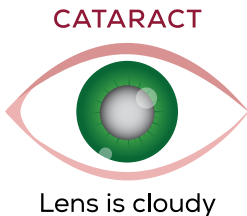
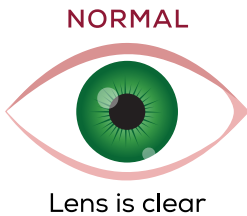


Life in Focus:

An interactive guide to cataracts

What is a cataract?¹

A cataract is clouding of the eye’s lens that leads to blurry vision, faded color, and halos around lights, caused by protein breakdown over time.



Risk factors include:



Aging



Eye injury



Diabetes



Family history



Taking certain medications



High blood pressure and heart disease



Prolonged sun exposure



LEADING CAUSE

Cataracts are the leading cause of blindness in the U.S. and worldwide.



NEARLY

1 in 5 people

aged 65 to 74 have cataracts that affect their vision.¹



NOT ALWAYS BOTH

Cataracts can occur in one or both eyes.

Treatment²

Simple daily adjustments can help with early stages:

- Using brighter lights
- Lens magnification
- Keep prescriptions current
- Wearing sunglasses

If your cataracts progress, your eye doctor may suggest surgery.



Symptoms



Blurry or cloudy vision



Light glares or halos



Dull or faded colors



Double vision in one eye

Make your vision a priority! Early detection is key.

Be sure to schedule regular eye exams with your eye doctor.



TAKE A LOOK! A NEW PERSPECTIVE ON SIGHT.

Try on the glasses included in this kit to see how the world looks for someone who has cataracts.



Scan to learn more

SOURCES:
1. Nasehi, Lee; Cataracts: What You Know Can Save Your Vision; National Council on Aging; ncoa.org; May 1, 2026.
2. Cataracts; The Mayo Clinic; mayoclinic.org; March 16, 2026.

Sharp Eyes Challenge

Cataract Word Search

Test your vision knowledge by finding all the hidden words listed down below.
Don't forget to look up, down, across and diagonal.

N F Z D P C K A J S B I M P U K G E Q R G F U T
S M P B Y G U R D C T L V C Y Y R E M N S D U V
G Q G V C B M X X H H W U J N O I T I R T U N O
S U C O F E W P N S C W O R Q H U N C A U R K L
T N U F Q D C G B F S E T C R F A I T W C R J D
F B V I K A O D Q G G S U N N Y P Z L I X N Y W
Q G F Y T E R G C N P R O T E C T I O N P O L O
G J L M E C M L I D T U U P V M V C T Y K I S T
Q F A J R P O N M F X U P P X U T B T P E T C C
Z B B O L U E P L W E T R T C D J A I N G P O W
S K Q H D E T D I W C A T A R A C T E G L I U P
G D T Y R L H B G P M V O Z M U P J B R F R X L
N C C C J L I B H K A L X A Z S B A J C T C F Q
R O S Q W R H M T S E S S A L G N U S G D S P Z
Q A I Z C A O S I C S H B U N I P Z H K O E V V
E O X S L H F T N Q Q M K S H F H X Z V L R U H
B D L O I A A N G F R G U D H Z V A L P B P H M
U P S E G V W B W C Q R F K I J G G P M Z D M Q
E U T K G E N T B Y G T G S E T E B A I D W G N
J D S N E L U J H E J H F D J V S D G N I G A G
I M N P A Q M V R Y M Z S G Z B D F A O O H N U
C V C G R A K Y H U E M J T S M M S E Y E F M V
R E O G H P S R N P E N V D Q W T P Z W U G I J
R I S U S F A B W Q S E S S A L G E Y E M L I U

- ☐ Cataract
- ☐ Lens
- ☐ Eyeglasses
- ☐ Lighting
- ☐ Cloudy
- ☐ Vision
- ☐ Sunglasses
- ☐ Nutrition
- ☐ Blurry
- ☐ Aging
- ☐ Protection
- ☐ Screening
- ☐ Halos
- ☐ Focus
- ☐ Prescription
- ☐ Eyes
- ☐ Surgery
- ☐ Treatment
- ☐ Diabetes

This information is brought to you in partnership with

