

# The Quick Summary

You have a cataract. You will not achieve your best possible vision unless you have the cataract removed. This is done with cataract surgery, one of the most common and safe surgeries in the world.

## Cataract

You have a cataract, and Dr. Shalwala thinks it might be time to take it out. A cataract is a cloudy lens inside the eyeball, and the lens of the eyeball is a part of everyone's eye. Even though the lens is inside the eyeball, it grows throughout life. Since the lens is inside the eye, it doesn't have much room to expand into, so while it does get a little bigger throughout life, the main change that occurs is that the lens becomes denser and denser.



The lens getting denser is a very slow process that occurs over decades. The first change that occurs as the lens gets denser is that it stops being as flexible as it is in youth, which starts to be noticeable around age 40. Once the lens becomes less flexible, it cannot focus at different distances. Someone who is used to being able to see far away and then quickly glancing down at a piece of paper to read it will no longer be able to do so. This is often corrected with reading glasses or bifocals. The loss of lens flexibility is a gradual process also, with basically complete inflexibility developing around age 65-70.

As complete inflexibility starts to set in, the lens becomes so dense that it becomes cloudy and eventually hard to see through. This is what has happened to your lens, which is why we call it a visually significant cataract.

We never *force* anyone to have cataract surgery. Someone like you, with a visually significant cataract can have cataract surgery, but you don't have to unless you want to. Dr. Shalwala prefers to do surgery on people who feel that their vision is really bothering them so that they might say, "I have to have something done." We think you are at that point.

***Visit the website below for more information or contact us today!***

<http://ajayshalwalamd.com/>