Who May Be At Higher Risk?

Cataracts become more common with age, although other factors may increase your risk.

1. **Increasing age**
   Risk rises with age, particularly after 50
2. **Sun exposure**
   Long periods outdoors in sunlight
3. **Diabetes**
   A condition linked with higher risk
4. **Smoking**
   A known cataract risk factor
5. **Steroid medicines**
   Long-term corticosteroid use
6. **Previous eye injury**
   Damage to the eye can increase risk

Cataract surgery the most common elective surgery in Australia.

An Eye Check Can Make A Difference

Many people with glaucoma notice no early symptoms. An optometrist or ophthalmologist can assess your risk and advise when you should be checked.



When to seek further advice

If your vision changes rapidly, arrange an eye assessment without delay.

Dalcross Wellness Hospital

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SCAN FOR INFO



A Guide To Cataracts

Understanding symptoms, eye checks and treatment.

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Dalcross Wellness Hospital

What Are Cataracts?

A cataract is a clouding of the natural lens inside your eye that can affect your vision. Many cataracts develop with ageing and long-term UV exposure.

How do cataracts affect vision?

Sight may become progressively blurry or cloudy. Glare can make bright light uncomfortable, while colours may appear duller or yellow-brown.

Common signs to notice

Blurry vision

Gradual, painless blurring that glasses may not resolve.

Glare and sensitivity

Bright lights or driving at night may be harder.

Colour changes

Objects may take on a yellow or brown tinge.

1 in 2 Australians have cataracts by age 70.

Looking After Your Eyes

Regular eye care and healthy habits can help protect your vision and identify when treatment may be needed.

1. **Have regular eye tests**
   An eye care professional can identify cataracts.
2. **Wear sun protection**
   Use sunglasses and a hat outdoors.
3. **Avoid smoking**
   Stopping smoking supports eye health.
4. **Review your glasses**
   A new prescription may help some people.
5. **Report sudden changes**
   Seek advice promptly if vision worsens quickly.

Cataract risk more than **doubles** with each decade after age 50.

Treatment & Next Steps

Care depends on how cataracts affect your daily life and vision. Your ophthalmologist can discuss appropriate treatment.

Updated glasses

New prescription glasses may improve vision in the earlier stages.

Cataract surgery

When needed, an ophthalmologist removes the cloudy natural lens.

Replacement lens

The cloudy lens is replaced with a clear synthetic lens.

Day surgery

Surgery is usually performed as a day procedure under local anaesthesia.

A comprehensive eye examination is recommended **every 2 years** from age 50.