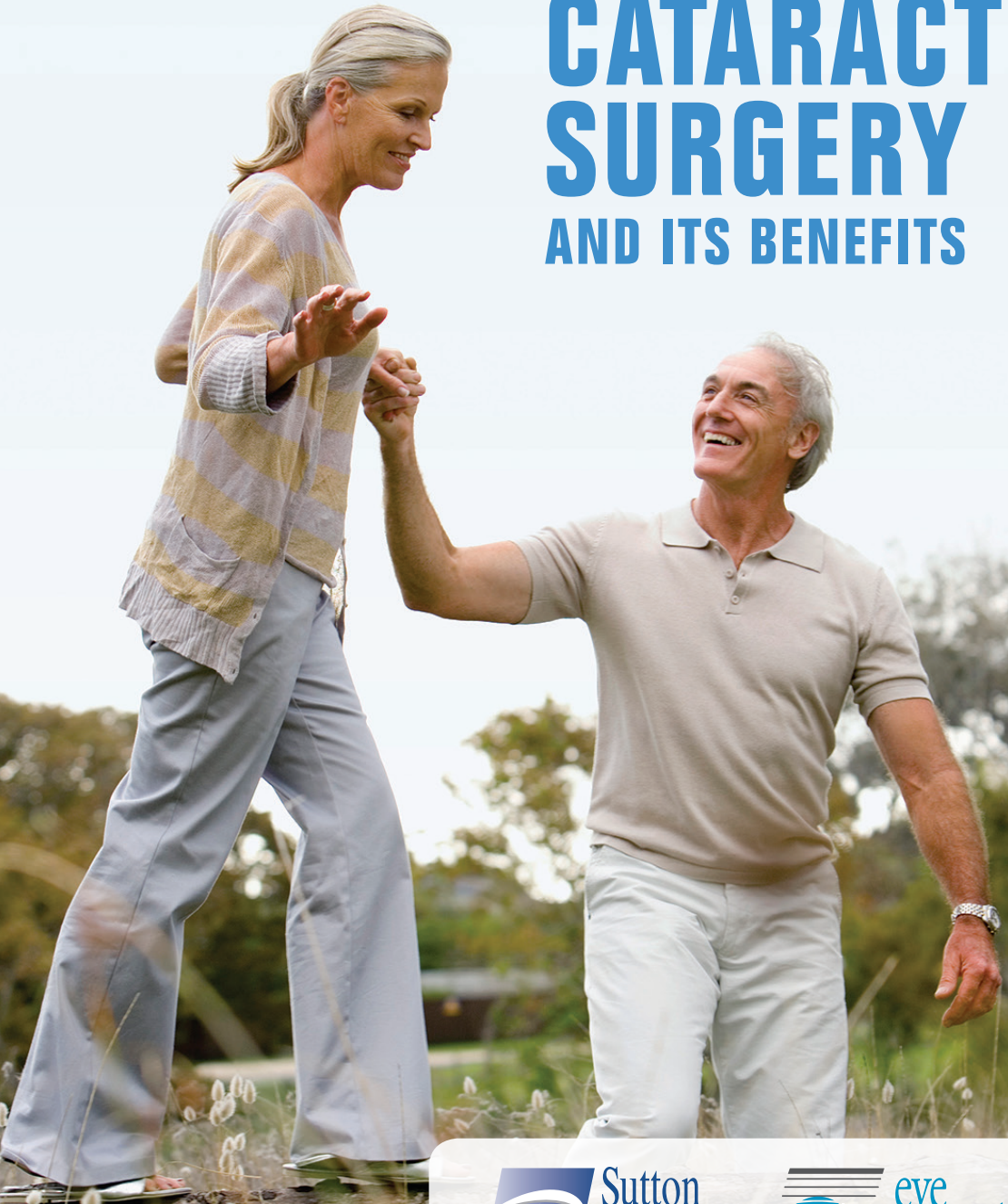


# UNDERSTANDING CATARACT SURGERY AND ITS BENEFITS



# Regaining A Clear Outlook

At Sutton Linder & Sutton and Eye Surgical Associates, our focus is on you. Every patient is unique and faces unique challenges, and we take pride in helping people regain abilities that poor vision may have compromised over time.



Good vision can improve overall health and safety, reveal new opportunities and reopen doors that previously seemed closed. Cataracts do not have to mean the end of great vision, and this brochure explains the long-lasting benefits modern cataract surgery can bring.

**Cataract surgery isn't just the end of clouded vision; it's the beginning of a bright new outlook!**

## How the Eye Works

The eye's cornea is convex, and light rays that hit it bend toward its center. The lens then focuses the image clearly on the retina.

**Field of Vision:** The lens of a youthful eye is flexible and can respond to the eye's muscles, changing shape (accommodating) and becoming thicker to see near objects clearly.

**Near Vision:** The eye muscles contract to focus the lens on something that is NEAR. The near field of vision is within 16 inches of the eye.

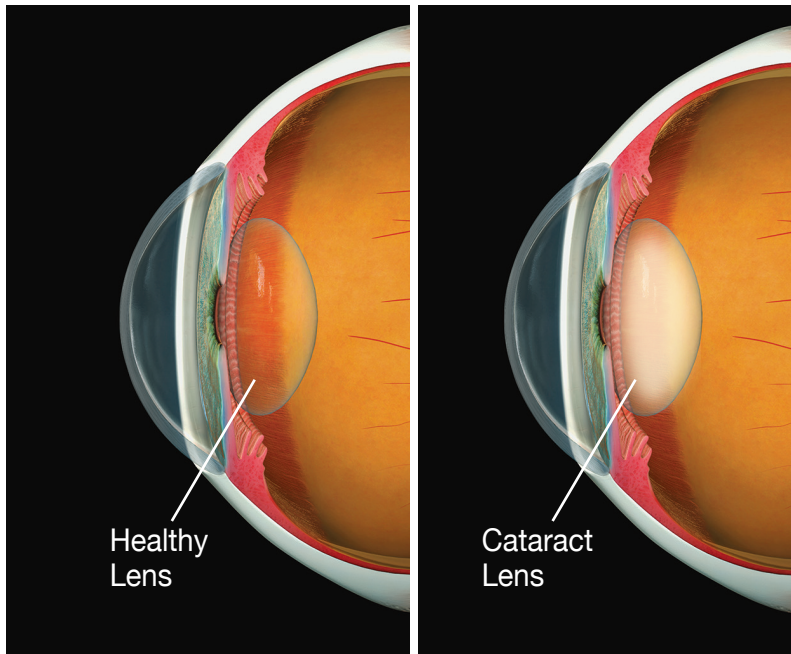
**Intermediate Vision:** To go from near to INTERMEDIATE vision, the eye muscles lightly relax, allowing the lens to gently reshape. This field of vision is between 16 and 36 inches.

**Distance Vision :** When your eye muscles are totally relaxed, your lens is naturally positioned for DISTANCE vision. The distance field of vision includes everything past 36 inches.

**Presbyopia (Loss of Reading Vision) :** Over time, the eye's lens gradually loses its elasticity and its ability to change shape to see close objects. Bifocals or reading glasses are the traditional prescription for remedying loss of accommodation due to presbyopia, but recent technology makes it possible to exchange the inflexible lens for one designed to improve functional vision at all distances.

# What Are Cataracts?

What exactly is a cataract? A cataract is simply a “clouding” of the natural lens in your eye.



Like the lens of a camera, the eye’s lens focuses to keep the images of both close and distant objects clear. Over time, the lens becomes less transparent. Clouding most often takes place slowly as proteins within the lens clump together. When cataracts progress to the point that they affect vision, it’s time to trade in the cloudy lens for a crystal clear lens.

## What Causes Cataracts?

The lens, located just behind the iris (the colored part of your eye), works like the lens of a camera. It focuses light, color, and images on the retina (the transmitter on the back of your eye that sends images to your brain).

Made of mostly protein and water, the lens can become clouded to the point that it distorts light and images prior to reaching your retina. This can come from eye injury, certain diseases or even medications. However, over 90% of clouding cases are due to the natural aging process.

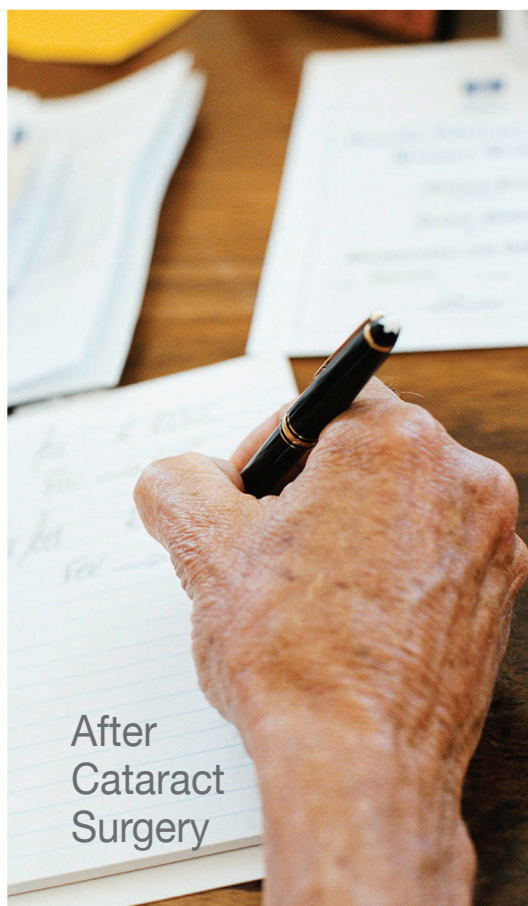
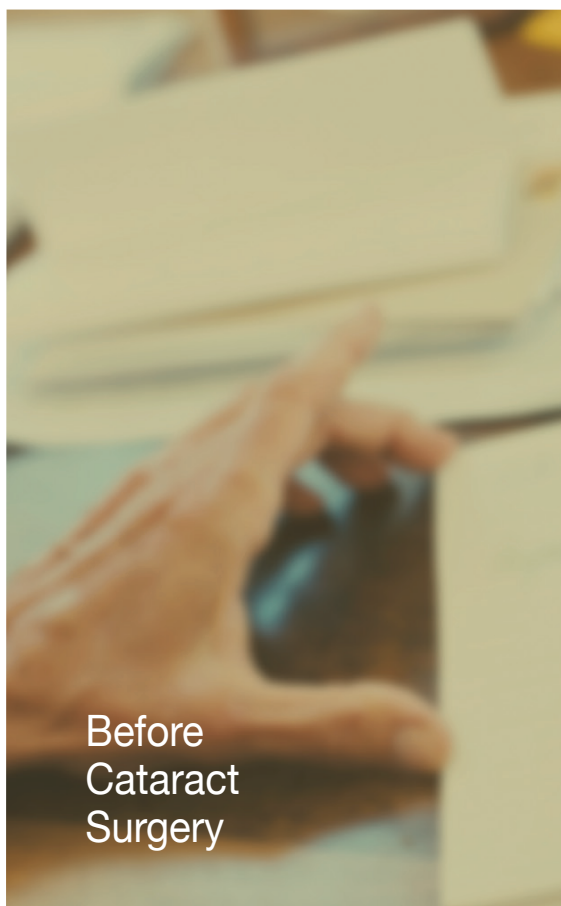
Cataracts can cause a wide range of symptoms. They affect people in different ways. Problems may range from glare, difficulty reading, eye strain or halos around lights. A cataract is not a “film” over the eye.

The best way to treat a cataract is to remove the old, clouded lens and replace it with a new one.



## Making The Decision

When a doctor tells you that you have a cataract, and that it needs to be removed, it can be frightening. But as soon as you understand what a cataract is, how it will be removed and the priceless reward cataract surgery can bring, you'll likely wish you had made the decision sooner. When your cataract is gone, your vision can be clearer, brighter, and sharper than it has been in a long time.



## The Procedure

Cataract surgery is one of the safest and most successful procedures you can have. Millions of people undergo this procedure every year, resulting in a significant improvement in vision.

Modern cataract surgery is simple. A tiny incision is made in the eye. Through this incision, the surgeon inserts an ultrasonic probe. The probe, about the size of a pen tip, breaks the cloudy lens into pieces and then vacuums these tiny pieces out of the eye.

Once the cataract has been removed, a Traditional or an Advanced Lens is inserted as a replacement for the natural lens. These lenses provide the ability to focus that previously came from your natural lens.

## What Can I Expect From Surgery?

Cataract surgery is an outpatient procedure. You will spend only a few hours at our office and should feel very little discomfort, because your eyes will be numbed with anesthesia.

After surgery, you are given a few minutes to rest and you will be able to go home that very same day. A day later, your doctor will most likely want to see you for an evaluation, where eye drops may be prescribed to help fight infection and to help your eye heal. For the next few days, you might need to wear a patch at night over your eye in order to prevent accidental rubbing.

## YOUR NEW LENS

Advanced Lenses have changed dramatically over the years.

Thanks to the latest advances in technology and materials, many Advanced Lenses have significant clinical advantages over previous lens models.

Your ophthalmologist will help you decide on the type of lens that will best suit your visual needs. There are lenses to treat astigmatism, nearsightedness, and farsightedness.

There are several options geared toward correcting your vision, while reducing your need for glasses.

- Traditional Lenses correct your vision at one focal point, usually distance.
- Advanced Lenses that treat astigmatism are called Toric Lenses.
- Advanced Lenses that allow you to see near and far are called Multifocal Lenses.

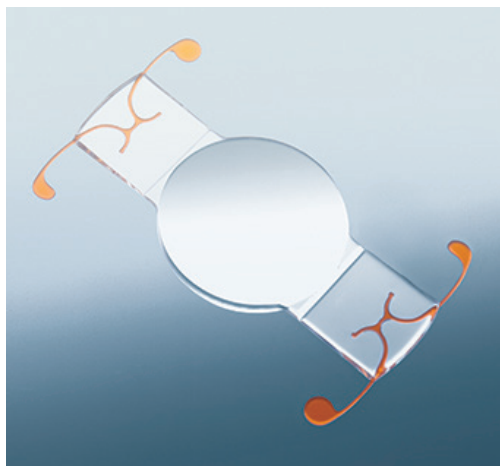
You may also have one eye corrected for near vision and the other for distance vision through a process called monovision. Most lenses are composed of soft acrylic or silicone plastic. They are easy to fold, which allows for simple insertion through a smaller incision.



## GREATER INDEPENDENCE FROM GLASSES

Thanks to Advanced Lenses, you have a better chance than ever with reducing your need for glasses. These Advanced Lenses can provide improved vision from near to far and in between. The greater visual independence offered by Advanced Lenses leads to a more independent, carefree lifestyle.

Today, there are several different lens options and each has specific strengths. Because we realize that every patient has different needs, we offer a variety of lenses so we can help you choose the lens or combination of lenses that are right for you. The procedure for implanting an Advanced Lens is virtually identical to the traditional cataract procedure that has been safely performed for over 25 years on more than 65 million people in the U.S. alone.



## Deciding If An Advanced Lens Is For You

This decision can be made only after careful consideration of the health of your eyes, your individual lifestyle, and the demands of your occupation and hobbies.

Before advising you, your surgeon will want to know more about:

- the kind of work you do
- how many hours a day you read and the types of reading you do
- how many hours a day you use a computer
- your outdoor activities
- your hobbies, and whether you do close work, like sewing or knitting
- how much driving you do at night
- whether you like to travel
- how bothered you are by wearing glasses
- would you like to be less dependent on glasses
- your willingness to pay an additional cost

If you opt for Advanced Lenses, your surgeon will select the technology that best meets your visual demands.

## FAQ

### **Am I a candidate for Advanced Lenses?**

Advanced Lens candidates include presbyopia patients over age 45, with a cataract, whom desire a full range of vision in each eye with less dependence on glasses. You are not a candidate if you have already undergone cataract surgery. Your surgeon will perform a careful examination before making any recommendation.

### **I have had LASIK laser vision correction. Am I still a candidate for Advanced Lenses?**

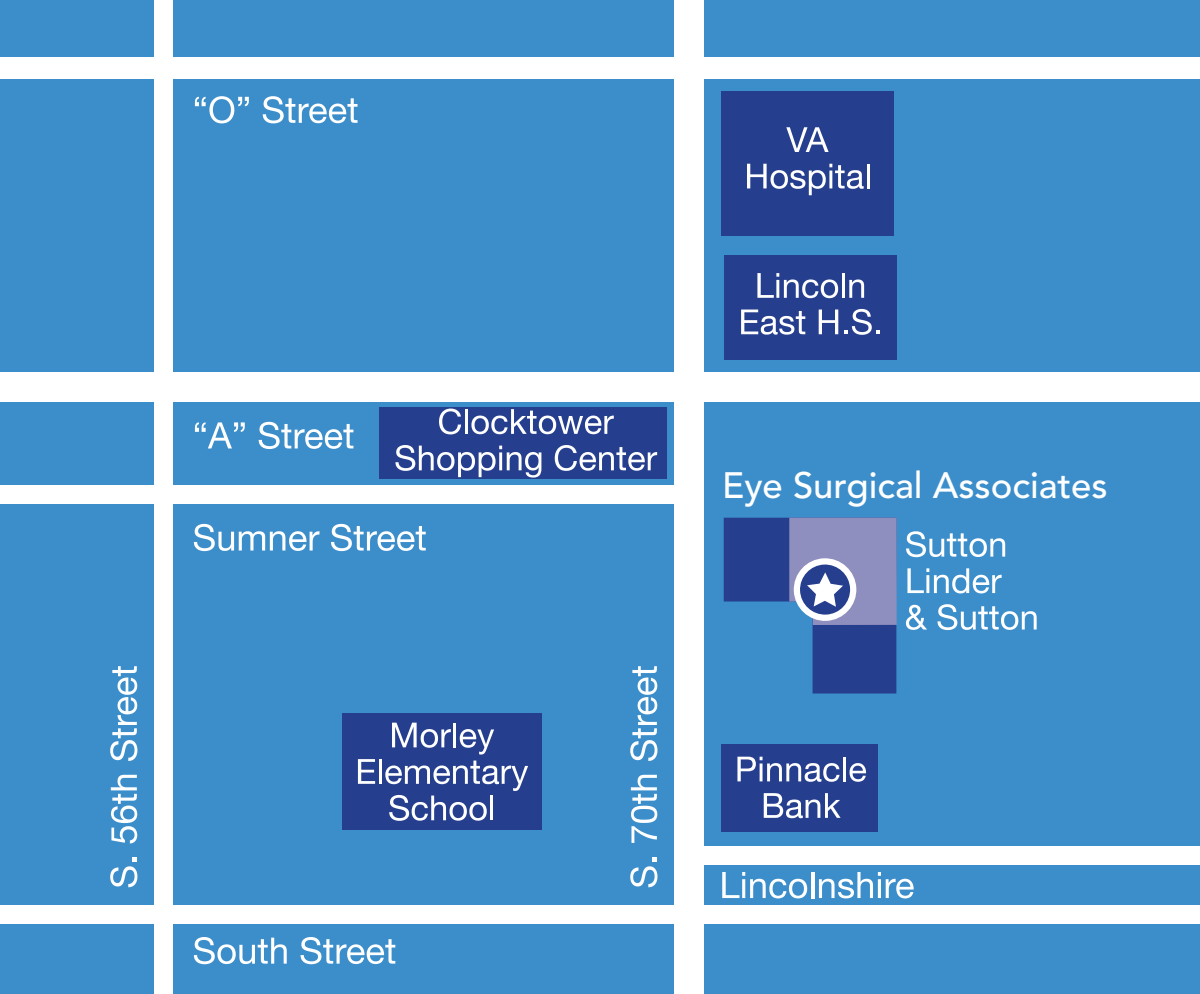
As long as your eyes are healthy, you can have Advanced Lenses implanted, even if you have already had a refractive procedure like LASIK.

### **When can I resume normal activity?**

Most patients are able to drive and return to work after only two to three days. Your eyes may still be sensitive to touch and light, and sunglasses are recommended for outdoor activity. Your surgeon will provide specific instructions before surgery.

### **Which lens is right for me?**

For cataract patients, the choice is between Traditional Lenses with glasses to help you focus or Advanced Lenses with less dependence on glasses. You should discuss these options with your surgeon to see which lenses best fit you and your lifestyle. Ask yourself “What would my life be like with less dependence on glasses?”



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For CATARACT questions and appointments,  
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To discuss more details about our Advanced Lenses,  
please call (402) 484-0900

