



Cathy
Cataracts

FROM CATARACTS TO CLARITY

If you're 55 or older,
you may have cataracts
and not even know it.

What You Need to Know

Alcon A Novartis
Division

Seeing Beyond the Symptoms

Cataracts are one of the leading causes of vision impairment in the United States. However, because cataracts form slowly and over a long period of time, many people suffer from this condition without ever realizing it.

If you experience one or more of these symptoms, you may have cataracts:

- Blurry or foggy vision
- Colors appear dull or washed out
- Poor night vision
- Halos appear around lights
- Sensitivity to sunlight or bright lights
- Needing more light to read
- Your glasses don't seem to work



A Closer Look at Eyesight

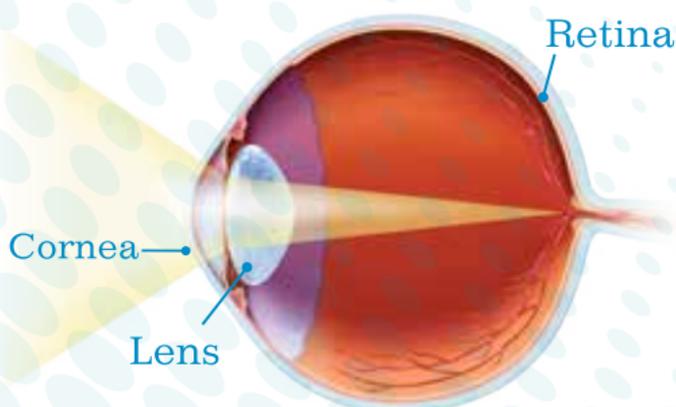
To understand how cataracts can affect your vision, it's important to know how your eye functions:

1. When you look at an object, what you are really seeing are light rays reflecting off that object.
2. These light rays enter your eyes through the cornea.
3. Light then passes through your lens, which focuses it on the retina.
4. The retina converts this image into electrical signals that are interpreted by your brain.

Seeing depends on this entire chain of events, but sharp, focused vision depends largely on the lens.



Healthy Eye



Cataracts Are a Natural Part of Life

Simply put, a cataract is a clouding of the lens inside your eye. This is a natural part of aging – if you are over 55, there's a good chance you may have some form of cataracts.

When the lens becomes clouded with a cataract, it prevents light and images from reaching the retina. Vision with cataracts has been described as seeing life through a cloudy window – objects become blurred, colors become dull and seeing at night becomes much more difficult.



Simulated image of cataracts on vision

Unfortunately for many of us, cataracts aren't the only condition that can impact our eyesight. This can compound our vision problems as we age.

Other Common Vision Problems

Myopia (Nearsightedness)

People who are nearsighted can see up close but have difficulty seeing objects at a distance. Myopia is typically caused by your eye having a focal distance that is too short.



Hyperopia (Farsightedness)

Farsighted people can see objects at a distance but have difficulty seeing up close. Hyperopia is typically caused by your eye having a focal distance that is too long.



Astigmatism

Astigmatism is a common condition caused by an irregularly shaped cornea or lens. This warps or distorts light rays entering your eye, making it difficult for your lens to properly focus the image.





Presbyopia

Like cataracts, presbyopia is a naturally occurring condition as we age. Over time, your lens hardens, diminishing its ability to flex and focus. The result is poor up-close vision. If you find yourself holding objects farther away to see them clearly, you probably have presbyopia.



Treating Your Cataracts

Unfortunately, there is no real way to prevent cataracts. Because they are a natural condition that occurs over time, cataracts can't be prevented by medicines or diet. The only way to truly correct your impaired vision due to cataracts is to remove your clouded lens and replace it with a new, artificial one.

The good news is that cataract surgery is usually a safe, simple procedure performed thousands of times every day all over the world. And even better, cataract surgery can offer an opportunity to correct other vision problems you might have, such as astigmatism or presbyopia – even if you've had them your entire life!

Clarity in the Blink of an Eye

More than three million cataract procedures are performed each year in the United States alone. First, the doctor uses a topical anesthetic to ensure you are comfortable. Next, a tiny incision is made in the eye, and an instrument, typically no bigger than the tip of a pen, is inserted. This instrument is then used to break up and remove the cataract. Finally, a replacement lens, or IOL, is implanted through the same small incision and set into place. The surgery itself takes around 30 minutes, and the whole process takes one to two hours.



What to Expect from Your Procedure

A typical cataract procedure is quick and relatively pain-free. In most cases, patients are back to their normal activities the very next day.

When preparing for your procedure, remember the following:

- The surgery does not require an overnight stay, so you will need someone to drive you home the same day.
- Before and/or after surgery, your doctor may prescribe eye drops to help prevent infection and reduce swelling.
- Most patients experience improved vision very soon after surgery, but your sight may continue to steadily improve.
- Only one eye is treated at a time to give each eye time to adjust individually.

Following your procedure, your brain will have to learn how to work with your new artificial lens. It might take a few weeks or even several months for your vision to be optimal. After one year, and every year thereafter, you should have a complete eye exam by your eye doctor to ensure your eyes stay healthy.

While cataract surgery is a relatively safe procedure, there can be some complications or side effects. These complications are relatively rare, and most can be treated successfully.

Talk to your doctor about the risks and benefits of cataract procedures so you can make an informed decision about your options.



Need help finding a surgeon?
Visit [MyCataracts.com](https://www.MyCataracts.com)
to use our surgeon locator today!

Take Control of Your Vision

Believe it or not, there has never been a better time to have cataract surgery. Today, patients can choose from a wide variety of replacement lenses – and the results can be extraordinary. Depending on the lens you choose, you could have clear, sharp vision with an increased opportunity to be less dependent on glasses or other corrective lenses!



Which Lens Is Right for Me?

An intraocular lens, or IOL, is an artificial lens used to replace your cloudy natural lens. Here are three of the most common types of IOLs currently available and what each is designed to do for your vision:

Monofocal Lenses

Monofocal lenses, such as the AcrySof® IQ IOL, have a single focal point for clear distance vision. However, while distance vision is usually improved, most patients still need to wear glasses for up-close tasks, like reading or working at a computer.

Astigmatism-Correcting Lenses

These types of lenses, such as the AcrySof® IQ Toric IOL, are specifically designed for patients with astigmatism. Similar to monofocal IOLs, these lenses offer much-improved distance vision, though patients will usually still require glasses for near-vision activities.

Multifocal Lenses

Multifocal lenses, like the AcrySof® IQ ReSTOR® IOLs, are designed to provide a full range of clear, sharp vision. These lenses restore cataract-impaired vision and can correct for nearsightedness, farsightedness and presbyopia.

AcrySof® IQ IOLs are the most widely utilized lenses in the world. With over 80 million used to date, AcrySof® IOLs have been shown to improve many aspects of patients' vision after cataract surgery:

- Return color perception as well as overall vision versus before their surgery
- Vision for distance, near, and everywhere in between to get you back to your day-to-day activities

Your doctor will help you determine which lens is right for you, based on your eyes, your visual needs and your lifestyle. Remember to talk to him or her about all of your options.



Frequently Asked Questions

When is the best time to treat cataracts?

Cataract surgery is a routine procedure that can be performed as soon as your vision interferes with your daily life.

What happens if cataracts go untreated?

Over time, the clouded areas of your lens can become larger and denser, causing your sight to become worse. This can take anywhere from a few months to many years. Eventually, though, your entire lens can cloud over and cause blindness.

Which lens will work best for me?

No single lens is right for everyone, and only your eye doctor can determine the most appropriate option for you.



Do all lenses let you see at different distances?

No, only lenses with multiple focal points are designed to give you a full range of clear vision. For instance, AcrySof® IQ ReSTOR® lenses are designed to perform near, far and everywhere in-between, so you can experience an extended range of vision for important things in your life, like reading, driving and outdoor activities. Your choice of lens depends on your lifestyle and your vision needs.

Will they treat both eyes at the same time?

No. Your doctor will only treat one eye per procedure, allowing your eye adequate time to recover and stabilize before treating the other. This usually takes several weeks.

Can cataracts come back?

Once a cataract has been removed, it cannot return. However, over time, some patients may notice that their vision has once again become cloudy. This condition is known as a secondary cataract, and it can be treated by a laser procedure performed in your doctor's office.

How successful is cataract surgery?

Cataract surgery has an overall success rate of more than 95%, making it one of the most successful procedures performed today.

Ask your doctor about your cataract surgery options. For more information, visit [MyCataracts.com](https://www.MyCataracts.com) or call 1-844-MYCATARACT (1-844-692-2827)

Important Product Information

AcrySof® Single Piece IOLs

CAUTION: Federal law restricts this device to sale by or on the order of a physician.

INDICATION: AcrySof® single-piece monofocal intraocular lenses (IOLs) include the AcrySof® IQ Aspheric Natural IOL (Model SN60WF), AcrySof® UV-Absorbing Aspheric IOL (Model SA60WF), AcrySof® Natural IOL (Model SN60AT) and AcrySof® IOL (Model SA60AT). Each IOL is indicated for visual correction of aphakia in adult patients following cataract surgery. These IOLs are intended for replacement in the capsular bag. **WARNINGS/PRECAUTIONS:** Careful preoperative evaluation and sound clinical judgment should be used by the surgeon to decide the risk/benefit ratio before implanting an IOL in a patient with any of the conditions described in the Directions for Use that accompany each IOL. Caution should be used prior to lens encapsulation to avoid lens decentration or dislocation. Viscoelastic should be removed from the eye at the close of surgery. Studies have shown that color vision discrimination is not adversely affected in individuals with the AcrySof® Natural IOL (Model SN60AT) and normal color vision. The effect on vision of the AcrySof® Natural IOL in subjects with hereditary color vision defects and acquired color vision defects secondary to ocular disease (e.g. glaucoma, diabetic retinopathy, chronic uveitis, and other retinal or optic nerve diseases) has not been studied. Do not resterilize. Do not store at temperatures over 45° C. Use only sterile irrigating solutions to rinse or soak IOLs. **ATTENTION:** Refer to the Directions for Use labeling for each IOL for a complete list of indications, warnings and precautions.

AcrySof® IQ Toric IOL

CAUTION: Restricted by law to sale by or on the order of a physician.

DESCRIPTION: The AcrySof® IQ Toric Intraocular Lenses (IOLs) are artificial lenses implanted in the eye of adult patients following cataract surgery. These lenses are designed to correct pre-existing corneal astigmatism, which is the inability of the eye to focus clearly at any distance because of difference curvatures on the cornea, and provide distance vision. **WARNINGS / PRECAUTIONS:** Contact your eye doctor immediately if you have any of the following symptoms while using the antibiotic eye drops prescribed by your doctor: itching, redness, watering of your eye, sensitivity to light. The safety and effectiveness of the AcrySof® IQ Toric IOL has not been established in patients with eye conditions, such as an increase in eye pressure (glaucoma) or complications of diabetes in the eye (diabetic retinopathy). As with any surgical procedure, there are risks involved.

These risks may include, but are not limited to, infection, damage to the lining of the cornea, the retinal layer which lines the inside back wall of your eye may become separated from the tissue next to it (retinal detachment), inflammation or swelling inside or outside the eye, damage to the iris (the colored diaphragm around the pupil), an increase in eye pressure that cannot be controlled by medicine and secondary surgical procedure. A toric IOL corrects astigmatism only when it is placed in the correct position in the eye. There is a possibility that the toric IOL could be placed incorrectly or could move within the eye. This may result in less improvement or a reduction in vision because your astigmatism has not been fully corrected, or it may cause visual symptoms. **ATTENTION:** As with any surgical procedure, there are risks involved. Prior to surgery, ask your eye doctor to provide you with an AcrySof® IQ Toric Patient Information Brochure, which will inform you of the risks and benefits associated with this IOL. Discuss any questions about possible risks and benefits with your eye doctor.

AcrySof® IQ ReSTOR® Family of IOLs

CAUTION: Federal (USA) law restricts this device to the sale by or on the order of a physician. **INDICATIONS:** The AcrySof® IQ ReSTOR® Posterior Chamber Intraocular Lens (IOL) is intended for primary implantation for the visual correction of aphakia secondary to removal of a cataractous lens in adult patients with and without presbyopia, who desire near, intermediate and distance vision with increased spectacle independence. The lens is intended to be placed in the capsular bag. **WARNINGS/PRECAUTIONS:** Careful preoperative evaluation and sound clinical judgment should be used by the surgeon to decide the risk/benefit ratio before implanting a lens in a patient with any of the conditions described in the Directions for Use labeling. Physicians should target emmetropia, and ensure that IOL centration is achieved. Care should be taken to remove viscoelastic from the eye at the close of surgery. Some patients may experience visual disturbances and/or discomfort due to multifocality, especially under dim light conditions. As with other multifocal IOLs, visual symptoms may be significant enough that the patient will request explant of the multifocal IOL. Spectacle independence rates vary with all multifocal IOLs; as such, some patients may need glasses when reading small print or looking at small objects. Clinical studies with the AcrySof® ReSTOR® lens indicated that posterior capsule opacification (PCO), when present, developed earlier into clinically significant PCO. Prior to surgery, physicians should provide prospective patients with a copy of the Patient Information Brochure available from Alcon for this product informing them of possible risks and benefits associated with the AcrySof® IQ ReSTOR® IOLs. Studies have shown that color vision discrimination is not adversely affected in individuals with the AcrySof® Natural IOL and normal color vision. The effect on vision of the AcrySof® Natural IOL in subjects with hereditary color vision defects and acquired color vision defects secondary to ocular disease (e.g., glaucoma, diabetic retinopathy, chronic uveitis, and other retinal or optic nerve diseases) has not been studied. Do not resterilize; do not store over 45° C; use only sterile irrigating solutions such as BSS® or BSS PLUS® Sterile Intraocular Irrigating Solutions. **ATTENTION:** Reference the Directions for Use labeling for a complete listing of indications, warnings and precautions.

