RNIB

See differently

Cataracts

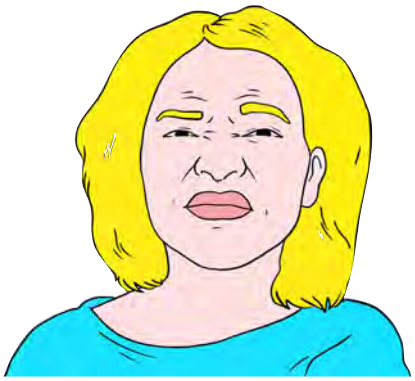
Easy Read







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About this easy read booklet

This easy read booklet is about cataracts.

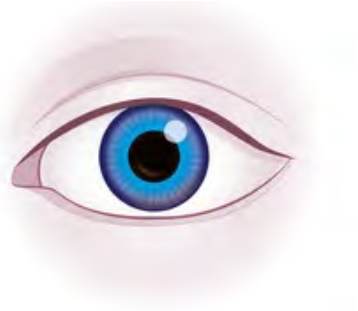
You can learn about:

- What cataracts are.
- How you know if you have cataracts.
- What you might notice if you have cataracts.
- How cataracts are treated.

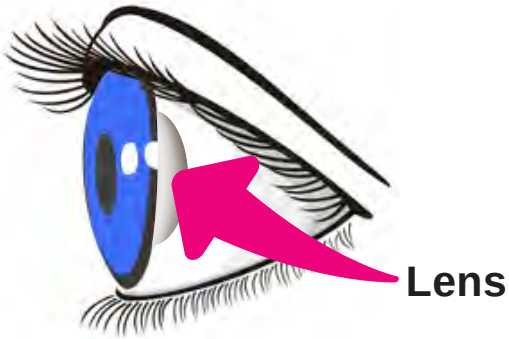
What are cataracts?



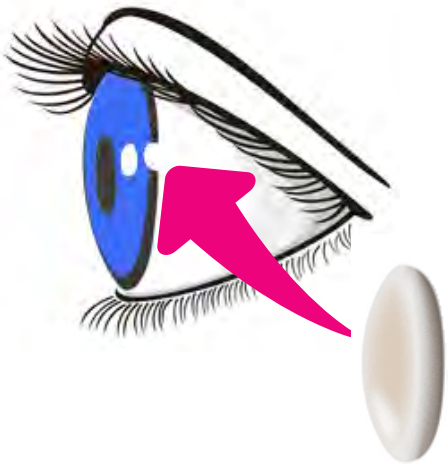
Cataracts are an eye problem that can make it harder to see.



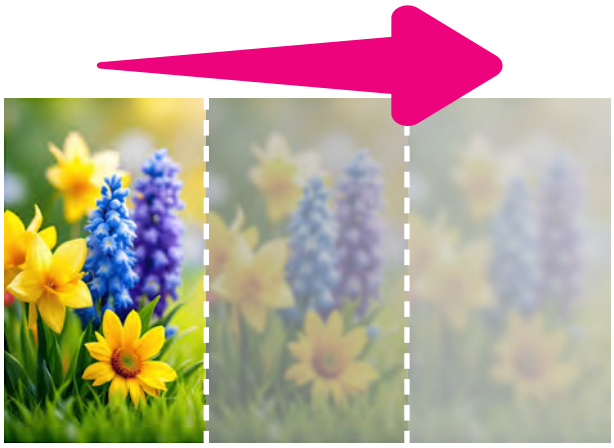
We have a lens inside our eyes. The lens is normally clear. It helps us see things clearly.



A cataract is when the lens in your eye gets cloudy.



Your eye will look the same as usual and other people will not be able to tell you have cataracts.



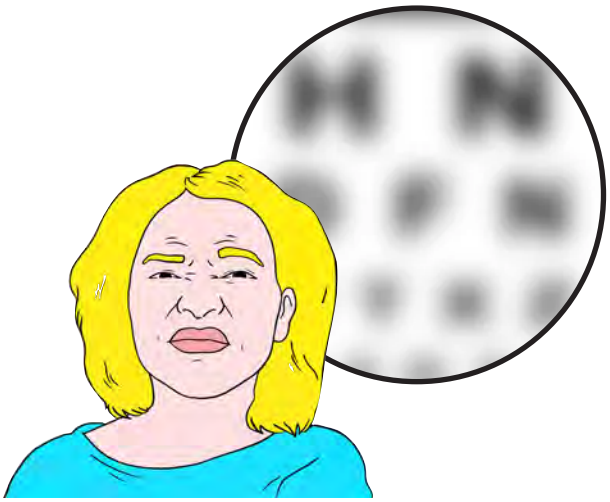
Cataracts will get worse very slowly over time but they can be treated.



Most cataracts form as we get older but they can develop at any age. Sometimes the medicines you take, your health or accidents can cause them.



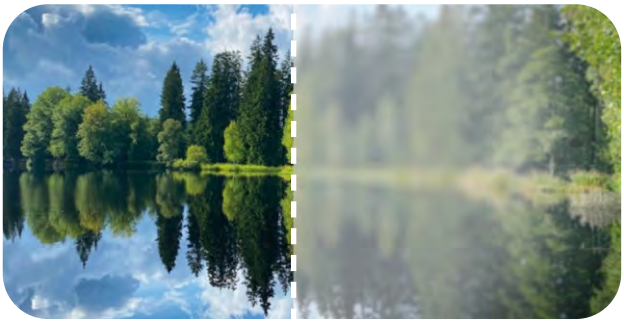
Symptoms of cataracts



Symptoms are signs that your body gives you that something is not quite right.



You might not notice any changes in your sight at first.



Clear lens | **Cataracts**

Cataracts can make your sight misty and blurred.



Cataracts can make bright light uncomfortable. They can make colours harder to see. You might find it harder to see things without good light.



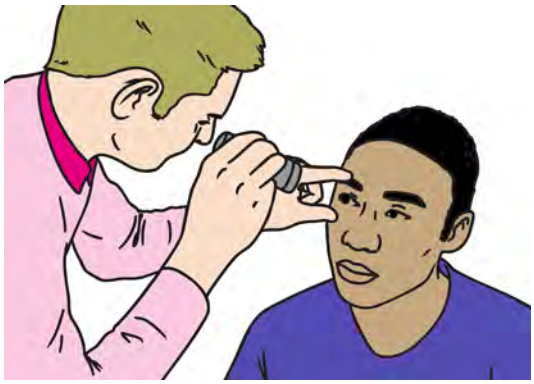
If you have cataracts, you might:

- Feel like your glasses are dirty even when they are clean.
- Notice your sight feels misty and blurry.
- Find that bright lights hurt your eyes, like sunlight or car headlights.
- Find that colours look less bright.

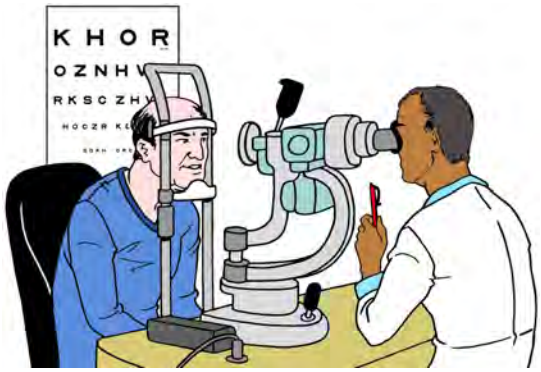




Clear lens | Cataracts



An **optician** (person who tests your eyes) can spot cataracts when you have an eye test.



An eye test is a health check for your eyes.



Treatment for cataracts



There are no medicines that can make cataracts better.



When the cataract is making your vision too blurred your optician can arrange for you to see an eye doctor.



The eye doctor can treat your cataract with a small operation. The eye doctor will take the old lens out of your eye and put in a new clear lens. This will help you to see more clearly.



It is your choice if you have the operation. The eye doctor will explain and help you decide what would be best for you.







If you can still see well then you do not need to do anything about your cataracts. Keeping your glasses up to date, using sunglasses in the sunshine and having good lighting indoors can help you see better.



You can find out more about treatment for cataracts in our easy read booklet.

Looking after your eyes



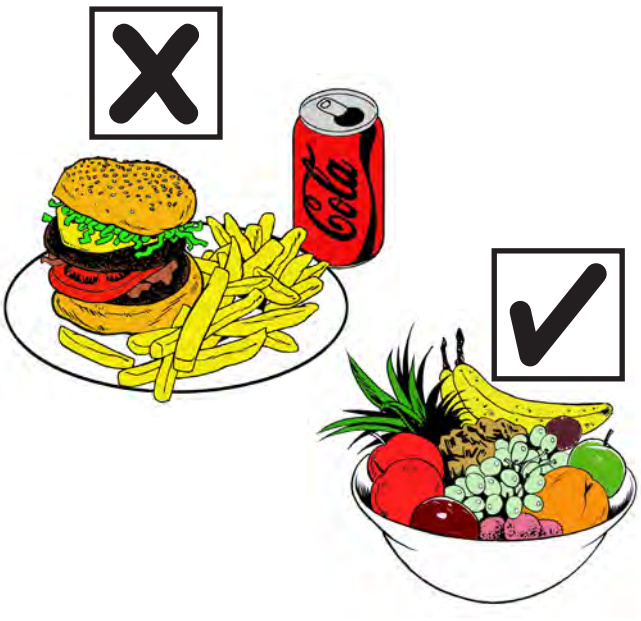
Getting cataracts is, for most people, a normal change but there are some things you can do to keep your eyes healthy for longer.



It is important that you see an optician if you are not able to see as well as you do normally.



Wearing sunglasses outdoors can keep your eyes healthy.



Eating a healthy diet can also help.



It is important not to smoke.



What to do if you need more help

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This booklet is from Royal National Institute of Blind People (RNIB).



RNIB is a charity that helps anyone who is worried about their eyes.



You can call the RNIB Helpline for help and advice about your eyes.

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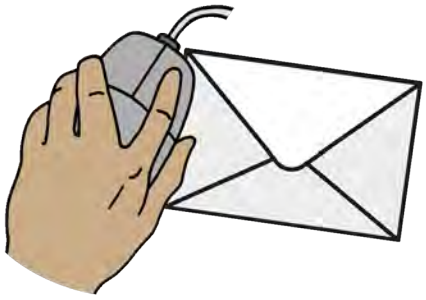
Call the RNIB Helpline on 0303 123 9999.

We are open:

Monday to Friday,
9am to 6pm



You can also say, “Alexa, call RNIB Helpline” if you have an Alexa.



You can also get help from RNIB by email. Email **helpline@rnib.org.uk**



RNIB website

Visit **rnib.org.uk** for more information about your eyes.

This Easy Read document was designed by
Royal National Institute of Blind People (RNIB)

www.rnib.org.uk

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The ROYAL COLLEGE of OPHTHALMOLOGISTS

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