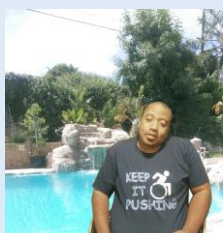


KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



Did you know?

Many people imagine cataracts as a layer covering the eye. In reality, **the lens itself becomes cloudy**, like a fogged-up window.

June Awareness Spotlight

Cataracts

This month's KeepItPushing.org newsletter is a feature on cataracts. The word refers to the *clouding of the eye's natural lens*. Cataracts can be removed at several locations across the United States, and the facility I'm highlighting today is Pacific Eye Institute.

Pacific Eye Institute is located in Colton and Rancho Cucamonga. The address for the Rancho Cucamonga location is: 8112 Milliken Avenue, Suite 203 Founded in 1981 by Dr. Robert Fabricant

Symptoms of Cataracts

- Blurred vision
- Cloudy or dim vision
- Faded color recognition
- Sensitivity to glare

About 17.2% of people aged 40 or above in the United States have cataracts. Fortunately, a simple routine surgery can repair vision by replacing the clouded lens with a clear artificial one.

Cost & Contact Information

The estimated cost of cataract surgery ranges from \$3,500–\$7,000 without insurance. If you need to make an appointment or get general information: Phone: 909-945-9400 Website: Pacific Eye Institute

Causes of Cataracts

Cataracts can be caused by several factors, including:

- Aging
- Diabetes
- Ultraviolet light
- Ichthyosis
- Rubella
- Vitiligo (I'm still not sure how a skin condition affects vision, but Google said it, so I'm passing it along to you, the reader.)

That's all I have for you this month. Until next time, this is Gilbert J. for KeepItPushing.org.