

Cataracts

Let's talk
about it!

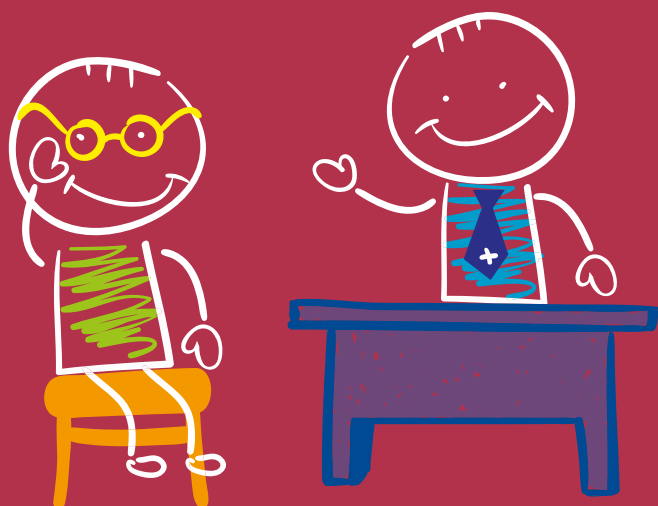
The doctor has said that you have cataracts. So, read this leaflet to find out what you can do. Then talk about it more with your doctor.

With cataracts, there are two main treatments. They are visual aids or you may be offered a cataract operation. A cataract operation is not suitable for everyone so may not be an option for you. Your doctor will talk about it with you.

Think about what you need, what you enjoy doing and how you live.

Turn over to find out more.

You can also use a **Patient Decision Aid** to work out what's best for you. Go to: sdm.rightcare.nhs.uk/pda



What to talk about with your doctor

Below are some questions you might want to ask about the different treatments you can try.

Questions	Visual aids	A cataract operation
What is the treatment?	<p>Visual aids help you see better, or make the most of your vision, without treating the cataract.</p> <p>These aids could be prescription glasses or magnifying lenses to help you see up close.</p>	<p>An operation will try and remove the cataract. It will try to remove your cloudy lens, and replace it with a man-made lens.</p> <p>Remember! This operation may not be suitable for everyone. An operation is usually for people who have tried other treatments first.</p>
How will this help me?	<p>Glasses and other visual aids may help you to see better in the short term but your cataract may continue to get worse, which would mean your eyesight gets worse over time.</p>	<p>Most people who have a cataract operation can see much better afterwards. This man-made lens should last you for years.</p>
What else might happen?	<p>If you have a cataract it may mean you can't see well enough to do everyday tasks such as reading, working and driving.</p> <p>Visual aids may help in the short term. Using visual aids may help you have vision good enough to drive.</p>	<p>People who have an operation are likely to have fewer problems doing everyday tasks and have fewer falls.</p> <p>Around 92 in 100 people find their vision good enough to drive three months after a cataract operation.</p>
How will it affect my life?	<p>If visual aids help you to see better then it's likely they will have a positive effect on your life.</p>	<p>People who have an operation say they are better able to look after themselves, get around more easily, and feel better about their lives.</p>
Are there any risks or side effects?	<p>No but some people find it difficult to adapt to using visual aids.</p>	<p>About one in 10 people have complications during this operation. One in 1,000 people found that their sight was worse after an operation. There is also a risk of blindness.</p>

To take a look at the Patient Decision Aids go to sdm.rightcare.nhs.uk/pda