

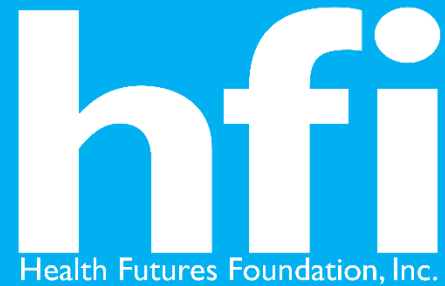
POSSIBLE CATARACT

Supportive Management

- Use a pair of eyeglasses or contact lenses with prescription that is most accurate.
- Have better lighting in the home. Turn on lights or add more lights to improve vision.
- Use a magnifying glass to be able to read better.
- Use sunglasses that are anti-glare or those that block ultraviolet B (UVB) rays.
- Wear sunglasses and wide-brimmed hat or visor to reduce glare from sunlight.

Prevention

- Quit smoking.
- Avoid excessive alcohol use.
(*Note: 1 drink is equivalent to 12 ounces of beer or 5 ounces of wine*)
 - If male: do not have more than 2 alcoholic drinks per day
 - If female: do not have more than 1 alcoholic drink per day
- Avoid spending too much time under the sun without wearing sunglasses than block UV rays.
- Manage other health conditions that may increase risk for development of cataract (e.g. diabetes mellitus)
- Have regular eye check-ups. If with no underlying health condition that affects the eye (e.g. diabetes mellitus), see ophthalmologist at least once in 2 years until 50 years old. After 50 years old, set an appointment with an ophthalmologist yearly.



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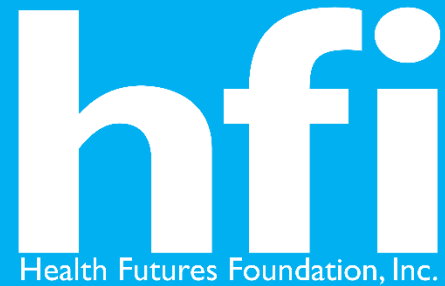
POSSIBLE CATARACT

Herbal Medicine

- **Anti-oxidant-rich foods**

- For protection of eyes from oxidative stress that causes cataracts; for prevention or delay of progression of cataract; for promotion of eye health
- Consume varieties of fruits and vegetables. Consume by eating liberally or by including in cooked meals.
 - Lutein-rich foods: mango, carrots, corn, dark leafy vegetables, sweet potatoes, squash
 - Zeaxanthin-rich foods: orange, corn, orange bell pepper, honeydew melon
 - Vitamin-A-(Beta-carotene)-rich foods: dark leafy vegetables, sweet potatoes, carrots
 - Vitamin-C-rich foods: citrus fruits (calamansi, orange, orange, grapes, lemon), broccoli, tomatoes, berries
 - Vitamin-E-rich foods: avocado, sweet potato, almonds, spinach, pumpkin seeds, sesame seeds, broccoli, papaya
 - Zinc-rich foods: spinach, kidney beans, pumpkin seeds, watermelon seeds

Consult doctor for appropriate diagnosis and management.



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