



Where we treat you like family.

So You Have a Cataract...What Now?

Over fifty percent of people over the age of 60 (and quite a few younger than that) suffer from cataracts. Almost everyone develops cataracts as they grow older. Cataract formations occur at different rates and can affect one or both eyes.

A cataract is a progressive clouding of the eye's natural lens. It interferes with light passing through the eye to the retina. Aging and other factors cause proteins in the eye's lens to clump together forming these cloudy areas. Early changes may not disturb vision, but over time cataracts typically result in blurred or fuzzy vision and sensitivity to light. People with progressed cataracts often say they feel as if they're looking through a waterfall or a piece of wax paper. Surgery is the only way to correct a cataract that causes significant vision impairment.

During cataract surgery your cloudy lens (the cataract) is removed and a lens implant (IOL) is placed inside the eye to replace the cloudy natural lens. If you are ready for cataract surgery, there is **GREAT NEWS!** Thanks to advancements in lens technologies, you now have the opportunity to choose a replacement lens that can turn back the hands of time and allow you to reclaim much of your youthful vision. Today's advanced technology lenses can dramatically reduce or even eliminate your dependence on glasses!

It is important for you to understand the lens replacement options that are available to you so that you can be prepared to make a decision with your doctor when the time is right for you. The following is some general information for you about lens options for cataract surgery:

Basic Monofocal Lens: For patients without astigmatism, Monofocal IOL's provide clear vision for a single distance and are usually chosen to make your distance vision clear. With a monofocal lens implant, even if you do not currently need to wear glasses for near and intermediate vision tasks, after surgery there is a high likelihood you will need to wear glasses for near and intermediate vision tasks such as reading the newspaper, doing crossword puzzles, dialing a phone, or working at a computer. Surgery with a monofocal IOL implant is covered by Medicare and most

commercial insurance plans. The standard out of pocket expenses such as your deductible, co-pays, and/or co-insurance will apply. This is the basic option.

Advanced Technology Full Range Lens: Full Range IOL's are advanced technology replacement lenses designed to restore vision at near, far, and everything in between. These advanced technology lenses are designed to provide you with a range of vision that most patients cannot achieve with a basic monofocal lens. Full Range IOL's are designed to minimize or sometimes even eliminate the need for glasses for most activities such as reading, driving, watching television, or computer work. While there are several types and brands of Advanced Technology Full Range IOL's, the goal of any Full Range lens is *to reduce your dependency on glasses* and enable you to see things and perform activities at all distances. During your visit, you will receive a thorough examination to evaluate if you are a good candidate for this type of IOL. Medicare and insurances cover the basic cataract surgery fees and there is an additional out-of-pocket expense for the Full Range lens option.

Astigmatism Correction: The Toric lens has been specifically designed to address lens replacement for those patients with significant *astigmatism*. Astigmatism is irregularity in the shape of the cornea (the clear window at the front of the eye). This causes blurred or distorted vision. Before the development of the Toric IOL, when the lens with the cataract was removed, the replacement lens did not correct a patient's astigmatism. Patients with significant amounts of astigmatism who choose a standard replacement lens usually need glasses to correct their vision at all distances following surgery. The Toric lens makes it possible to reduce or eliminate the effects of astigmatism and significantly improves the quality of your vision following surgery. 97% of patients who have the Toric lens implanted in both eyes have no need for glasses for distance activities such as watching TV, driving, and viewing sporting events. They usually only need light readers for near vision activities. Medicare and insurances cover cataract surgery fees and there is an additional out-of-pocket expense for the Toric lens option.

Not everyone is a candidate for the Toric and Advanced Technology Full Range lenses. Dr. McKnight will help you determine which lens is best for your vision for the rest of your life.