

# Cataracts



We acknowledge Holly McLennan - Brown for the use of her artwork.

## Connect

Vision Australia  
Alice Springs

1300 84 74 66

[AliceSprings@visionaustralia.org](mailto:AliceSprings@visionaustralia.org)

To listen to this information in Pintupi Luritja or Warlpiri please click on the link below.



<https://omny.fm/shows/aboriginal-torres-strait-islander-peoples>

## What is a cataract?

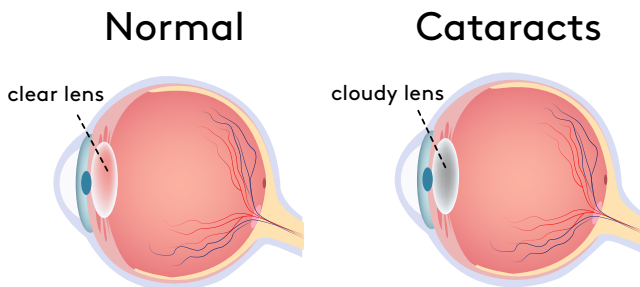
A cataract is a clouding of the eye which causes vision loss. A cataract is common in older people but can also affect younger people. Some people are born with a cataract.

If there are any concerns, see your optometrist.

## Signs of a cataract

When you find it hard or even painful to look at light, this could be a sign of cataract starting in your eye. As the cataract worsens, common signs include:

- Blurred and foggy vision.
- A circle of light around the eye.
- Double vision.
- A feeling of looking through a curtain.
- Changes in how you see colours.



## Are you at risk

Cataracts are a normal part of the ageing process. Some people are more at risk of cataracts if they have:

- a family history of cataracts
- diabetes
- smoking
- sustained an eye injury
- lots of time in the sun.



## Can cataracts be treated?

Yes, cataract surgery is very common in Australia. The cataract is removed and replaced with a fake lens called an intraocular lens. You can discuss cataract surgery with your doctor. For some people surgery is not suitable. If this is the case, you can still use special equipment to help you live independently.

## Contact Vision Australia

Vision Australia helps people who are blind or have low vision live the life they choose. Some of the ways we can help you include:

- Visual aids to improve your remaining vision.
- Advice around specialised equipment.
- Strategies to do daily tasks independently.