

A Patient's Guide to Advanced Cataract Technology Solutions

More than half of all North Americans will have had a cataract by the age of 80.

The Herzig Eye Institute has developed *A Patient's Guide To Advanced Cataract Technology Solutions* as a starting point for those diagnosed with cataracts. This guide provides key information to help you, or someone close to you, make an educated decision about your options for cataract treatment. Cataract signs and symptoms, risk factors, prevention, surgery, recovery and tips for choosing a good surgeon are all included in these pages.

Cataract surgery is one of the most frequently performed surgeries in North America. Surgery is easy, quick and relatively pain-free.

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What is a Cataract

A cataract is the clouding of the eye's natural lens, which lies behind the iris and the pupil. The lens works much like a camera lens, focusing light onto the retina at the back of the eye. The lens also adjusts the eye's focus, letting us see things clearly both up close and far away.



Impaired vision – As light passes through the cataractous lens, it is diffused or scattered. The result is blurred or defocused vision.

The lens is mostly made of water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it. But as we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract, and over time, it will grow larger and cloud more of the lens, making it harder to see.

While early-stage cataracts can be treated with new glasses, magnifiers or other visual aids, cataracts usually require surgery.

Ophthalmologists and optometrists can diagnose cataracts and differentiate from other eye problems and confirm the existence and nature of cataract. The Herzig Eye Institute provides individual consultation in order to determine the most effective treatment for each patient.

What To Do If You Suspect You Have A Cataract

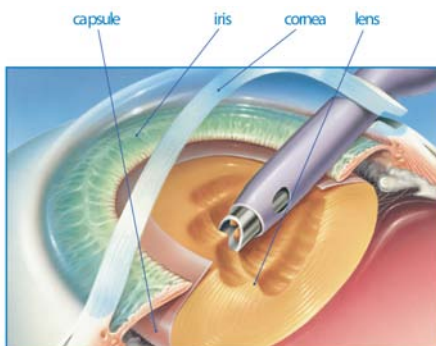
If you believe you have developed a cataract and want to consider surgery, there are a few steps you should follow to ensure that you are thoroughly informed and understand the various options available to you. Make an appointment with your ophthalmologist, optometrist or family doctor, or the Herzig Eye Institute at 416-929-2020.

A simple eye exam will identify the cataract and you will be referred to a reputable surgeon.

The surgeon will confirm the diagnosis and should thoroughly educate you about your options. Be sure to ask the surgeon to provide you with adequate information about the procedure, risks, length of recovery, long-term results and suggested follow-up.

Ask yourself how comfortable you feel with the surgeon, staff and facility. Do you feel respected? Have they provided you with information and provided you with proper informed consent materials? Are you able to speak with a former patients about their experiences?

The surgeon should patiently discuss options with you and answer all of your questions so you are informed, counseled, and fully understand your options and what treatment (intraocular lens) will best suit your needs.



The Herzig Eye Institute is committed to providing thorough education for patients seeking treatment, to co-managing care with all eye care physicians, and to determining the most effective treatment for each patient on an individual basis. All options are discussed.

Advanced Refractive Cataract Surgery at the Herzig Eye Institute

Modern cataract surgery is performed using ultrasound energy. For many years, surgeons have replaced the eye's old, cloudy or discoloured lens with a 5 or 6 mm plastic or silicone intraocular lens (IOL). The most common form of IOLs for cataract surgery are monofocal, designed to correct vision at one distance. This procedure is routinely and safely performed by Herzig Eye Institute surgeons in hospital and is covered by OHIP.

The Herzig Eye Institute is dedicated to providing the most recent technological advancements for Advanced Refractive Cataract Surgery to increase a patient's potential of regaining their full range of vision, including reading vision, by utilizing presbyopic and multifocal IOLs that simulate the youthful, natural lens. 85-90% of patients are completely glasses free following Advanced Refractive Cataract Surgery.

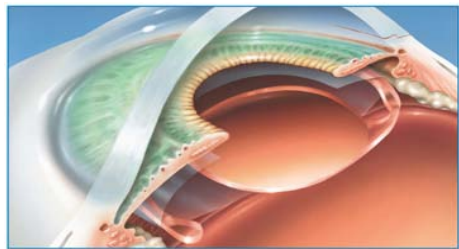
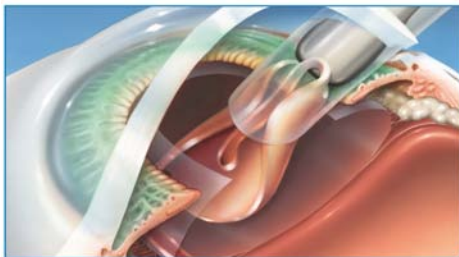
Careful patient selection is necessary to determine which patients are good candidates for a multifocal IOL. For those who are not candidates, the Herzig Eye Institute offers more advanced high definition monofocal IOLs, either an aspheric IOL that provides superior vision under dimmer light conditions or a toric IOL that corrects astigmatism thereby again reducing or eliminating the need for glasses for distance.

What You Should Expect During Surgery

Prior to cataract surgery, the patient's eye is made numb with eye drops to ensure little or no discomfort during the procedure.

An intravenous tranquilizer is given by an anesthetist for complete relaxation. The surgeon uses a gentle instrument to make a small incision, the old, clouded lens is removed and replaced with a new intraocular lens. Cataract surgery is relatively pain-free. Recovery is fast and vision is greatly improved, greatly reducing - and even eliminating - the patient's need to wear glasses.

With new advancements in refractive surgery and Advanced Refractive Cataract Surgery, many cataract patients can have better vision after surgery than they had before they developed a cataract.



These exciting improvements are not covered by OHIP. However, should patients choose to have the cataract removed in the hospital rather than at the Herzig Eye Institute, they can feel confident that they will still receive the best possible care using the technology available at the hospital.

What You Should Expect After Surgery

Directly after surgery, protective eye wear is required and you will need a friend or family member to drive you home. Mild discomfort is normal, but should disappear within 1 to 2 days. Eye drops are prescribed to speed the healing.

Everyday activities can be resumed within a few days and moderate exercise in about a week. Vision is usually blurry the first day and improves rapidly each day. Most people have legal driving vision within days and achieve complete clarity in 2 to 3 weeks.

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