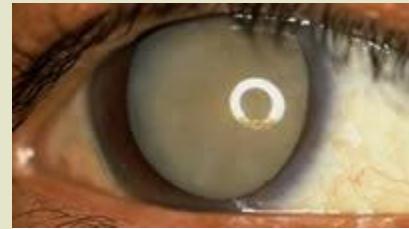


## Understanding Cataracts: What is a Cataract?

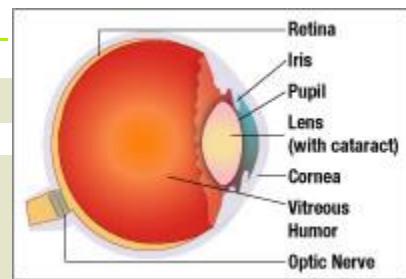
A cataract is a clouding of the eye's natural focusing lens, which is located behind the iris of the eye. Cataracts are usually associated with the normal aging process and are the leading cause of vision loss among adults over 55. Eye injuries and certain medications and diseases can also cause cataracts.



When the lens of the eye is clear, it permits light to pass clearly to the retina at the back of the eye, producing clean, crisp images. As a cataract develops, however, two things happen. The cataract becomes denser and progressively clouds the lens, resulting in less light reaching the retina. Additionally, the light that does reach the retina is scattered and blurred, causing a gradual impairment of vision. Consequently, people with cataracts see images less crisply and vividly, and colors may be subdued. The condition can be compared to a window that is fogged over with steam (see imageI) or darkened over by soot.

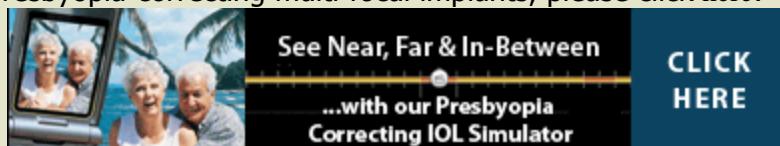
## Common Symptoms of Cataract Patients:

- Blurry vision
- Poor near vision
- Double vision in one eye
- Glare or sensitivity to light
- Declining night vision
- Fading of colors



The general treatment for cataracts is cataract surgery, one of the safest and most effective surgical procedures available today, particularly when performed by skilled surgeons such as Dr. Koster. For more information on cataract surgery, click [here](#).

To see a simulation of the difference in vision after cataract surgery when mono-focals implants are used versus presbyopia-correcting multi-focal implants, please click [here](#):



### Benefits of Cataract Surgery

#### Cataract Surgery Reduces Risk of Hip Fractures

There are many benefits to cataract surgery beyond the obvious improvement to vision. For example, a recent study published in the Journal of American Medical Association (JAMA)\* showed that the risk of hip fractures was significantly reduced in patients who had cataract surgery as compared to patients who did not undergo such surgery. This study adds to other

research that indicates that cataract surgery, a relatively safe outpatient procedure with high rates of success, may enhance the quality of life for the elderly.

The study tracked hip fracture incidence in a random sample of 1,113,640 US Medicare patients 65 years or older who had a diagnosis of cataracts between 2002 and 2009. The study compared the incidence of hip fractures in the 410,809 patients who had cataract surgery against patients who did not have cataract surgery. The study concluded that patients who had cataract surgery had a **16% decrease** in their odds of developing hip fractures within 1 year of surgery compared to patients who had not undergone cataract surgery.

The benefits of cataract surgery were most pronounced with older patients, and those who were very ill. Patients aged 80 to 84 experienced the largest benefit with 28% fewer hip fractures, and those who had other illnesses and/or chronic conditions were 26 to 28% less likely to have a hip fracture than equally situated patients.