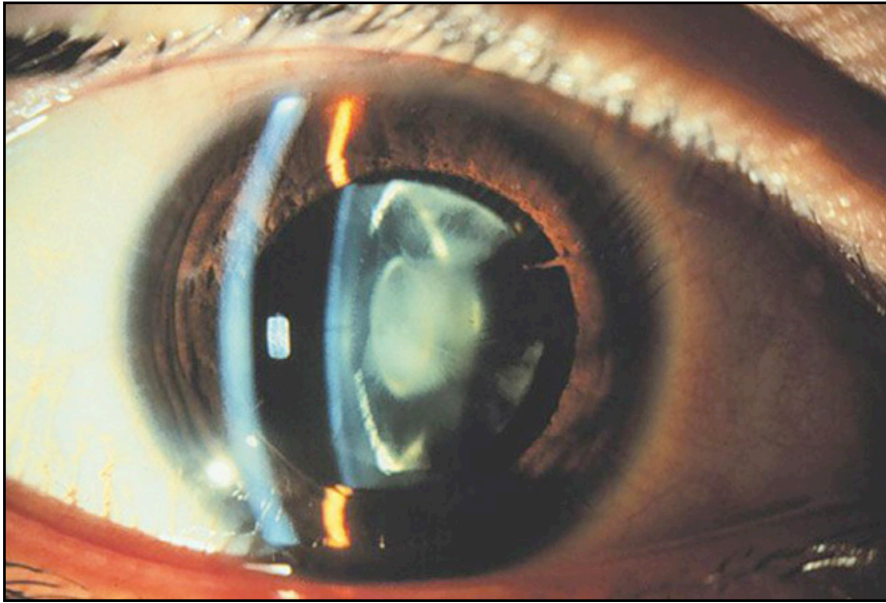# Cataracts

A Biomarker for Rapid Aging

"A Nuclear Cataract is a Predictor of Early Death, Usually from Cardiovascular Disease."

Nuclear Cataract

The current standard of medical care is to observe cataracts until they impair vision. When vision is impaired, the "opacity" is removed surgically. This valuable biomarker is largely ignored and literally thrown into medical waste by modern medicine. However, it is a window to your health.

A standard of health and prevention is to detect for nuclear cataract at its earliest stages, perform a root-cause analysis for reasons why you have cataract and treat both your eye and your body so that both become healthy again.

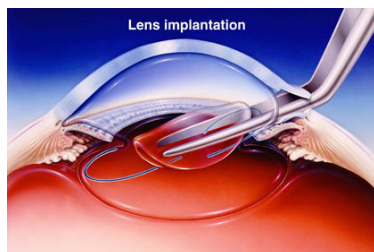Eye disease almost never occurs in isolation.

A sick eye = a sick body.

A cataract is a clouding that develops in the crystalline lens of the eye or in its envelope (lens capsule), varying in degree from slight to complete opacity and obstructing the passage of light. The common cataract is referred to as a nuclear cataract.

Cataract removal is the most common surgical procedure worldwide. What is not common is the knowledge that those who have cataracts removed are much more likely to die early compared to age match that do not have the need for cataract surgery. And they usually die from Cardiovascular disease.

Nuclear Cataract is a Stem Cell Disease

Research sponsored by the NIH show a clear connection between cataract surgery and pre-mature death. The cause of death most often is from cardiovascular disease.

The NIH AREDS study showed a strong connection between cataract and early mortality. People with visual impairment from cataract sufficient for surgery in

Lens implantation

one eye had a 30% greater death rate after 6 years compared to those without cataract. The rate is even higher in those requiring surgery in both eyes.

The cataract opacities are due to the improper folding of proteins based on diseased stem cells. This indicates a body disease, not just one of the eye.