

Enetracare Limited

Pre-screening app report

Enetracare provides portable, easy to use, 24x 7, reliable pre screening test report.

Name: John Doe

Age: 30

Sex: Male

Occupation: Doctor

Address: 123 Main St

History: Medical history...

Snellens's Chart Data

left eye: 20x30 **right eye:** 20x40

Image of Left Eye and Right Eye



The report IS NOT MEANT FOR MEDICOLEGAL PURPOSES. THE REPORT DOES NOT LABEL YOU AS A patient with Cataract. FOR DETAILED DIAGNOSIS AND MANAGEMENT, A CONSULTATION WITH AN OPHTHALMOLOGIST IS A MUST.

Help us in eliminating cataract related avoidable blindness.

Join our mission

General Information on Cataract

As you age, the lenses in your eyes become less flexible, less clear, and thicker. Aging and some medical conditions can cause proteins and fibres within the lenses to break down and clump together. This is what causes the clouding in the lenses.

As the cataract grows, the clouding becomes worse. A cataract scatters and blocks the light as it passes through the lens. This prevents a sharply defined image from reaching your retina. As a result, your vision becomes blurred.

Cataracts usually happen in both eyes, but not always at the same rate. The cataract in one eye may be worse than the other. This causes a difference in vision between eyes.

The most common cause of cataract is degenerative changes due to the ageing process. With age, proteins in the natural lens degenerate, resulting in a clouded lens called a cataract. There might be other causes such as:

- Health conditions like diabetes, kidney disease, glaucoma, smoking, eye injuries, infection, and inflammation inside the eye
- Prolonged use of certain medications can also lead to cataract formation
- Cataract may also occur in children due to genetic or metabolic defect or due to infection and trauma

If you have cataract, you may experience some or all of the following symptoms.

- Cloudy vision
- Colours of objects may appear faded
- Poor eyesight at night
- Difficulty in driving at night, especially because of the glare of lights
- Difficulty in reading in dim light
- Coloured haloes
- You may see multiple images or double images

To deal with symptoms of cataracts until you decide to have surgery, try to:

- Make sure your prescription for your eyeglasses or contact lenses is up to date.
- Improve the lighting in your home with more or brighter lamps.
- Wear sunglasses or a broad-brimmed hat to reduce glare during the day.
- Limit driving at night.

Self-care measures may help for a while, but your vision may get worse as the cataract grows. When vision loss starts to affect your everyday activities, consider cataract surgery

Preparing for your appointment

Make an appointment with your eye care professional if you notice changes in your vision. If they determine that you have cataracts, then you may be referred to an eye specialist who can perform cataract surgery.

If you need cataract surgery in both eyes, your doctor will schedule surgery to remove the cataract. Cataract surgery involves removing the clouded lens and replacing it with a clear artificial lens.

The artificial lens, called an intraocular lens, is put in the same place as your natural lens. It remains a permanent part of your eye.

Prevention

No studies have proved how to prevent or slow the growth of cataracts. But health care professionals think several strategies may be helpful, including:

- Regular eye exams.
- Do not smoke.
- Manage other health problems
- Choose a healthy diet that includes plenty of fruits and vegetables.

Enetracare provides portable, easy to use, 24x 7, reliable pre screening device that provides information on status of crystalline lens. It can quickly determine cataract in all age groups. In addition to traditional cataract diagnostics, the Enetracare gives information and the need for earlier management including surgical intervention.