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June is Cataract Month at Prevent Blindness, Providing Educational Resources on the Leading Cause of Vision Loss in the United States

-- Prevent Blindness offers free cataract resources including fact sheets, social media graphics, a dedicated web page, expert video and a listing of financial assistance for eye care --

CHICAGO (May 28, 2025) – [Prevent Blindness](#), the nation's leading non-profit patient advocacy organization dedicated to preventing blindness and preserving sight, has once again declared June as Cataract Month. The goal of the organization is to provide patients, care partners and allied health professionals with free educational resources on cataract, including facts sheets, shareable social media graphics, a dedicated webpage, a Focus on Eye Health Expert video, and a listing of financial assistance resources in English and Spanish.

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris and is normally transparent. The lens helps to focus images onto the retina – which transmits the images to the brain. Cataract is the leading cause of blindness worldwide and the [leading cause of vision loss in the United States](#).

In fact, according to the [National Eye Institute](#), more than half of all Americans age 80 or older either have cataract or have had surgery to remove cataract. Cataract surgery is one of the most common operations in the United States.

In addition to aging, other factors may cause cataracts to form. Eye infections, some medicines (such as steroids), injuries or exposure to intense heat or radiation may cause cataracts. Too much exposure to non-visible sunlight (called UV or ultraviolet light) and various diseases, such as diabetes or metabolic disorders, may also contribute to cataract formation.

[Symptoms of cataract](#) include:

- Vision is cloudy or blurry
- Colors appear faded
- Difficulty in seeing well at night
- Lamps, sunlight, or headlights seem too bright

- Halos appear around lights
- Double vision (this sometimes goes away as the cataract gets bigger)
- Frequent changes in the prescription of glasses or contact lenses

Prevent Blindness offers the Focus on Eye Health Expert Series episode “[Understanding Cataract](#)” featuring Albert Cheung, MD, Cataract, Cornea, Anterior Segment Specialist with Virginia Eye Consultants and Assistant Professor at Eastern Virginia Medical School, Department of Ophthalmology.

The [American Academy of Ophthalmology](#) states that during cataract surgery, an eye surgeon will remove the eye’s cloudy natural lens. Then, he or she will replace it with an artificial lens. This new lens is called an intraocular lens (or IOL). For those who have had cataract surgery recommended by their eye doctors, Prevent Blindness offers the dedicated webpage, [PreventBlindness.org/cataract-surgery](#), and the printable “[Guide to Cataract Surgery](#).”

“We know that with age, the likelihood of developing cataract increases,” said Jeff Todd, president and CEO of Prevent Blindness. “We encourage everyone to be proactive about their eye health, including getting regular eye care, and talking to your eye care professional about cataract risks and what steps you can take to protect your vision today and for tomorrow.”

For free information on cataract or cataract surgery, please visit [PreventBlindness.org/cataract](#). For a listing of vision care financial assistance programs in English and Spanish, visit [PreventBlindness.org/vision-care-financial-assistance-information/](#).

About Prevent Blindness

Founded in 1908, Prevent Blindness is the nation's leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. Focused on promoting a continuum of vision care, Prevent Blindness touches the lives of millions of people each year through public and professional education, advocacy, certified vision screening and training, community and patient service programs and research. These services are made possible through the generous support of the American public. Together with a network of affiliates, Prevent Blindness is committed to eliminating preventable blindness in America. For more information, visit us at [PreventBlindness.org](#), and follow us on [Facebook](#), [X](#), [Instagram](#), [Threads](#), [LinkedIn](#), [TikTok](#), and [YouTube](#).

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