



Cataract Surgery Significantly Reduces Risk of Falls in Older Adults, Says ilumin

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ilumin, a leading ophthalmology center in Omaha, NE, is drawing attention to the critical link between vision correction and injury prevention in older adults with the release of its latest educational article, *Cataract Surgery Can Prevent Falls*. The article outlines how cataract surgery not only restores vision but also plays a significant role in reducing fall-related injuries, making it a vital health intervention for aging populations. As millions of Americans age into their 60s, 70s, and beyond, fall prevention has become a public health priority. ilumin is emphasizing that treating cataracts early can have benefits that go well beyond eyesight—offering patients greater safety, mobility, and independence.

Falls are a leading cause of injury among older adults, often resulting in serious outcomes such as hip fractures, brain hemorrhages, and loss of independence. One of the most overlooked contributors to these falls is poor vision caused by cataracts, a clouding of the eye's natural lens that gradually impairs depth perception, contrast sensitivity, and overall clarity. ilumin's article highlights new clinical findings showing that cataract surgery significantly lowers the odds of falling by improving these core visual functions. Patients who undergo surgery to remove cataracts and replace the cloudy lens with an intraocular lens experience better navigation of their environment, making it easier to detect hazards such as stairs, curbs, and uneven flooring.

The article cites data from a large-scale cohort study using the TriNetX database, which included over 420,000 patients diagnosed with cataracts. The study found that those who received cataract surgery had a 17% lower odds of falling than those who did not undergo the procedure. The same research also revealed a reduced incidence of hip fractures, ankle fractures, and intracranial hemorrhages among surgical patients. These findings indicate that cataract surgery is not just a vision treatment—it is also a medically validated strategy for reducing fall-related injuries and protecting overall health. Another study referenced in the article documented a drop in fall rates from 37% before cataract surgery to just 7% afterward. Such dramatic improvements reinforce the case for early intervention.

For many patients at ilumin, cataract surgery marks a turning point not only in visual function but in everyday confidence and safety. Visual acuity—the sharpness of vision—is just one part of the equation. Depth perception and contrast sensitivity, both of which degrade with cataracts, are also critical for navigating the world safely. The article explains that when these elements are restored through surgery, patients regain the ability to accurately judge steps, avoid obstacles, and move with stability. It's not uncommon for patients to report feeling steadier on their feet and more self-assured in daily activities following the procedure. For seniors, this improved stability can translate into fewer injuries, fewer hospitalizations, and a better quality of life.

Another key point made in *Cataract Surgery Can Prevent Falls* is that patients don't always need to undergo surgery in both eyes at once to see benefits. While some research suggests additional gains in balance and perception with bilateral surgery, the majority of improvement often occurs after the first procedure. ilumin evaluates each patient individually to determine whether second-eye surgery is necessary based on the level of visual impairment and personal lifestyle. Same-day bilateral surgery is an option offered at ilumin for patients who qualify, providing convenience while ensuring a comprehensive restoration of sight.

The article concludes by encouraging patients and caregivers to take action if they've noticed changes in vision or mobility. According to ilumin, waiting too long can increase the risk of falls and delay the recovery of lost independence. For those concerned about surgery, the procedure itself is quick and minimally invasive, often performed in less than 30 minutes with a short recovery period. Most patients return to normal activities within a few days and notice significant visual improvements within the first week. The long-term benefits—improved vision, reduced fall risk, and a return to active living—make the procedure one of the most impactful interventions available in ophthalmology today.

ilumin continues to advocate for early detection and treatment of cataracts as part of a proactive health strategy for older adults. As part of their commitment to public education, the team regularly publishes articles like *Cataract Surgery Can Prevent Falls* to keep patients informed about how vision correction affects their overall well-being. Reporters seeking expert commentary on the link between eye health and injury

prevention are encouraged to contact ilumin?s team for interviews or additional data. For patients interested in learning more or scheduling a cataract evaluation, visit ilumin?s website to explore treatment options and next steps.

By connecting the dots between clearer vision and reduced injury risk, ilumin is helping to redefine cataract surgery not just as an eye procedure, but as a critical tool for aging safely and confidently.

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ilumin Eye Care Center

ilumin is Omaha?s premier provider of medical and surgical eye care. The ophthalmologists at ilumin offer refractive correction such as LASIK and RLE, treat medical conditions like cataracts and glaucoma, and provide general optical care.

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