

Facts & Myths About Cataract



MYTH: Only older Americans develop cataract

FACT: While cataract affects more than 22 million Americans age 40 and older, cataract can occur among young adults or children. Risk factors that may lead to getting cataract at a younger age include:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Severe long-term nearsightedness (myopia)
- Eye injuries
- Eye diseases
- Smoking

MYTH: Taking Vitamin E or Vitamin C can prevent cataract

FACT: Some research centers are studying the link between these vitamins and cataract prevention. However, it will be many years before the studies can determine if vitamin C or E actually reduces a person's risk of cataract. Until then, it's best not to take these vitamins in large doses unless they have been prescribed by your physician.

MYTH: The best time to have cataract surgery done is when it is first diagnosed.

FACT: Cataract removal is elective surgery, which means it is the patient's choice when to undergo the procedure. Most people need surgery when the cataract causes enough vision loss to interfere with work, play or other day-to-day tasks. You, your eye doctor, and family members should decide together when and if surgery is needed.



over ↘