



WITHOUT CATARACT

WITH CATARACT

## PREPARING FOR YOUR VISIT WITH YOUR OPHTHALMOLOGIST

### During your visit to the ophthalmologist:

- You will be asked questions about your vision.
- Your vision will be tested.
- Your eyes may be measured by experienced technicians to assess whether or not you have corneal astigmatism that may affect your vision after cataract surgery.
- You will receive drops to dilate your pupils. You should expect to have blurry vision for a few hours due to the drops. Please ensure you have someone to drive you afterward.
- You will receive a comprehensive eye exam by the ophthalmologist in order to determine whether cataract surgery will improve your vision.
- You will receive information on lens options that are suitable for your vision needs and eye health.

## MEASUREMENTS FOR CATARACT SURGERY

If you and your ophthalmologist decide that cataract surgery is appropriate for you, your eyes will need to be measured.

Provincial health care generally covers basic measurements that will allow the surgery to be completed safely with satisfactory results.

Depending on the type of IOL you select, additional specialized measurements may be required to ensure a precise prescription match to your individual eyes. These measurements are generally not covered by provincial health care.

## CATARACT SURGERY CHECKLIST

### Getting ready for your appointment:

Visit [SeeTheFullPicture.ca](http://SeeTheFullPicture.ca) and download your **FREE Cataract Surgery Discussion Guide**.

- Whenever you think of a question to ask, write it down in your guide.
- Take your discussion guide and a pen, so you can make notes.
- Consider bringing a friend or family member along.
- Leave yourself plenty of time to get there.
- If you're on your own, be sure to arrange for someone to pick you up afterward.

Doctor's Name: \_\_\_\_\_

Next Appointment: \_\_\_\_\_



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## YOUR GUIDE TO CATARACT SURGERY



[SeeTheFullPicture.ca](http://SeeTheFullPicture.ca)

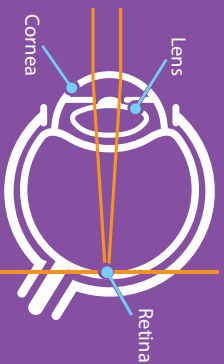




**If you've recently been diagnosed with cataracts, there's a lot you need to know. Please read this brochure carefully before your next appointment.**

## HOW VISION WORKS

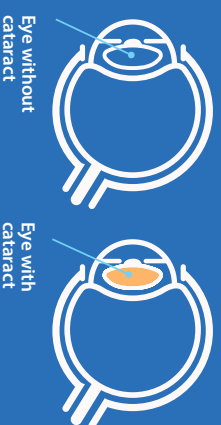
Our eyes work a lot like a camera. When we look at an object, light rays reflect off that object and enter our eyes through the cornea. After light passes through the pupil, the dark opening in the center of the eye, the lens, located behind the cornea, focuses the light rays onto our retina. This inner lens is called the crystalline lens.



## WHAT IS A CATARACT?

Cataracts occur when the lens in your eye becomes cloudy from natural proteins that build up over time. As the condition progresses, the clouded lens allows less light to pass through your eye and your vision becomes blurred.

Cataracts may make it difficult to participate in daily activities, such as reading, working or driving. Fortunately, modern cataract surgery is one of the safest and most common surgeries in the world.



## HOW ARE CATARACTS TREATED?

Treatment of cataracts is routine in most cases. The treatment replaces the eye's cloudy natural lens with a new prescription intraocular lens implant, called an IOL. This new IOL is designed to be permanent.

## INTRAOCULAR LENS OPTIONS

During cataract surgery, the eye's cloudy natural lens is replaced with an artificial intraocular lens implant (IOL).

Although IOLs can often reduce your need for glasses, many people require glasses for some activities after surgery.

Modern IOL choices may make it possible for you to reduce or completely eliminate your need for glasses to see well at near, intermediate and far distances after cataract surgery.

### Corneal Astigmatism and IOL Choices

Aside from ocular health, the quality of your functional vision after cataract surgery may be affected by corneal astigmatism.

Corneal astigmatism is normal and quite common. If you have corneal astigmatism, this simply means that the prescription in your eye's cornea is more oval than round. About 1 out of every 3 people have corneal astigmatism.



Modern IOL choices are available in oval (called toric) for people with astigmatism and round prescriptions suitable for everyone else, and fall into two broad categories: Monofocal IOLs and Multifocal IOLs.

Once your eyes have been examined, you and your surgeon will be able to discuss which IOL will best match your vision goals.

## MONOFOCAL OR MULTIFOCAL IOLS

**Monofocal IOLs** provide a single point of focus, generally providing good focus far away and requiring reading glasses for good focus up close.

**Multifocal IOLs** are designed to provide an enhanced range of focus, reducing the need for glasses to see far away and close up.

**Trifocal IOLs** are designed to provide a continuous range of focus without glasses for far vision, intermediate vision for computer, tablet and phone use, as well as close up vision for reading. Multifocal, Toric and Trifocal IOLs are not covered by provincial health care.

**Visit [SeeTheFullPicture.ca](http://SeeTheFullPicture.ca) to learn more about your IOL options.**