



Lucent Vision Shares Insight Into Safety, Risks, and Success Rates of Cataract Surgery With Diabetes

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Cataract surgery is the most commonly performed eye surgery in the ophthalmology, with a track record of improving vision and quality of life for millions of people. As the prevalence of diabetes continues to rise in the United States—affecting an estimated 14.7% of adults over the age of 18—more patients with diabetes are now facing decisions about cataract surgery and wondering whether they are candidates for this vision-restoring procedure. Lucent Vision, a leading provider of advanced eye care and laser vision correction in Southern California, is helping patients and the public understand the risks and benefits of cataract surgery for those living with diabetes.

Cataracts, which involve the age-related clouding of the eye's natural lens, typically develop gradually, but in people with diabetes, they often appear earlier and progress more quickly. High blood sugar levels contribute to the breakdown of proteins within the lens and can damage the surrounding capsule, making diabetics more susceptible to cataract formation at a younger age. As a result, many patients with Type 2 Diabetes seek cataract surgery not only to improve vision but also to restore their ability to function in daily life, including driving, reading, and working. However, questions about safety, recovery, and the potential for complications related to diabetic eye disease often complicate the decision-making process.

Lucent Vision's medical team confirms that cataract surgery is generally safe for patients with Type 2 Diabetes, especially when blood sugar levels are well controlled. Advances in surgical techniques, such as phacoemulsification and small-incision methods, have significantly reduced operative risks. The availability of premium intraocular lens (IOL) options also gives patients more flexibility when choosing a lens that meets their specific visual needs. However, diabetic patients must understand that poor glucose control may increase the risk of complications during and after surgery. These complications can include delayed wound healing, a higher chance of infection (such as endophthalmitis), or worsening of existing diabetic eye conditions such as diabetic retinopathy or macular edema.

Diabetic retinopathy is a known complication of diabetes that affects the small blood vessels in the retina. It can lead to vision loss and, in some cases, blindness if left untreated. In patients undergoing cataract surgery, the presence of diabetic retinopathy requires careful evaluation and often collaboration with a retina specialist. Treatments such as anti-VEGF injections or retinal laser therapy may be needed before or after surgery to stabilize the retina and reduce the risk of macular swelling. At Lucent Vision, preoperative testing such as Optical Coherence Tomography (OCT) plays a vital role in determining the health of the macula and guiding treatment plans.

According to the Lucent Vision team, the key to successful outcomes for diabetic patients lies in careful preparation and close coordination with other healthcare providers. Patients are encouraged to maintain stable blood sugar levels leading up to surgery, with special attention given to Hemoglobin A1C levels. Collaboration between the ophthalmologist, primary care physician, and, when necessary, a retinal specialist ensures that any diabetic eye complications are addressed prior to surgery. This team-based approach significantly improves the likelihood of positive surgical outcomes and reduces the chance of complications.

While diabetes may slow the healing process slightly, most patients with well-controlled Type 2 Diabetes recover well from cataract surgery. In fact, studies and patient reports indicate that these individuals experience similar visual improvements as non-diabetic patients when their eye disease is stable. Many resume normal activities within a few days following the procedure. However, patients with severe diabetic retinopathy or macular edema may require a longer recovery timeline and more intensive monitoring.

Importantly, Lucent Vision advises diabetic patients not to delay care. Early cataract removal in diabetic individuals may prevent the worsening of visual impairment and can also make the surgery technically easier for the surgeon to perform. Waiting until the cataract becomes too dense can complicate the surgery and increase the risk of retinal complications. Prompt consultation with an experienced ophthalmologist can provide clarity on whether it's time for surgery and whether additional precautions are necessary based on the patient's eye health and diabetes status.

Lucent Vision also reminds patients that diabetes is not a one-size-fits-all condition. Every diabetic patient's eye health is different, and a thorough eye examination is required to determine candidacy for cataract surgery. The signs and symptoms of cataracts—such as blurry vision, difficulty with glare, or a drop in visual acuity despite updated corrective lenses—should prompt patients to schedule an evaluation. During the preoperative visit, the surgeon will assess the health of the eye from front to back, determine the extent of any diabetic complications, and use imaging tools like OCT to check for macular involvement.

Patients with diabetes who are considering cataract surgery are encouraged to have open conversations with their eye care team about their expectations, risks, and the importance of postoperative care. At Lucent Vision, patient education is a core part of the preoperative process, with a focus on setting realistic goals and ensuring that patients understand how diabetes may influence their outcomes. The team also works closely with referring providers to create coordinated care plans that support optimal results.

This press release aims to provide clarity for diabetic patients and healthcare journalists interested in the intersection of chronic disease and ophthalmic surgery. With cataracts affecting nearly everyone as they age, and diabetes on the rise, more patients than ever are seeking answers to these pressing questions. Lucent Vision's commitment to evidence-based care, surgical precision, and multidisciplinary collaboration positions the practice as a trusted resource for those navigating the challenges of cataract surgery with diabetes.

Lucent Vision is dedicated to helping patients achieve their best possible vision with safe, modern, and personalized care. For more information or to schedule a consultation, visit www.lucenvision2020.com.

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Lucent Vision offers LASIK in Long Beach, CA. Dr. Nimesh Pathak also offers Refractive Lens Exchange (RLE), Custom Lens Replacement (CLR), Refractive Cataract Surgery, and treatment for Glaucoma, Keratoconus, and Pterygium.

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