

# Advanced Cataract and Lens Replacement

It will change the way you see life.



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OPHTHALMOLOGY CONSULTANTS  
THE CENTER FOR LASIK

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## Cataracts are a part of life.



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 even realizing it.

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

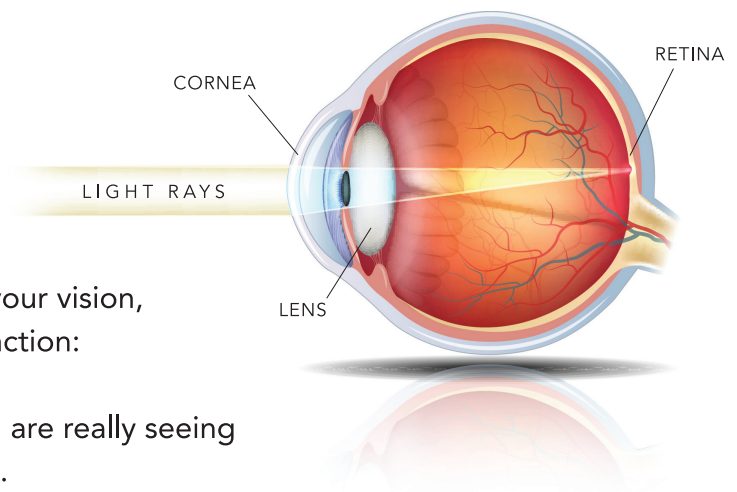
- Blurry or foggy vision
- Colors appear dull or washed out
- Poor night vision
- Halos appear around lights
- Sensitivity to sunlight or bright lights
- Needing more light to read
- Your glasses don't seem to work

### A closer look at eyesight.

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

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 the image into electrical signals that are interpreted by your brain.

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



## What is a cataract?

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

When the lens becomes clouded with a cataract, it prevents light and images from reaching the retina. Vision impaired by cataracts has been described as seeing through a cloudy window. Objects become blurred, colors become dull, and seeing at night becomes much more difficult, especially with bright lights or glare. Unfortunately for many of us, cataracts aren't the only condition that can negatively impact your eyesight. Glaucoma and retinal problems can compound vision problems as we age.

Cataracts not only impair your vision, but also your quality of life.



With normal vision, objects appear sharp, bright and colorful.



Cataracts can cause significant blurriness, dullness of color, and cloudiness.

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## Other Common Vision Problems



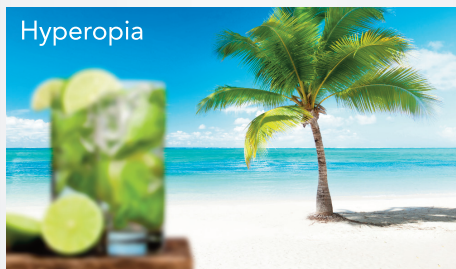
Myopia



### 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



### 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. Excessive farsightedness can cause blurred vision at all distances.

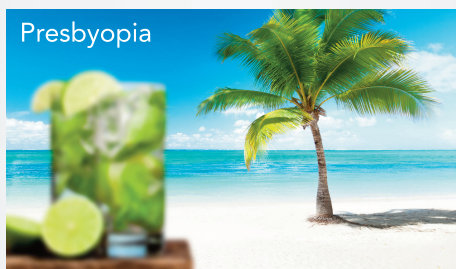
Astigmatism



### Astigmatism

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

Presbyopia



### Presbyopia

Like cataracts, presbyopia is a naturally occurring condition as we age, usually occurring after 40. Over time, your lens hardens, decreasing 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 have presbyopia.

## Treating Your Cataracts

Unfortunately, there is no way to prevent cataracts.

Because they are a natural condition that occurs over time, cataracts can't be cured or prevented by medicines, diet or even lasers. The only way to truly correct your vision is to remove the clouded lens and replace it with a new, artificial one.

Cataract surgery is a safe procedure performed thousands of times every day all over the world on people just like you. It is one of the most successful medical procedures performed today. 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!



## LASER Cataract Surgery

We utilize the very latest  
laser technology.



More than three million cataract procedures are performed each year in the United States alone. The advent of laser cataract surgery has brought a new level of accuracy and precision to the procedure allowing patients to achieve more consistent and predictable outcomes. A digital imaging system helps the computer controlled laser make incisions, correct astigmatism, and soften the cataract with unprecedented accuracy.

With laser cataract surgery, we will customize the procedure to your eye's unique characteristics, resulting in improved visual outcomes.

## What to Expect From Your Procedure

Most people are surprised to find just how easy, quick and relatively pain-free their cataract procedure is. In most cases, patients are back to their normal activities the very next day. Our surgical coordinator will assist in all the arrangements for your procedure including a pre-operative medical clearance from your primary doctor. On the day of your procedure, you will come to the outpatient surgical center where your pupil will be dilated with drops and you will be given a mild sedative to relax you. Once in the operating room our surgeon will use anesthetic drops to ensure you are comfortable. If you have chosen laser assisted surgery, the surgeon will use the laser to carefully create micro incisions to correct small amounts of astigmatism, gain access to the cloudy lens, and soften the hardened lens material prior to it being washed out of the eye. Finally, a replacement intraocular lens or IOL is implanted through the same small incision. The actual surgery usually takes less than 20 minutes.



### Preparing for Your Procedure

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 will prescribe eye drops to help prevent infection and reduce swelling for faster recovery.
- Most patients experience improved vision very soon after surgery. Your sight will continue to steadily improve with time.
- Only one eye is treated at a time to give each eye time to adjust individually.

### Following Your Procedure

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 one of the safest procedures performed today, there can be 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.

## Which Lens is Right for Me?

An intraocular lens or IOL is an artificial lens used to replace the cloudy natural lens removed during the procedure. The three most common types of IOLs currently available are Monofocal lenses, Toric lenses and Multifocal lenses. Remember, the lens you choose will be permanent for the rest of your life. Your doctor will help you determine which lens is right for you based on your eyes, your visual needs, and your lifestyle.

### Monofocal Lenses

Monofocal lenses have a single focal point for clear distance vision. You will still need to wear glasses for up-close tasks like reading or working at a computer. Some patients will also need glasses for distance if astigmatism is present and not treated.

### Astigmatism-Corrected Lenses

Toric or astigmatism correcting lenses are specifically designed for patients with larger amounts of astigmatism. Similar to Monofocal IOLs, these lenses offer much-improved distance vision. Patients choosing this lens because of excessive astigmatism will still require glasses for near-vision activities like reading and computer work.

### Multifocal Lenses

Multifocal lenses are designed to provide a full range of clear, sharp vision. These lenses restore cataract-impaired vision and can correct distance, intermediate, and near vision all without being dependent on glasses for most of your day. Patients with pre-existing ocular conditions or excessive amounts of astigmatism may not be good candidates for multifocal lenses.

### What is Mono-vision?

Choosing to have mono-vision at the time of cataract removal or lens replacement is an excellent option for those accustomed to mono-vision. This method of vision correction provides distance vision out of one eye and near vision from the other. We discourage this option for patients who have never used mono-vision correction before. If you think you want to have mono-vision, please discuss this option with us before finalizing your decision for surgery.



## Frequently Asked Questions



### When is the best time to treat cataracts?

Many people believe cataracts have to be “ripe” before they can be removed. This is not true anymore. Cataract surgery is a routine procedure that can be performed as soon as the cataract interferes with your quality of 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 several 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. Together, you and your doctor can determine the most appropriate lens option for your active lifestyle.

### Do all lenses let you see at different distances?

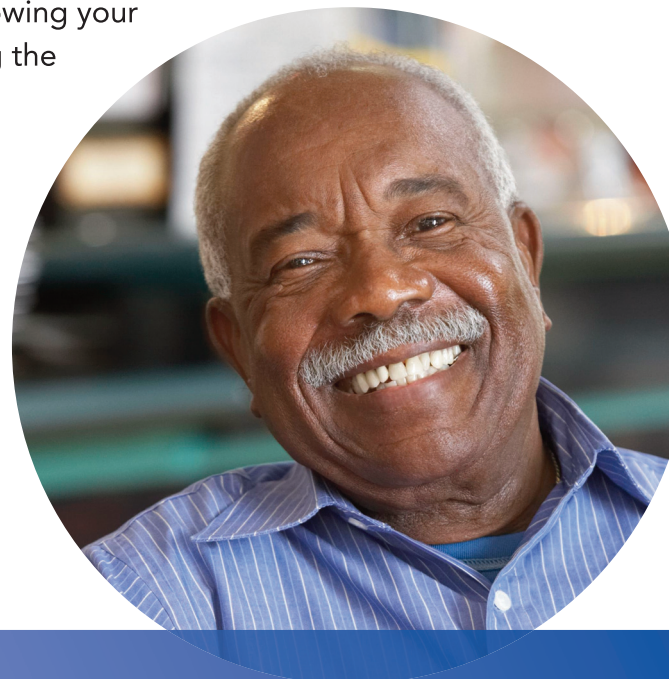
No, only lenses with multiple focal points are designed to give you a full range of clear vision. Multifocal lenses are designed to focus on near objects, far objects and for many things in between. You should be able to experience crisp vision for the most important things in your life, like reading, driving and outdoor activities, all without being dependent on glasses for most tasks.

### Will my surgeon 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 a week or two.

### Can cataracts come back?

Once a cataract has been removed, it cannot return. However, over time, some patients may notice that their vision has become slightly cloudy. This condition is known as a secondary cataract and it can be easily treated by a one-time laser polishing procedure performed in your doctor’s office in less than a minute without any down time.





## Specialized Testing and Enhancements

### Prior Refractive Surgery (RK, PRK, and LASIK)

Patients who have had prior refractive surgery require additional specialized testing and extra computer calculations prior to finalizing surgical planning. Because of these required tests and calculations, an additional non-covered fee will be charged.

### Enhancements

Regardless of the type of procedure or lens implant you choose, an enhancement or “touch-up” procedure may be required to achieve the clearest vision possible. Enhancements are only performed after both eyes are completely healed. If you choose to have your cataract removed by the bladeless, laser assisted method, or have chosen a Multifocal or Toric, astigmatism correcting implant, there is no additional charge for an enhancement procedure as long as it is indicated and completed within six months of the initial surgery. If you have chosen a basic lens implant, have excessive astigmatism, or have had prior refractive eye surgery there is an additional fee for the enhancement procedure. Please discuss your particular condition with your doctor and how it may relate to our enhancement policy.



## What Our Patients Say About Their New Vision

I was highly myopic (nearsighted) and as a surgeon had difficulty operating through the microscope. Since my eye surgery, I can see perfectly and have resumed a full surgical schedule. This has really been a benefit to my practice of obstetrics and gynecology.

– N.CS, M.D.

Freedom – Independence – Joy. These are the words I ascribe to my seeing near and far. Thank you for simplifying my life and never again having to ask, "Where are my glasses?"

– Jewel L.

I can now open my eyes to the same clear vision that I had in my youth. One can't imagine how it feels to be able to pick up a book and to be able to read it without glasses. To be able to see the time when I wake up in the morning is fantastic. Everything around me is clear and bright. It is hard to explain my excitement not to have to fumble for eyeglasses!!! Amazing!!! Thank you and your caring staff.

– Rhoda G.

My surgery went off without a hitch and I can see again without glasses. The only downside is that I find myself looking around for my glasses when I read the paper or sit back to watch TV.

– John B.

I can't say enough about the professional care I received from Ophthalmology Consultants. I took my vision for granted, until I realized that night vision was no longer safe. The ReSTOR Lenses by Alcon gave me back my night vision and allowed me to be independent again.

– Arlene S.

Since the surgery, I have not needed glasses or contact lenses. This is the first time in 55 years that I have not worn corrective lenses! While my friends scramble for their glasses to read a restaurant bill, I can read it without glasses. Thank you again for my new vision.

– Bernice C.

I can now open my eyes  
to the same clear vision  
I had in my youth.





## What Does Cataract Removal with a Lens Implant Cost?

We expect that Medicare or your health insurance plan will pay for basic cataract surgery, less any deductibles, co-insurance, and copayment requirements. We know that they will not cover the cost of the toric astigmatism correcting lens, the multifocal lens, or the preoperative testing required to implant these lenses. Additionally, no coverage is currently allowed for laser cataract surgery. Medicare and many insurance companies classify these new technology lenses and laser cataract surgery as elective and are therefore not covered.

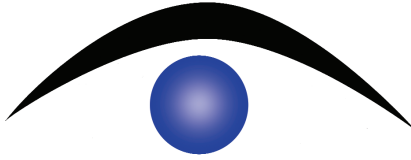
### Payment and Financing Options

We accept cash, checks, and all major credit cards. Attractive, no interest financing and affordable, longer term payment options are available to help with the non-covered, out-of-pocket costs. Our staff will work with you to determine which payment option best suits your needs.

For patients who are still employed, Flexible Spending Accounts (FSA's) and Health Savings Accounts (HSA's), also known as Cafeteria Plans or Section 125 plans, are a great way to pay for the out-of-pocket expenses associated with cataract removal. FSA and HSA plans allow you to set aside pre-tax dollars through payroll deductions, offering you better savings than more traditional financing programs. Let us know if you're considering using FSA or HSA plans for Cataract removal. Since some of these plans may require you to "use them or lose them," it is important to investigate your options before setting the funds aside.

## 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 intraocular lenses and the results can be extraordinary. Depending on the lens you choose, you could have clear, sharp vision with little or no need for glasses!



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