



Central Coast
Local Health District

Healthy Bites Episode 21 – Cataracts

Hi, I'm Dr Nick, an optometrist from Eyes by Design.

Did you know that one of the most common eye conditions that can increase the risk of falls in older adults is cataracts?

A cataract is a clouding of the natural lens in the eye that affects vision. It can cause blurry or hazy vision, difficulty seeing in dim or low-light environments, glare or halos around lights, and a yellowing of colours. You may also experience double vision in one eye or frequent changes in the prescription of your glasses.

If you notice any of these symptoms, scheduling an eye exam with an optometrist is important. Early detection and treatment of cataracts can help prevent falls and improve your overall quality of life.

Treatment options for cataracts include prescription glasses, magnifiers and surgery to replace the cloudy lens with an artificial one. Your optometrist will be able to recommend the best treatment option based on your individual needs.

Remember, if you notice signs of a cataract, don't wait to get it checked out. Early detection and treatment can help reduce the risk of falls and improve your vision.