



# Cataract INSTITUTE

## Overview

DeHaven's physicians have set a standard for cataract surgery in East Texas. In addition to cataract treatment, we take pride in educating our patients about cataract symptoms and risk factors.

### What are Cataracts?

A cataract reduces quality of vision due to the "clouding up" of the eye's lens. Normally, light passes through the eye's lens and pupil, hitting the retina at the back of the eye. But, when the lens becomes cloudy, the image that reaches the retina is dull and blurred, which results in poor vision.

The cloudiness that is a cataract is caused by a chemical change in the lens itself. Cataracts are usually the result of the natural aging process but can also result from injury or eye infections. The onset of vision loss is gradual and may be hard to notice at first—cataracts can take months or years to fully form. If left untreated, cataracts can lead to blindness.

### What are the Symptoms of Cataracts?

Cataracts typically cause no symptoms until they become large enough to blur light coming through the eye's lens. Once symptoms do develop, they may include:

- Cloudy or blurry vision
- Double vision (diplopia)
- Seeing dull or faded colors
- Seeing halos around lights
- Sensitivity to glare from the sun and car headlights
- Trouble judging distances
- Trouble reading, especially fine print
- Difficulty seeing or driving at night

### What To Expect?

The only way to counteract the cloudy vision caused by a cataract is to remove the cataract surgically. This surgical procedure removes the natural lens of the eye and replaces it with a permanent artificial lens. DeHaven uses the highest quality lenses available including ReSTOR® and TORIC brands of intraocular lenses.

The removal of the clouded lens from the lens capsule uses the technology of Phacoemulsification, whereby an ultrasound breaks up and removes the cataract. The artificial or intraocular lens can then be put into place. Phacoemulsification, and its use of ultrasound technology, remains the quickest and most proven option for removal of cataracts.

## Cataract Options

### ReSTOR

Today, the ACRYSOF® family of lenses, including the ACRYSOF® ReSTOR IOL, are among the most frequently implanted lenses in the world. This is largely due to the long-term clinical results of the lens. Furthermore, these lenses are made of a patented material developed specifically for the eye.

ReSTOR is an intraocular lens that provides a range of vision distances based on light control, rather than your eyes' muscles. A surgeon replaces the eyes' natural lenses, which may have become clouded, with the ReSTOR IOL. The IOL then reflects light to the retina, just as the natural lens would, only now vision is clearer and spectacles may no longer required after surgery.

For more information about ReSTOR intraocular lenses, visit [www.cataractsurgery.com/us/patient/aboutlens.asp](http://www.cataractsurgery.com/us/patient/aboutlens.asp).

### Toric

The ACRYSOF® family of lenses includes the ACRYSOF® ReSTOR IOL, used to treat cataracts and restore both near and distance vision, and the ACRYSOF® IQ TORIC IOL, which treats cataracts and pre-existing astigmatism at the same time.

The TORIC lens, made of a patented material, is an artificial lens that replaces the eyes' natural lenses, which have become cloudy from cataracts. Additionally, the TORIC utilizes an aspheric lens, that is, a lens that corrects the abnormal curves in the pupil that cause blurry vision, also known as astigmatism. This technology is combined with a blue light protection, which shields the eye from ultraviolet and other harmful light sources.

The TORIC lens also often eliminates the need for additional incisions near the cornea, which means simpler surgery and faster recovery.

For more information about TORIC IOL, visit [www.reclaimyourvision.com/acrysof-iq-toric-iols.aspx](http://www.reclaimyourvision.com/acrysof-iq-toric-iols.aspx)