

Der Graue Star ist eine Eintrübung der Augenlinse, die meist beidseitig auftritt und zu einem allmählichen Sehverlust führt. Die konservative Augenheilkunde sieht als einzige Therapiemaßnahme die Operation im fortgeschrittenen Stadium vor. Allerdings kann man einögen, nur Vorbeugung eines Grauen Stars tun – vor allem wenn man frühzeitig beginnt. Wir stellen Ihnen Maßnahmen zur Verbesserung des Stoffwechsels, Ernährungsratschläge, Mikronährstoffe und Augenübungen vor. Anschließend geht es um die naturheilkundliche Begleitung der Operation, um die Verbesserung der Wundheilung und um Maßnahmen zur OP-Nachsorge.



# Grauer Star Altersweitsichtigkeit Brigitte Sch Ler

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