



NORTHERN MINNESOTA EYE CARE

ASK THE OPTOMETRIST

What is a Cataract?

A cataract is a cloudy or opaque area in the normally clear lens of the eye. The lens is located inside the eye behind the iris, the colored part of the eye. The lens focuses light on the back of the eye, the retina. The lens is made of mostly proteins and water. Clouding of the lens occurs due to changes in the proteins and lens fibers. The lens is composed of layers like an onion. The outermost is the capsule. The layer inside the capsule is the cortex, and the innermost layer is the nucleus. A cataract may develop in any of these areas.

Depending upon its size and location, a cataract can interfere with normal vision. Most cataracts develop in people over age 55, but they occasionally occur in infants and young children. Usually cataracts develop in both eyes, but one may be worse than the other.

Cataracts generally form very slowly. Signs and symptoms of a cataract may include:

- Blurred, hazy, or vision
- Reduced intensity of colors
- Increased sensitivity to glare from lights, particularly when driving at night
- Increased difficulty seeing at night
- Change in the eye's refractive error

Northern Minnesota Eye Care is now co-managing cataract eye care with Dr. Weis, board certified ophthalmologist. Make an appointment today with an optometrist at Northern Minnesota Eye Care for a cataract evaluation.

**Appointments available Monday, Wednesday, Friday from 9:00 - 4:00
Thursday from 9:00 - 6:00**

Walk-ins also available. Most insurances are accepted.

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