

HERZIG

EYE INSTITUTE

TORONTO | OTTAWA



THE COMPLETE GUIDE TO
Cataract Solutions



“At Herzig Eye Institute our commitment is to provide each patient with their best possible vision correction, superior surgical treatments, and the highest level of patient care.

When it comes to your eyesight, like anything else that’s really important in life, great care should be taken to scrutinize your options. After all, you are making a choice that will result in trusting your vision correction to a specific surgeon. In areas of medical care, particularly the delicate and

advanced procedure used in cataract surgery, there should be no room for compromise.


Thousands of people from all over the world seeking cataract solutions have trusted the surgeons at Herzig Eye Institute to provide the best possible visual result with the most proven, safe, and effective technology available. It is truly an awesome responsibility and, I can assure you, one that every member of our clinical and administrative staff takes seriously. At the Herzig Eye Institute, we value your trust and make every effort to ensure that the highest standards of service and comfort are upheld. Thank you for giving us the opportunity to meet and exceed your expectations.”

Cherry Tabb
Co-Founder & CEO

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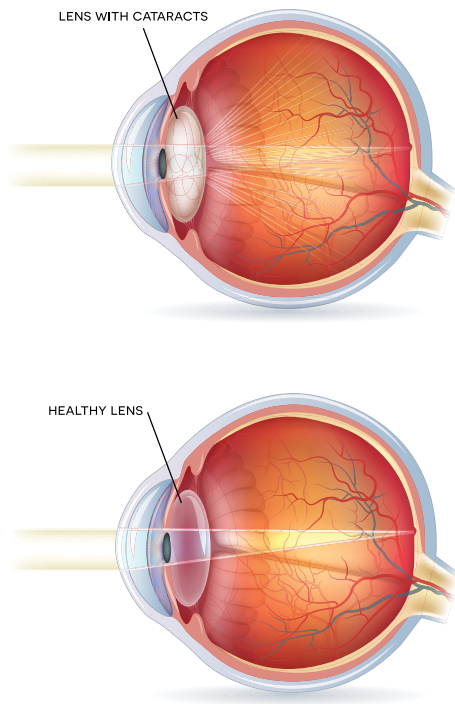
“...it’s quick
and virtually
pain-free”

Cataracts are a vision problem that nearly everyone will face. More than half of all North Americans will have had a cataract by the age of 80, so Herzig Eye Institute has developed this guide as a starting point for patients who are concerned about cataracts.

Here you’ll find 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, advanced procedures, recovery, and tips for choosing the right surgeon are all included in these pages.

Cataract surgery is one of the most frequently performed surgeries in North America and with our technological advances it’s quick and virtually pain-free.

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 eyes. The lens also adjusts the eye's focus, letting us see things clearly both up close and far away.

Your lenses are 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 vision more difficult.

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 cataracts.



Since aging is a fact of life, everyone is at risk for developing cataracts. By the time you reach 60, you will probably have some degree of clouding, although your vision may not be impaired.

Some other factors that may accelerate the development of cataracts include:

- Family history of cataracts at a young age
- Diabetes
- Smoking
- Drinking excessive amounts of alcohol
- Excessive exposure to ultraviolet rays
- Exposure to radiation, such as during cancer therapy
- Previous eye injury or surgery

Cataracts can occur in either one or both eyes, but do not spread from one eye to the other. Surgery to remove a cataract is not necessary until vision becomes impaired, or if the cataract interferes with the treatment of other eye problems.

Who is at Risk?

What Are the Signs and Symptoms of Cataracts?

Cataracts start out with mild clouding and get cloudier over time. In the early stages, patients might not even be aware that they are developing a cataract.

As the cataract gets denser, it blocks much of the light to your retina, making it difficult to see. Some common symptoms of cataracts include:



- Cloudy or blurred vision
- Difficulty seeing at night
- Seeing halos around lights
- Problems with glare
- Frequent changes in your eyeglass or contact lens prescription
- Seeing double or multiple images in the eye or eyes with the cataract

What Should I Do If I Suspect I 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 Herzig Eye Institute at 416-929-2020 (Toronto) or 613-800-1680 (Ottawa).

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

(continued on next page)





What Should I Do if I Suspect I Have a Cataract?

Ask yourself:

- How comfortable you feel with the surgeon, staff, and facility?
- Do you feel respected?
- Have they provided you with information, and proper informed consent materials?

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

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.

When symptoms begin to appear, you may be able to temporarily improve your vision and cope with your condition with a new prescription for your glasses, strong bifocals, magnification, appropriate lighting, or other visual aids.

However, cataract surgery is usually recommended when patients feel their quality of life has been reduced and their ability to do normal activities (such as driving, reading, or sports) is compromised.

In North America, unless your vision is at least 20/50 (you are able to see at 20 feet what the average person can see at 50 feet), you cannot legally drive. If driving an automobile is not essential, you may choose to stop driving and delay surgery until the cataracts interfere with other activities. But those who enjoy the independence of driving may wish to have surgery earlier to avoid even temporarily losing their driving privileges.

When will I need Cataract Surgery?



What Is Precision Refractive Cataract Surgery at Herzig Eye Institute?

Herzig Eye Institute is dedicated to providing the most recent technological advancements for Precision Refractive Cataract Surgery and to helping patients potentially regain their full range of vision, including reading vision. They do this by utilizing presbyopic and multifocal Intraocular Lenses (IOLs) that simulate the youthful, natural lens.

More than 90 percent of patients are completely glasses-free following Precision Refractive Cataract Surgery depending on the option recommended. Herzig Eye Institute features the three most advanced technologies to treat cataracts:

The ORA™ System, Featuring VerifEye+™ Technology

The ORA System with VerifEye Technology allows surgeons to evaluate refractive findings, refine intraocular lens power and alignment in real time, providing the best possible refractive outcomes to your cataract surgery.

Recent enhancements to this exciting new technology include precise, on-demand information, resulting in more accurate, predictable results.

Laser-Assisted Cataract Surgery

Herzig Eye Institute is one of the first to offer its patients Refractive Femto Laser Assisted Cataract Surgery (FLACS), the new standard in precision cataract surgery with the Catalys® Precision Laser System.

The Catalys® laser combines a state-of-the-art femtosecond laser and advanced 3D Optical Coherence Tomography (OCT) imaging, performing critical steps in cataract surgery that were previously done manually.

Because every eye has a unique size and shape, Catalys® advanced 3D imaging technology builds a real-time map of your eye and tailors the treatment to that map. This enables the surgeon to create a customized treatment plan that matches the unique characteristics of your eye.

Laser-assisted cataract surgery has many advantages:

- The laser can correct astigmatism more accurately with precisely placed curved corneal incisions.
- The circular opening made in the patient's lens with the laser is 10 times more accurate than an opening made manually. It accurately predicts the IOL position in the eye, and assures a predictable refractive result.
- Laser-assisted cataract surgery is gentler on the eye. The laser breaks the cataract into microscopic pieces resulting in 95% less ultrasound energy being necessary to complete the procedure. This prevents excessive trauma and potential damage to the cornea, which is the most important lens in the eye.



Intraocular Lens Options

For many years, surgeons have replaced the eye's old, cloudy, or discoloured lens with a new, clear acrylic, or silicone intraocular lens (IOL). The most common form of IOL for cataract surgery is monofocal, designed to correct vision at one distance. However, Herzig Eye Institute also offers a more advanced IOL.

The TECNIS® Symphony Intraocular Lens (IOL) is the first and only extended range of vision IOL to correct presbyopia and improve vision in people with cataracts, as well as correcting far, intermediate, and near vision, while maintaining excellent night vision, all with the decreased need for glasses.

The new lens effectively improves both near and distance vision without glasses following cataract surgery. Eliminating the need for reading glasses has a significant impact on quality of life.

The Right Procedure for Each Patient

“We’re all interested in quality of life,” says Dr. Sheldon Herzig, founder of Herzig Eye Institute.

“Many of the baby boomers now are still very athletic, golfing, playing tennis, so to have clear vision, not only for sports, but just for everyday life, and not having to look for your reading glasses all the time, **there are these wonderful options that can take that nuisance away and just make life a lot more pleasant.**”

Cataracts are a vision problem that nearly all of us will face as we age. If you are concerned that you or someone important to you may have cataracts, call Herzig Eye Institute. If you’re not a resident of Canada, no problem. Herzig Eye Institute is still happy to help you with your vision. Simply contact us for a consultation. We’ll examine your eyes and make a recommendation for the best procedure for you.

What should I expect during the surgery?

Prior to cataract surgery, the eye is numbed with eye drops to ensure little or no discomfort during the procedure.

An intravenous sedation is given by an anesthetist for complete relaxation. The surgeon uses a delicate instrument to make a small incision, and 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, reducing—and even eliminating—the patient's need to wear glasses.

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

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



What should you expect after surgery?

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

Everyday activities including moderate exercise can be resumed within a few days. Vision is usually blurry the first day and improves rapidly each day.

Most people have legal driving vision within days and achieve complete visual clarity within 2 to 3 weeks.

Cataract Patient, 2015

“ On my optometrist’s recommendation, I went to the Herzig Eye Institute to have cataracts removed and a monofocal lens inserted. I have to tell you how impressed I was with the level of care provided as well as the level of customer service I was given. They were simply amazing in every way. The procedure itself was a breeze and the attention I was given both before and after the surgery was second to none. It is without any reservation and with much enthusiasm that I recommend Herzig to anyone who needs cataract or vision correction surgery. ”



Schedule your consultation today
and start the process towards better vision!



Call or Visit Us Online
to Request Your
Consultation

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