



Did you know, facts about Age Related Cataracts?

1. Cataracts occur when cloudy patches develop on the Lens of the eye
2. The Lens is located inside the eye and is responsible for focussing light on the back of the retina to help us see
3. The impact of cataracts on sight could be misty, cloudy or blurred vision, colours appearing faded, light being too bright, sensitivity to glare and difficulty seeing in lower light levels
4. It is a natural part of the ageing process; most people start to develop cataracts after the age of 65 but the condition can appear earlier
5. Some factors may increase the risk of cataracts developing, such as diabetes, smoking, alcohol, some medications such as steroids, or injury to the eye

6. Cataracts can be identified at a routine optician's appointment, making it important to have your eyes and eye health regularly tested
7. Cataracts can be treatable with surgery, where the Lens is replaced with an artificial Lens
8. Cataracts can occur alongside other eye conditions, which may impact on the offer of or success of surgery

Some hospital surgery waiting lists have been affected by Covid-19, resulting in some people having to manage with the impact of cataracts longer.

You can contact your local sensory team for practical advice, information and support around your sight loss and you may be eligible for a Sensory Impairment Assessment. In York, this is the Yorsensory Team, who can be contacted on 01904 202292 or emailed at enquiry@yorsensory.org.uk

If you are concerned about your eyesight please contact your optician or GP

**Information sourced from the Royal National Institute for the Blind (RNIB), the NHS and sightmatters.com (image).*