

Look after your lens: Cataract awareness

“If headlights blur, screens strain, or vision feels off; Don’t just change the glasses.”

Cataract is no longer only an “old age” issue. Increasing diabetes, long screen exposure, smoking, UV exposure, stress, and lifestyle-related conditions are contributing to earlier eye health concerns today.



Early signs often ignored:

- Glare while driving at night
- Hazy or faded vision
- Frequent spectacle number changes
- Difficulty reading in normal light
- Increased eye strain or visual discomfort



Preventive measures;

- Wear UV-protection sunglasses outdoors
- Strict control diabetes & blood pressure
- Reduce smoking/tobacco exposure
- Include antioxidant-rich foods in meals
- Encourage parents and elders at home to get regular eye check-ups
- If symptoms appear early, don’t delay evaluation; even at a younger age

The best gift to self & dependents may not be new spectacles; it is timely eye care.

Marsh India Insurance Brokers Pvt Ltd is a subsidiary of Marsh McLennan. This document is not intended to be taken as advice regarding any individual situation and should not be relied upon as such. The information contained herein is based on sources we believe reliable, but we make no representation or warranty as to its accuracy.

Marsh shall have no obligation to update this publication and shall have no liability to you or any other party arising out of this publication or any matter contained herein. Any modelling, analytics, or projections are subject to inherent uncertainty, and the Marsh Analysis could be materially affected if any underlying assumptions, conditions, information, or factors are inaccurate or incomplete or should change. Insurance is the subject matter of the solicitation. For more details on risk factors, terms and conditions please read the sales brochure carefully before concluding the sale.

Prohibition of Rebates – Section 41 of the Insurance Act, 1938; as amended from time to time: No person shall allow or offer to allow, either directly or indirectly, as an inducement to any person to take or renew or continue insurance in respect of any kind of risk relating to lives or property in India, any rebate of the whole or part of the commission payable or any rebate of the premium shown on the policy, nor shall any person taking out or renewing or continuing a policy accept any rebate, except such rebate as may be allowed in accordance with the published prospectuses or tables of the insurer. Any person making default in complying with the provisions of this section shall be punishable with a fine which may extend to ten lakh rupees.

Marsh India Insurance Brokers Pvt. Ltd. having corporate and the registered office at 1201-02, Tower 2, One World Center, Plot-841, Jupiter Textile Compound Mills, Senapati Bapat Marg, Elphinstone Road (W), Mumbai 400 013 is registered as a composite broker with Insurance and Regulatory Development Authority of India (IRDAI). Its license no. is 120 and is valid from 03/03/2024 to 02/03/2027. CIN: U66010MH2002PTC138276.

Copyright 2026 Marsh India Insurance Brokers Pvt Ltd. All rights reserved.