



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Cataracts

Christopher Areephanthu, M.D., Med Center Health Eye Care

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Cataract surgery is one of the most common eye surgeries. Ophthalmologist Christopher Areephanthu with Med Center Health Eye Care explains how the lens in the eye is affected by cataracts.

[DR. AREEPHANTHU]

As we get older, that lens becomes harder and darker – and that’s a natural process. It’s not a disease. Everyone who lives long enough will actually experience cataracts, or darkening of their natural lens.

[NARRATOR]

Cataract surgery is an outpatient procedure.

[DR. AREEPHANTHU]

It’s a surgery that doesn’t require any stitches, usually no needles in the traditional sense that we think of, and you’re awake for the surgery. You do get eye-numbing medications and you get a little bit of a relaxing medicine through an IV; but, for the large majority of people, you’ll be awake for your surgery.

[NARRATOR]

Removing cataracts is a very safe surgery with quick results.

[DR. AREEPHANTHU]

For the large majority of the time, it’s uneventful – and the next day, the next week your seeing, your visual improvement is drastic. It’s significant.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

[MUSIC]