CATARACT
A CLOUDING OF THE LENS IN THE EYE THAT AFFECTS VISION.

PREVALENCE DATA

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
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<tbody>
<tr>
<td>2010</td>
<td>24 million</td>
</tr>
<tr>
<td>2030</td>
<td>38 million</td>
</tr>
<tr>
<td>2050</td>
<td>50 million</td>
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RISK FACTORS

AGING.
60% of people with cataracts are over the age of 70.

CERTAIN DISEASES.
Having conditions like diabetes increases risk.

PERSONAL BEHAVIOR.
Cataracts are linked to smoking and alcohol use.

THE ENVIRONMENT.
Prolonged exposure to sunlight increases risk.

COMMON SYMPTOMS

- Cloudy or blurry vision
- Poor night vision
- Colors seem faded
- Frequent prescription changes in your eyeglasses or contact lenses
- Problems with glare

PROTECT YOUR VISION

- GET AN EYE EXAM at least once every year, if you are age 60 or older.
- WEAR SUNGLASSES AND A HAT with a brim to block ultraviolet sunlight.
- AVOID SMOKING
- EAT A HEALTHY DIET that includes green leafy veggies, fruits, and fish.

For more information: www.nei.nih.gov/health/cataract