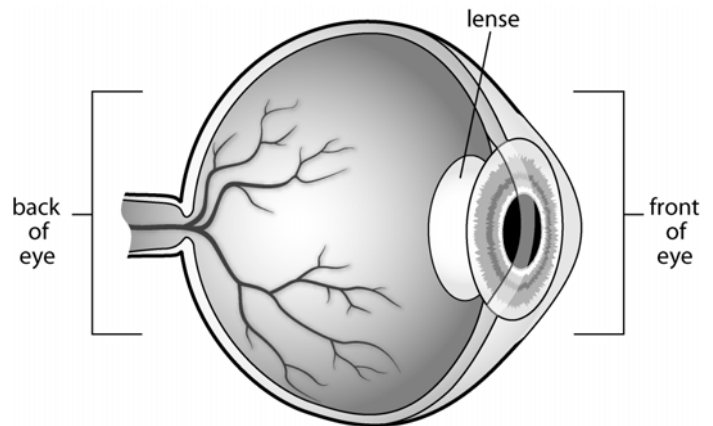


Cataract

A cataract is the clouding of the lens of the eye that makes it hard to see. Cataracts can affect one or both eyes. Cataracts are common in older people.



Risk Factors of a Cataract

The risk of a cataract increases with age. Other risk factors include:

- Some diseases such as diabetes
- Smoking
- Alcohol use
- Prolonged exposure to sunlight

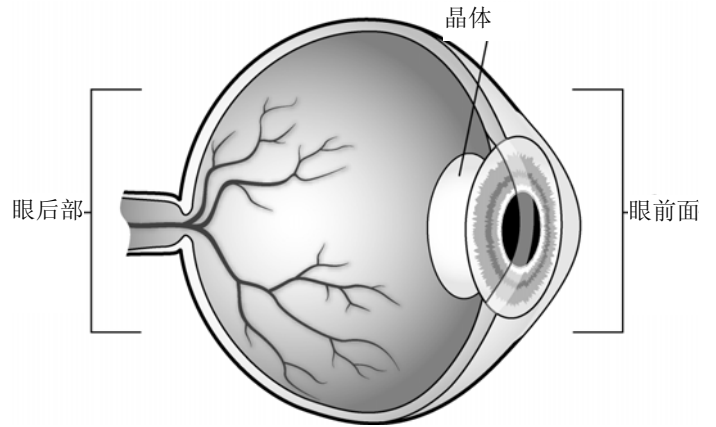
Signs of a Cataract

Signs of a cataract develop slowly over time.

- Cloudy or blurry vision
- A halo is seen around lights or lights are too bright
- Poor night vision
- Double vision
- Colors seem faded

白内障

白内障是指眼睛的晶体出现混浊，造成视力减弱。白内障可发生于单眼或双眼，是老年人的常见病。



白内障的风险因素

白内障的风险随年龄而增加。其它风险因素包括：

- 糖尿病等疾病
- 吸烟
- 饮酒
- 长期日晒

白内障的症状

白内障的症状是逐步加重的。

- 视力浑浊或模糊
- 看灯光时四周有光环，或觉得灯光过于明亮
- 夜间视力差
- 重视
- 看颜色偏淡

Your Care

See an eye doctor if you have any signs. Your doctor will do an eye exam to check for problems. If your vision problems interfere with your daily activities, your doctor may suggest surgery. Surgery removes the cloudy lens and replaces it with an artificial lens. You and your doctor will decide together if surgery is the best treatment option for you.

Your lens may cloud slowly over time, so you may not need surgery for years. Your doctor may suggest new glasses, brighter lighting, anti-glare sunglasses or magnifying lenses to improve your vision. Be sure to have regular eye exams so that you and your doctor can discuss when surgery is needed.

How to Protect Your Vision

- If you are age 60 or older, have an eye exam with dilation at least every two years.
- Eat plenty of green, leafy vegetables, fruits and other foods with antioxidants.
- Wear sunglasses and a hat to block ultraviolet sunlight.
- Manage diabetes with the help of your doctor and dietitian.
- Quit smoking.
- Limit alcohol.

Talk to your doctor or nurse if you have any questions or concerns.

护理

如果出现白内障的症状，要去看眼科医生。医生会检查眼睛是否有问题。如果视力问题影响到日常生活，医生可能会建议做手术。通过手术摘除混浊的晶体，换上人工晶体。手术是否为最佳治疗选择，要由您和医生共同决定。

晶体变混浊的速度可能很慢，因此可能多年后才需要手术。医生可能建议更换新眼镜、换用更亮的灯具、戴防眩遮阳镜或使用放大镜来改善视力。务必定期检查眼睛，以便和医生讨论何时需要手术。

如何保护视力

- 年满 60 岁后，至少每两年作一次散瞳眼睛检查。
- 多吃带叶绿色蔬菜、水果和其它含抗氧化剂的食物。
- 外出时戴遮阳镜和帽子，防止紫外光照射。
- 在医生和营养师的帮助下，妥善控制糖尿病。
- 戒烟。
- 少饮酒。

如果有任何疑问或担心，请咨询医生或护士。

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Cataract. Simplified Chinese.