

## Signs of early cataract

- Frequent **change** of glasses
- If one sees more than one object: this is called **polyopia**, it is a sign of early cataract. For example if someone starts seeing more than one moon then the person would need consultation to rule out early cataract.
- **Myopic shift**: if the number of glasses start receding towards minus number eg -1 becomes -1.5 or 1.5 becomes +1.0.
- **Glare sensitivity**: the person starts feeling the glare say of incoming traffic light, and it becomes incapacitating.
- **Delayed dark adaptation**: on coming from lighted room to lowlight conditions one starts taking longer to adapt, would indicate early cataract.
- **Blurring**: when one starts seeing object blurred despite using glasses. This is also called foggy vision.

