



CATARACTS: A NATURAL PART OF AGING:

Cataracts are the leading cause of vision loss in adults over 55. A cataract is a clouding of the natural lens inside your eye. This lens located behind the iris, works just like the lenses of a camera focusing light images on the retina, which sends images to the brain. The human lens can become so clouded it prevents light and images from reaching the retina.

- Is your vision blurry or foggy?
- Do colors appear dull or muted?
- Are your glasses no longer working?
- Does sunlight or other light seem overly bright or glaring?

If you experience one or more of these symptoms, you may have cataracts. Fortunately, we live in a time when correcting cataracts is relatively simple and the results can be extraordinary. With today's advances, some patients enjoy the best vision of their lives.

CATARACT SURGERY: CLARITY IN THE BLINK OF AN EYE

The operation entails making a tiny incision in the eye and inserting an instrument about the size of a pen tip to break up and remove the cloudy lens. Once the cloudy lens is removed, a cataract replacement artificial lens or "IOL" is inserted through the same tiny incision and set into its permanent position.

WHAT TO EXPECT BEFORE AND AFTER SURGERY

Most people are surprised to find out just how easy and pain-free cataract surgery is. It usually takes 30 minutes or less and most patients are back to their normal activities the very next day. The following facts will help you prepare for surgery:

- An anesthetic will be given to numb the nerves in and/or around the eye.

- Before and/or after surgery your doctor may prescribe eye drops to help prevent infection and reduce swelling.
- Most patients have improved vision soon after surgery, but your sight may continue to improve for several days or weeks.

WHAT IS AN IOL?

An intraocular lens (IOL) is an artificial lens that's implanted during cataract surgery. Recent advances have been so significant that new-generation lenses can allow you to see well at all distances without the help of glasses, bifocals, or reading glasses. Following are the three primary types of lenses currently available and what each is designed to do for your vision.

- Monofocal lens – have one point of focus and can usually give you clear distance vision. While distance vision is improved, most patients still need to wear glasses for certain tasks, such as reading or working at a computer.
- Multifocal lens – designed to give you a full range of clear vision, near to far, and everywhere in between with limited use of glasses.
- Toric lens - Helps to correct astigmatism in a manner that cannot be done with monofocal lenses.

MORE INFORMATION ABOUT CATARACTS AND CATARACT SURGERY IS AVAILABLE AT THE FOLLOWING WEBSITES:

www.cataractsurgery.com

www.alcon.com