

## Are You Experiencing Symptoms of Cataracts?

For Immediate Release

Contact: Daniel L Mason, OD at (619) 267-9900

Cataracts are the leading cause of blindness in people 55 and older and Dr. Daniel L. Mason, Therapeutic Optometrist, encourages everyone to be aware of the symptoms of cataracts, for the sake of their vision or for someone they know,

“A cataract is a clouding of the lens of the eye,” Dr. Daniel Mason explained, “and they tend to ‘grow’ gradually, so changes in vision may not be noticeable at first”. Symptoms of cataracts may include:

- “Cloudy” vision
- Sensitivity to bright sunlight
- “Halos” appear around headlights at night
- Colors appear faded

The most common cataracts are age-related, according to Dr. Daniel Mason, “By age 80, almost half the population either has a cataract or has had a cataract surgically removed.”

Cataract surgery is one of the most common forms of surgery, Dr. Mason said. But surgery is not the first option for anyone with a cataract.

“We can manage some of the symptoms of cataracts in the early stages with sunglasses or eyeglasses with anti-reflective lenses,” Dr. Mason said. “But when the cataract interferes with daily activities such as reading or driving, it’s time to consider surgery.”

“As with any eye disease, early detection and treatment are the keys to successful management of cataracts.” Dr. Mason said. And the first step is a comprehensive eye examination annually, especially for persons over 60 years of age,

Dr. Mason owns and practices at Bonita Point Family Optometry located at 180 Otay Lakes Rd., Suite 201 in Bonita, CA. and is a member of Vision Source, the nation’s number one network of private practice optometrists. Founded in 1991, The Vision Source network includes more than 2,300 offices in North America.

###