

Tishk International University  
Faculty of Nursing  
Nursing Department



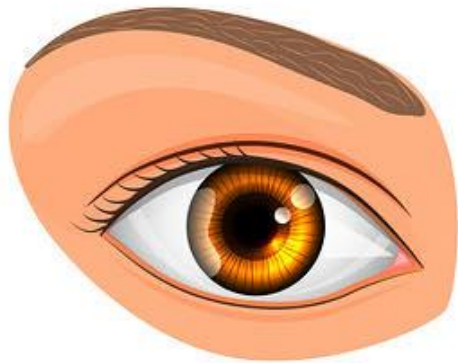
Adult Nursing II

# Cataract

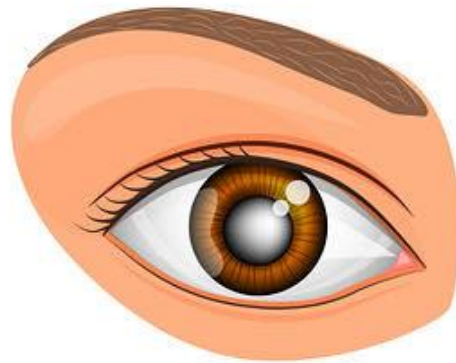
Second grade – Spring Semester 2019-2020

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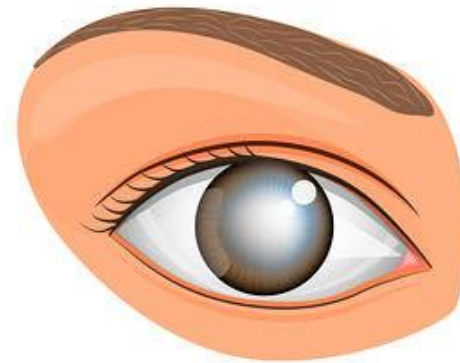
# GLAUCOMA CATARACT



healthy eyes



glaucoma



cataract

# Cataract



- A clouding or loss of transparency of the lens in the eye as a result of tissue breakdown and protein clumping.
- Cataracts affect most people who live into an old age.



# Types of Cataract

There are different types of cataracts. They're classified based on where and how they develop in eye:

1. Nuclear cataract
2. Cortical cataract
3. Posterior capsular cataract
4. Radiation cataract
5. Congenital cataract
6. Secondary cataract
7. Traumatic cataract



# Causes of Cataract

1. Diabetes
2. Smoking
3. Excess alcohol use
4. Eye Injury
5. Prolonged use of corticosteroids
6. Prolonged exposure to sunlight or radiation
7. Trauma

# Symptoms of Cataract



Common symptoms of cataracts include:

1. Blurry vision
2. Trouble seeing at night
3. Seeing colors as faded
4. Increased sensitivity to glare
5. Halos surrounding lights
6. Double vision in the affected eye
7. A need for frequent changes in prescription glasses

# Risk Factors of Cataract



Risk factors associated with cataracts include:

1. Older age
2. Heavy alcohol use
3. Smoking
4. Obesity
5. High blood pressure
6. High myopia
7. Previous eye injuries
8. Family history of cataracts
9. Too much sun exposure
10. Diabetes
11. Exposure to radiation from X-rays and cancer treatments

# Diagnosis of Cataract



- Most cataracts can be diagnosed with an eye exam with a slit lamp microscope to look for problems with the lens and other parts of the eye.
- The pupils are dilated to better examine the back of the eye, where the retina and optic nerve lie.



# Prevention of Cataract



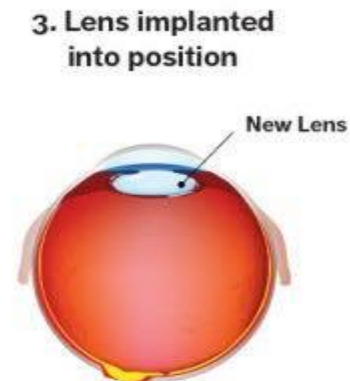
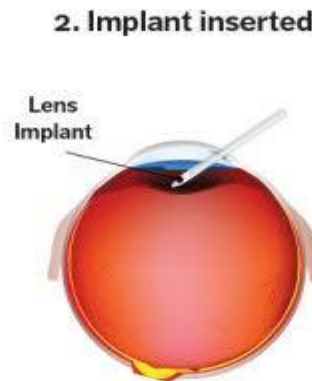
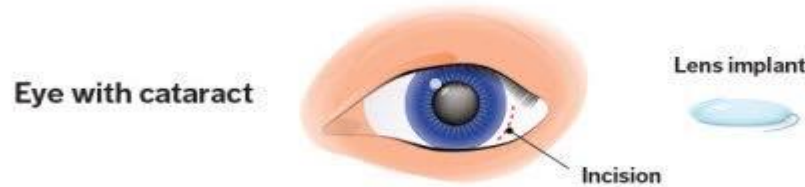
To reduce the risk of developing cataracts you may need to:

- Protect the eyes from UVB rays by wearing sunglasses outside
- Have regular eye exams
- Stop smoking
- Eat fruits and vegetables that contain antioxidants
- Maintain a healthy weight
- Keep diabetes and other medical conditions in check

# Treatment of Cataract

- When prescription glasses can't clear vision, the only effective treatment for cataracts is

S \_\_\_\_\_ Cataract Surgery \_\_\_\_\_





# References

1. <https://www.healthline.com/health/cataract#diagnosis>
2. [https://factly.com/ailments/eyes/10-signs-of-cataracts/?style=quick&utm\\_source=adwords&adid=405868319442&utm\\_medium=c-search&utm\\_term=&utm\\_campaign=f-h-INT-dynamic-adsdesktop&gclid=CjwKCAiA4Y7yBRB8EiwADV1hafQwz0eMh0h9jTyD76tWDQ7FD-cnG1whWoVz9P0ubmXluJN93KjIPhoCtD4QAvD BwE](https://factly.com/ailments/eyes/10-signs-of-cataracts/?style=quick&utm_source=adwords&adid=405868319442&utm_medium=c-search&utm_term=&utm_campaign=f-h-INT-dynamic-adsdesktop&gclid=CjwKCAiA4Y7yBRB8EiwADV1hafQwz0eMh0h9jTyD76tWDQ7FD-cnG1whWoVz9P0ubmXluJN93KjIPhoCtD4QAvD BwE)
3. <https://www.mayoclinic.org/diseases-conditions/cataracts/diagnosis-treatment/drc-20353795>



THANK YOU FOR  
YOUR LISTENING

DO YOU HAVE  
ANY QUESTIONS?