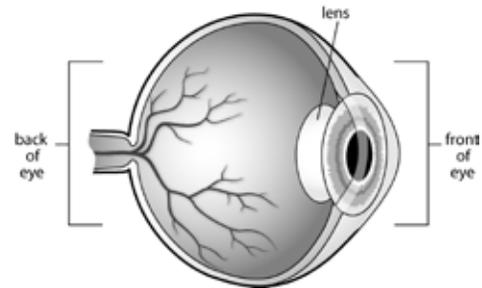# Cataract

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
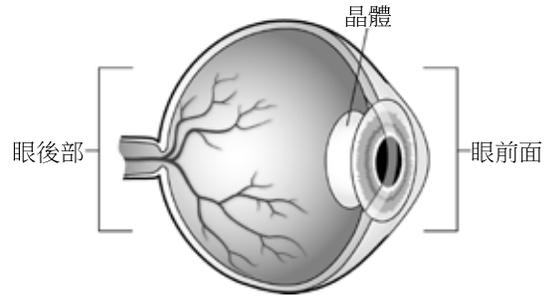- Smoking
- Alcohol use
- Prolonged exposure to sunlight

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

白內障

白內障是指眼睛的晶體出現混濁，造成視力減弱。白內障可發生於單眼或雙眼，是老年人的常見病。

晶體

眼後部

眼前面

白內障的風險因素

白內障的風險隨年齡增加而增加。其他風險因素包括：

- 疾病，如糖尿病

- 吸菸

- 飲酒

- 長時間日曬

白內障的症狀

白內障的症狀是逐步發展的。

- 視力渾濁或模糊

- 看燈光時四周有光環，或覺得燈光太亮

- 夜間視力差

- 重視

- 顏色顯得變淡

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. During surgery, the cloudy lens is removed and replaced 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.

護理

如果出現白內障的症狀，要看眼科醫生。醫生會檢查眼睛是否有問題。如果視力問題影響到日常生活，醫生可能會建議做手術。在手術中，會摘除混濁的晶體並換上人工晶體。手術是否為最佳治療選擇要由您和醫生共同決定。

晶體可能會變混濁但速度很慢，因此多年後才可能需要再次手術。醫生可能建議換新眼鏡、用更亮的燈、戴太陽鏡或用放大鏡來改善視力。務必定期檢查眼睛，以便和醫生討論何時需要手術。

如何保護視力

- 如果您已經年滿60歲，至少每兩年作一次散瞳眼睛檢查。
- 多吃綠色、帶葉蔬菜、水果和其他含抗氧化物的食物。
- 外出時戴太陽鏡和帽子來遮擋紫外線。
- 在醫生和營養師的幫助下，控制糖尿病。
- 戒菸。
- 少飲酒。

如果有任何疑問或擔心，請諮詢醫生或護士。

Cataract. Traditional Chinese.