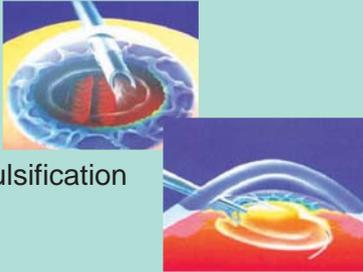


# 6

## How is cataract surgery performed?

- Cataract surgery is often performed as a day care procedure, (i.e does not require hospital admission)



Phacoemulsification

- It is usually done under local anesthesia
- The opaque natural lens is removed either by extraction through a surgical wound (extracapsular cataract extraction - ECCE) or by ultrasonic fragmentation through a smaller wound (a technique called phacoemulsification)
- An artificial lens is then implanted into the eye

Depending on your needs, you may still require spectacles to further improve your vision.

It is important to note that the eventual outcome depends not only on the surgery but also on the state of your eye health and diligent post-operative care. Your attending eye doctor should be able to advise you accordingly.

## Near Vision Chart

- Test at 40 cm
- Test one eye at a time

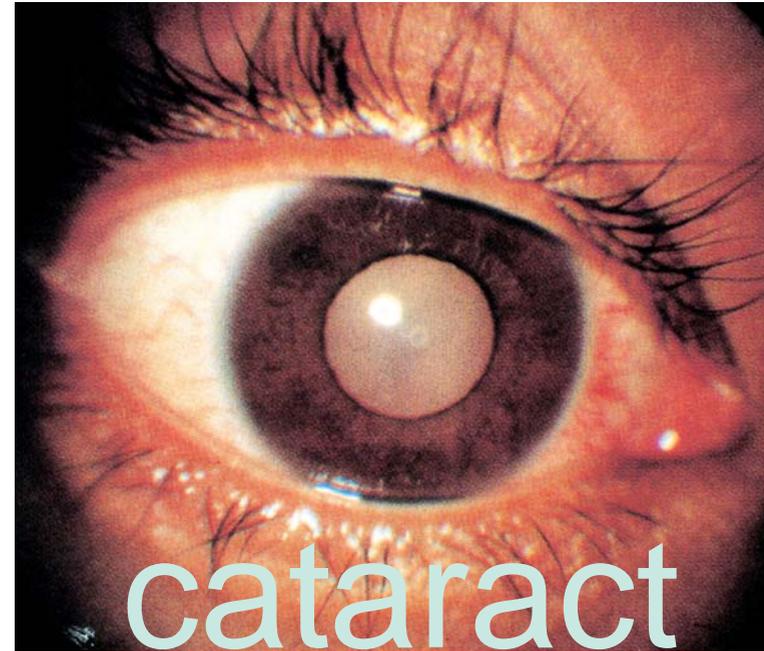
V	N	0,1						
D	H	P	0,2					
Z	C	T	B	0,3				
R	D	P	V	F	Z	0,4		
E	O	Z	L	B	H	0,5		
Z	N	H	R	E	L	0,6		
N	R	F	M	H	Z	D	B	0,8
H	Z	N	R	F	C	T	V	0,9

If you cannot read the bottom line, please get your eyes checked.



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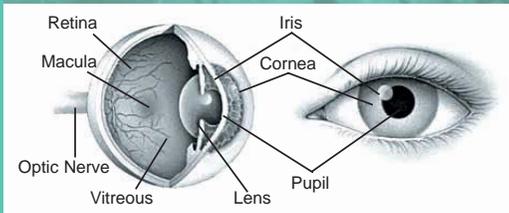
October 2002 / 50,000



Cataract  
can cause blindness  
but timely intervention  
can reverse it.

# What is cataract?

Cataract is cloudiness of the natural lens in the eye.



Anatomy of the eye

# What can cause cataract?

Among the common causes of cataract are

- Aging
- Diabetes Mellitus
- Smoking
- Ultraviolet light
- Injury
- You may be born with cataract (congenital)

# How do you know that you may have cataract?

- Your vision is blurred
- You have difficulty reading
- You need to change glasses frequently
- Your vision is worsened in bright light
- In the advanced stage a white spot is noticeable in the centre of your eye (white pupil)



Cataract

# 4 Can cataract be treated?

Yes, but in the early and mild stages when vision is not affected, treatment may not be required. Overall treatment depends on the severity of the cataract and your own individual visual needs. Your eye doctor may initially advise you to wear spectacles. When spectacles wear no longer helps, an operation to remove the cataract is the next option.



Cataract Surgery

# Can eye drops or vitamin cure cataract? 5

No, certainly not. The change in the clarity of the natural lens is irreversible and the only way to solve the problem is by removing it.

**BE RID OF CATARACT!**

Lead quality lives in your golden years