

Answers to the Cataract Eye-Q Quiz:

1. Developing cataracts isn't a natural process of aging.

False. It is a natural process. With age, our eye's lens slowly becomes less flexible, less transparent, and thicker. Protein builds up on the lens which makes it cloudy.

2. If you have diabetes, your cataract risk is increased.

True. Other risks include family history of cataracts, extensive exposure to sunlight, smoking, obesity, high blood pressure, and long-term use of steroid medications.

3. Infants and children can develop cataracts.

True. Called "congenital" or "developmental cataracts," they may be hereditary or they can be associated with some birth defects. Some occur without any obvious cause.

4. A halo around lights may be a symptom of cataracts.

True. Symptoms can also include cloudy, blurry or dim vision, more difficulties seeing at night or in low light, and sensitivity to light and glare.

5. Cataracts are reversible.

False. The lens naturally clouds as it ages. This process is unavoidable. However, its progress can be slowed by quitting smoking, eating a balanced diet and wearing sunglasses with 100% UVA and UVB protection.

6. Special eye drops can be used to dissolve cataracts.

False. Surgery is the only way to remove cataracts.

7. Cataract surgery is the most frequently performed operation in the U.S.

True. More than 3 million cataracts surgeries are performed in the U.S. each year.

8. Cataract surgery is dangerous, and recovery takes months.

False. Cataract surgery is one of the safest and most highly advanced surgical procedures, with a very high success rate. Our doctors perform cataract surgery at [Piedmont Eye Surgery Center](#), a facility that scores best-in-class for low complication rates and patient satisfaction. As with any surgery, risks do exist and should be discussed with your doctor. Generally, normal activities may be resumed shortly after surgery. Cataract patients usually notice rapid visual improvement, and many patients describe the surgery as the gentlest medical procedure they have undergone. **Learn more about surgery options [here](#).**