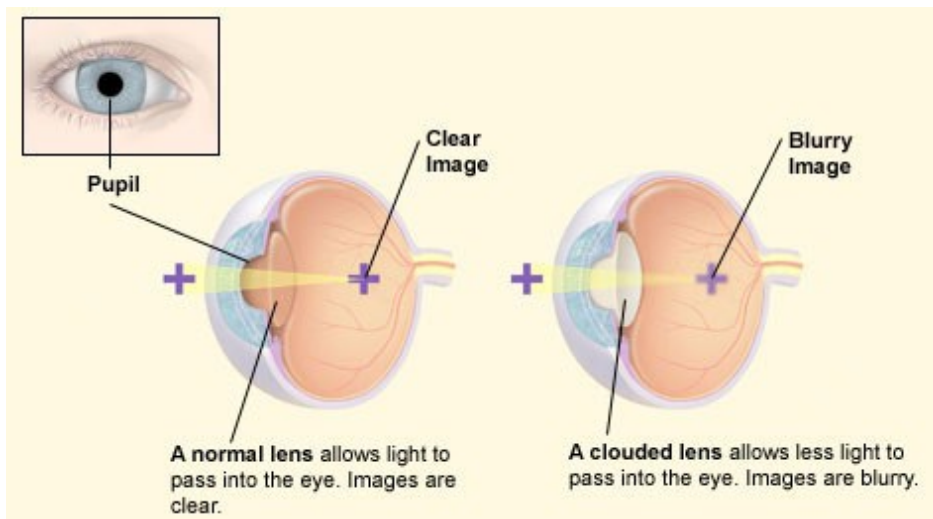


What Are Cataracts?

A cataract is a clouding of the lens in the eye. The normally clear lens lets light enter the eye. As it becomes cloudy, less light enters and vision becomes blurry. Cataracts are common with age and can occur in one or both eyes. The clouding of the lens usually happens slowly over time. But it can happen quickly.



What Causes Cataracts?

Cataracts may be caused by many things, including the following:

- Aging
- Diabetes or other eye diseases
- Past eye infections, injuries, or surgery
- Some medicines (such as steroids)
- Too much ultraviolet (UV) light, especially from sunlight
- Cataracts can also run in families

What Are the Symptoms?

Cataracts are not painful. But you may notice these symptoms:

- Blurry vision
- Details are hard to see
- Glare when driving or reading
- More light is needed to read
- Some colors seem dull
- Your prescription for glasses keeps changing

When should you see your eye doctor?

Regular eye exams help your doctor see if cataracts are affecting your vision. Have exams as often as your doctor suggests. But if your vision suddenly gets worse, see your doctor right away. It could be an eye problem that needs prompt care. During your eye exams, you can discuss whether surgery is needed for cataracts.

When Is Surgery Needed?

Since cataracts develop slowly, you may not need surgery right away. Your doctor may ask you to get

new eyeglasses. You may need to use more light for detailed tasks like reading or sewing. But if cataracts limit your activities—such as driving, reading, or watching your favorite sports event—your doctor may suggest surgery.

Cataract Surgery

Surgery is the only way to remove a cataract and restore clear vision. It is usually done in an outpatient surgery center. During surgery, the clouded lens is removed. It is replaced by a clear artificial lens. Lasers are not currently used to remove cataracts.

Simple Summer Stretching Exercises

Chest Press

Wrap the band around something stable behind you and hold handles in both hands, tubing running along the inside of the arms (under the armpits), palms facing each other. Squeeze chest and press arms out in front of you.
Return to start and repeat.



One-Armed Reverse Fly

With front foot standing on one end of the band, hold other end in one hand and lean over, abs in, torso at 45 degrees. Keeping elbow slight bent and in fixed position, raise arm out to shoulder level, squeezing shoulder blades



Overhead Press

Place both feet on tube and grasp handles, bringing hands up just over shoulders with elbows bent and palms in. Press arms up over head and then lower.



Bicep Curl

Place both feet on tube and grasp handles (the wider the feet, the harder the exercise). Bend the elbows and curl hands up towards shoulder. Lower and repeat.



Low Fat Chicken Caesar Salad

Ingredients:

- 1 large head of romaine lettuce, torn
- 2 cups chopped, cooked, skinless chicken breast
- 1 cup fat-free or low fat croutons
- 1/4 cup freshly grated parmesan cheese

Dressing:

- 1/3 cup plain non-fat yogurt, drained (or fat-free mayonnaise)
- 2 tbsp fresh lemon juice
- 1 tsp olive oil
- 1 tsp white wine vinegar
- 1 tsp Dijon mustard
- 1 tsp anchovy paste (optional)
- 1 tsp Worcestershire sauce
- 1 garlic clove, crushed

Preparation:

Arrange torn Romaine lettuce in a big serving bowl. Top with chicken, croutons and sprinkle with cheese. Whisk dressing ingredients together and drizzle over salad. Gently toss until combined. Add freshly ground black pepper to taste.

Serves 4 **Per Serving:** Calories 188, Calories from Fat 39, Total Fat 4.5g (Sat 1.5g), Cholesterol 54mg, Sodium 328mg, Carbohydrate 11.3g, Fiber 2.3g, Protein 25.9g

