

Keep Your Sight

Get your eyes checked

Contact

Phone

Email

Who can assist you?

- Aboriginal Community Controlled Health Service
- Aboriginal Health Worker
- Optometrist
- Diabetes worker
- Doctor

You are eligible for:

- low-cost, subsidised glasses if needed
- a Medicare rebate for most optometry services.

Just ask!

For more information visit
www.vaccho.org.au/wd/eh



Artwork: Lyn Briggs 1998



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Cloudy vision?

Cataract



What is cloudy vision?

(Cataract)

Cataracts are a leading cause of vision loss in Australia that can be easily fixed.

Cataract is the clouding of the lens inside the eye which may lead to poor vision.

Most cataracts form as a result of ageing and long-term exposure to the sun.

What are the symptoms?

- You may notice a slow and painless clouding of vision that may not improve with prescription glasses.
- Your vision may be cloudy, lights seem glary and might be uncomfortable. This could affect your ability to drive at night.
- Colours may seem different. Objects may appear dull or have a yellow or brown tinge.

Who is at risk?

- People aged over 40.
- The older you are the more likely you will have a cataract.
- People who have diabetes, smokers and those who have used some types of medication for long periods.
- People who spend lots of time in the sun, outside or out on Country.
- People who have had an eye injury.



This image shows an example of how cataracts may affect vision.

What can be done?

- **Have regular eye checks** with an eye health professional (optometrist or ophthalmologist).
- Quit smoking.
- Wear sunglasses and a hat when outdoors to protect your eyes from the sun.

Eye checks are essential to see if you have a cataract.

Cataracts are easily fixed. If you think you have cloudy vision have a yarn with your eye health professional to get them sorted.