXIBLE APPOINTMENTS

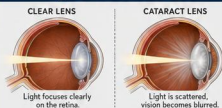
1 CAUSES & RISK FACTORS

- Ageing
- Diabetes
- Steroid use
- Previous eye inflammation or trauma
- Smoking
- Previous ocular surgery
- Family tendency in some cases



Cataracts are common and usually develop gradually.

2 WHAT HAPPENS?



- The natural lens becomes cloudy
- Light is scattered rather than focused clearly
- Vision becomes blurred, dull or hazy
- Glare and contrast loss often increase

i Cataract affects the lens, not the surface of the eye.

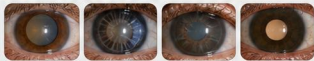
3 COMMON SYMPTOMS

- Blurred or cloudy vision
- Glare from headlights / bright lights
- Difficulty driving at night
- Reduced contrast or faded colours
- Frequent change in glasses prescription
- Double vision in one eye sometimes
- Increasing difficulty with reading or daily tasks



Sudden pain or redness is not typical of a simple cataract and should be assessed.

4 CLINICAL FINDINGS



Nuclear Cataract

Cortical Cataract

Posterior Subcapsular Cataract

Reduced Red Reflex / Lens Opacity

- Lens opacity on slit lamp examination
- Reduced visual acuity or contrast sensitivity
- Glare symptoms may be disproportionate to Snellen acuity
- Coexisting retinal or optic nerve disease may also affect vision



Examination helps confirm whether cataract is the main cause of symptoms.

5 ASSESSMENT AT EDGBASTON EYE CLINIC

- ✓ Full symptom and visual assessment
- ✓ Refraction and visual acuity assessment where indicated
- ✓ Keeler digital slit lamp examination
- ✓ Dilated retinal assessment when appropriate
- ✓ OCT imaging if needed to assess the macula / retina
- ✓ Optos Daytona ultra-widefield retinal imaging when clinically indicated
- ✓ Advice on whether cataract is visually significant
- ✓ Specialist onward referral if cataract surgery assessment is appropriate



The clinic provides cataract assessment and advice; surgery itself is not performed in clinic.

6 MANAGEMENT / TREATMENT

A Observation



- Mild cataract may only need monitoring
- Updated glasses and lighting changes may help temporarily

B Daily Living Advice



- Better lighting
- Anti-glare measures
- Sunglasses outdoors
- Caution with night driving if glare is significant

C When Cataract Becomes Significant



- Symptoms interfere with reading, driving or quality of life
- Vision is no longer satisfactory with spectacles alone

D Definitive Treatment



Cataract surgery is the definitive treatment

- A cloudy lens is removed and replaced with an intraocular lens
- Onward referral can be arranged when appropriate



Important: Edgbaston Eye Clinic assesses, advises and refers onward. Cataract surgery is not performed in this clinic.

7 WHEN TO SEEK HELP



- Worsening blurred vision affecting daily tasks
- Increasing glare, especially at night
- Difficulty reading or driving
- Rapid visual decline
- Uncertainty whether symptoms are due to cataract or another eye condition
- New flashes, floaters, pain or distortion should be assessed promptly



Seek prompt specialist eye assessment if your vision is worsening or you are concerned about cataract symptoms.

KEY POINTS



Cataracts are common and usually age-related



Symptoms often develop gradually



Assessment helps identify whether cataract is the cause



Cataract surgery is the definitive treatment when needed



Retinal assessment is important before referral



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Personalised Care. Clinical Excellence. Better Outcomes.