

Fighting blindness and cataracts in India Cataracts are the leading cause of blindness in India. Causes of cataracts * Ultraviolet radiation from sunlight and other sources * diabetic * Hypertension * Obesity * Smoking * Malnutrition * Genetic history * Advancement with age Cataract symptoms * Light from the sun or lamp appears too bright or glowing. Congenital cataract Cortical cataracts Ways to reduce risk factors for cataracts include: * Wear sunglasses during the day to reduce exposure of the eyes to the sun's ultraviolet rays. It blurs the image on the retina, producing a visual effect similar to looking through a frosted or steamy window. Most cases of cataracts occur as a result of aging, Cataracts are the most common cause of vision loss worldwide, but they are treatable. Cataracts form when protein collects in the lens of the eye. * Controlling comorbid conditions such as diabetes and high blood pressure and reducing their effects. Cataracts are the opacity of the lens of the eye. * You feel that your eyes have become more sensitive to light * Increasing difficulty seeing at night or in poor lighting. * Blurry, cloudy or weak vision Types of cataracts Nuclear cataracts are the most common. In addition, another 10 million people in India suffer from poor vision due to untreated cataracts. * Eat healthy food and exercise .regularly. * Quit Smoking