

## FACTORS OF CATARACT PREDISPOSITION

Oshin Opeoluwa Oluwaseyi, Filiptsova O. V., Pidhaina V. V., Tkachov A. V.,

Naboka O.I., Burlaka I.S.

National University of Pharmacy, Kharkiv, Ukraine

Oshin.opeoluwa@yahoo.com

**Introduction.** Cataract is a clouding of the lens which lies between the iris and pupil in other word is the opacity of the lens, it reduced the visual activity (V.A) i.e. is the disease of the eye. Lens is a crystalline structure located just behind the iris of the eye –it focuses light onto the retina.

**Aim.** To create awareness of cataract predisposition. To provide information about this case so that we can study it and know how we can prevent and detect this disease at an early stage.

**Materials and methods.** Scientific literature and publications of last years were used for analysis.

**Results and discussion.** Near-patient testing for cataracts comprises instruments for use in detecting cataract are pen touch and slip lamp.

Types of cataract include subcapsular cataract: occurs at the back of the lens and people with diabetes or those taking high doses of steroid medication have greater risk of developing a subcapsular cataract; a nuclear cataract: occurs at the central of the lens. This associated with aging; a cortical cataract: occur in the lens cortex, which is part of the lens that surrounds the central nucleus.

Stages of development are 1) Mature cataract: is when the entire lens becomes opaque; 2) Immature cataract: when few of opaque lens is present; 3) Hyper mature: is when the nucleus is reduced and yellow sinks to the bottom of lens capsule.

Causes of cataracts are: ultraviolet radiation from sunlight, diabetes, hypertension, obesity, smoking, prolonged use of corticosteroid medications, inflammation i.e. previous eye injury, alcohol consumption, high myopia, family history and genetics.

Sign and symptoms are loss of vision and difficulties in reading.

Prevention includes taking antioxidants (vitamin A, C & E), wearing sunglasses outside during the day, eating proper diet, regular exercise, rest and keeping health mode of life.

Treatment of cataract is surgery and it includes its different types, like ECCE: extra capsular cataract extraction, IOL: intra ocular lens implantation and phacoemulsification.

**Conclusions.** It was shown that cataract has multiple causes, both of genetic and non-genetic origin. Keeping healthy mode of life delay cataract onset and ameliorate symptoms of this condition.