

What is a cataract ?

A cataract is a loss of transparency, or clouding, of the normally clear lens of the eye. This lens is a part of the eye that helps light focus on the retina. It is located behind the iris.

What causes it ?

Your eye works much like a camera. Light rays focus through your lens on to the retina, a layer of light sensitive cells at the back of the eye. Similar to film, the retina allows the image to be "seen" by the brain. But over time, as one ages, chemical changes occur in the lens that make it cloudy and prevent light rays from passing clearly through it; this cloudy lens is called a cataract.

Thus ageing is the most common cause of cataract. Other causes include trauma, medications such as steroids, systemic diseases such as diabetes and prolonged exposure to ultraviolet light. Occasionally babies are born with a cataract (known as "Congenital Cataract").

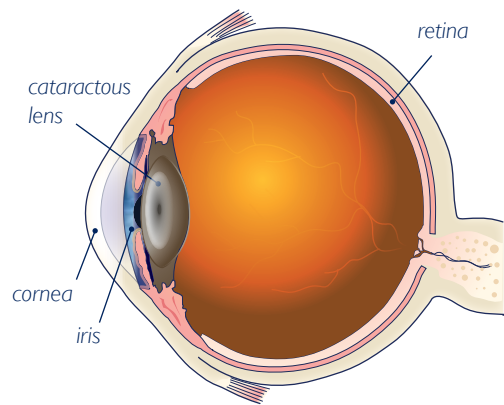
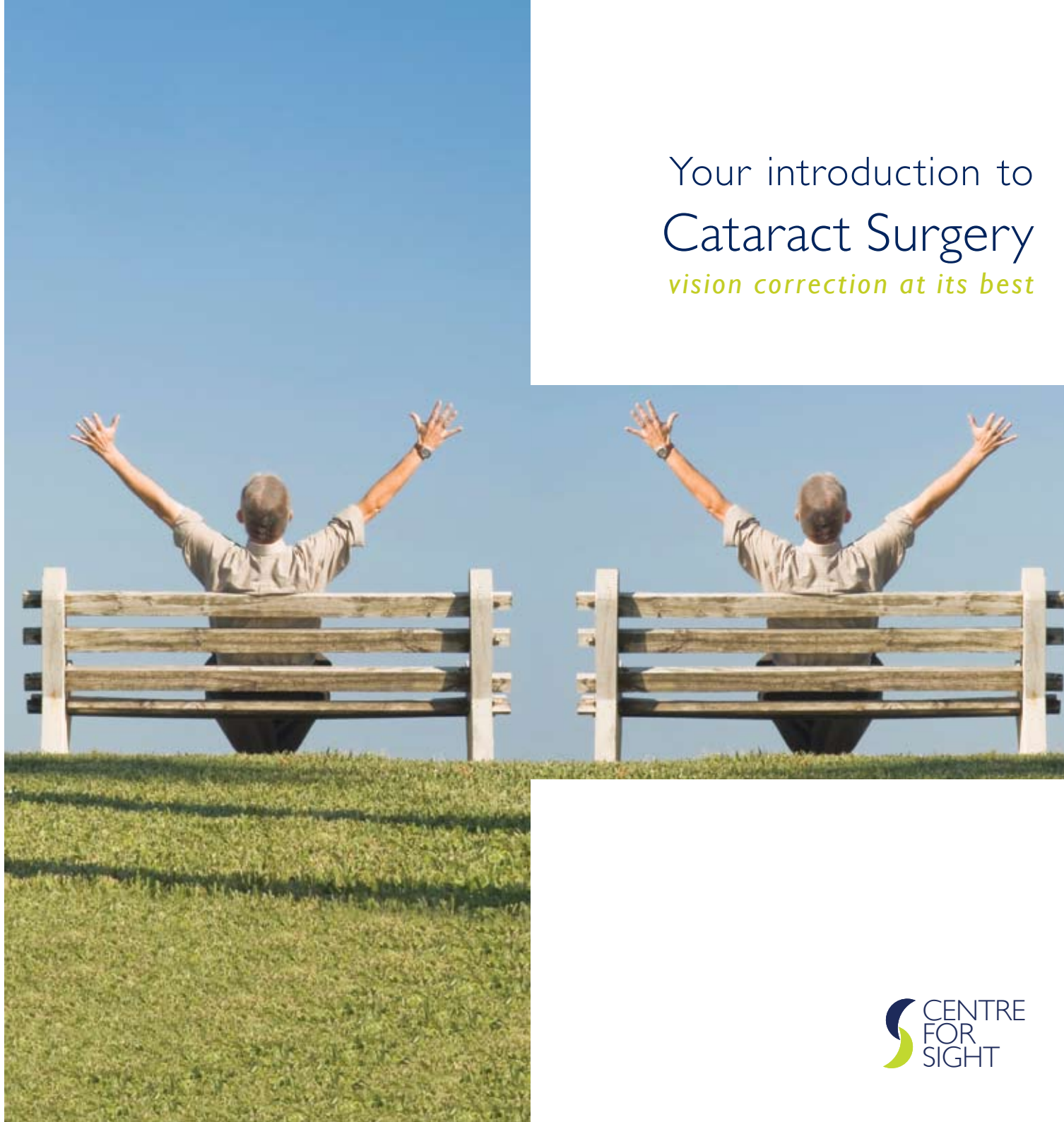


Diagram of the eye

Your introduction to Cataract Surgery

vision correction at its best



What are cataract symptoms ?

Gradual, progressive and painless decrease in vision of variable degrees. Caused by loss of transparency of the lens in the eye it may be so mild that vision is hardly affected, or so severe that no shapes or movements are seen, only light and dark. Other symptoms include:

- **Blurring of vision**
- **Poor night vision**
- **Glare, particularly at night**
- **Frequent eyeglass prescription change**
- **A decrease in colour intensity**
- **Yellowing of images**
- **Double vision (in rare cases)**

Ironically, as the lens gets harder, some individuals who are farsighted (or hyperopic) experience improved distance vision and are less dependent on glasses; this however is a temporary state.

Those who are nearsighted (or myopic) can become more nearsighted, causing distance vision to be worse. Some types of cataracts affect distance vision more than reading vision; likewise, the opposite can happen affecting reading vision more than distance vision.



Your cataract surgery

Prior to surgery a **full consultation** will be conducted along with specific tests for evaluating the front of the eye (corneal tomography) and precise lens calculation for the replacement lens.

The procedure, Phacoemulsification (small incision surgery), is a surgical method used to remove the cataract through a small tunnel incision.

At Centre for Sight ultra-small incision cataract surgery is performed using the Stellaris (**Bausch & Lomb**) technology and uses precise ultrasound technology to safely remove the lens. The micro incision surgery makes the procedure safer with faster visual recovery along with lower inflammation.

The lens capsule which is the outer membrane of the lens is left behind and into this is placed a specially measured intraocular lens. Stitches are not usually required and vision returns quickly, with most able to resume normal activities within a short period of time.



The Centre for Sight difference

Established in 1996 by a consultant ophthalmic surgeon, with special expertise in corneal refractive surgery, with the view of establishing a centre of quality and excellence. Centre for Sight has established an international reputation and regularly receives referrals nationally and internationally.

LEADERSHIP • EXPERIENCE • EXPERTISE • REPUTATION

Centre for Sight patients benefit from the safety and reassurance of being treated by an internationally recognised team of professionals, who offer a dramatically enhanced level of expertise and personalised care and treatment, from initial consultation right through to after-care assistance and reassurance.

“Added-value” cataract surgery

Highly personalised surgery is performed at Centre for Sight and options to correct both Distance and Near vision are available through use of Premium multifocal or accommodating lenses e.g. **Crystalens HD**. (Centre for Sight are Europe's longest and most experienced provider

Standard cataract surgery involves replacing the affected natural crystalline lens with a monofocal implant. Premium lenses can be used to substitute monofocal lenses to address all of the most common problems we have with our eyesight:

- **The cataract**
- **Presbyopia**
age related focusing issues that commonly affect our ability to read
- **A refractive error**
short or long sightedness and/or astigmatism



Most patients who elect to have one of these lenses find they have no need for any glasses or contact lenses - not even for reading!

Speak to a Centre for Sight counsellor to learn more, obtain a comprehensive information pack or to schedule an appointment.: 0800 011 2882



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