

Understanding Cataracts

If you've reached your 60s, you have probably begun to feel some of the effects of aging on your vision. Most of us are not seeing as well as we once did, and cataracts may be a factor. In fact, for those over the age of 40, cataracts are one of the most common reasons for poor eyesight. Cataracts are the most common cause of reversible vision loss in the United States. In developing countries, where cataract surgery is often unavailable, cataracts are the leading cause of blindness.

Most cataracts occur as a result of aging. These cataracts often begin in one's 40s or 50s, but they may not affect vision until after age 60. According to the

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