

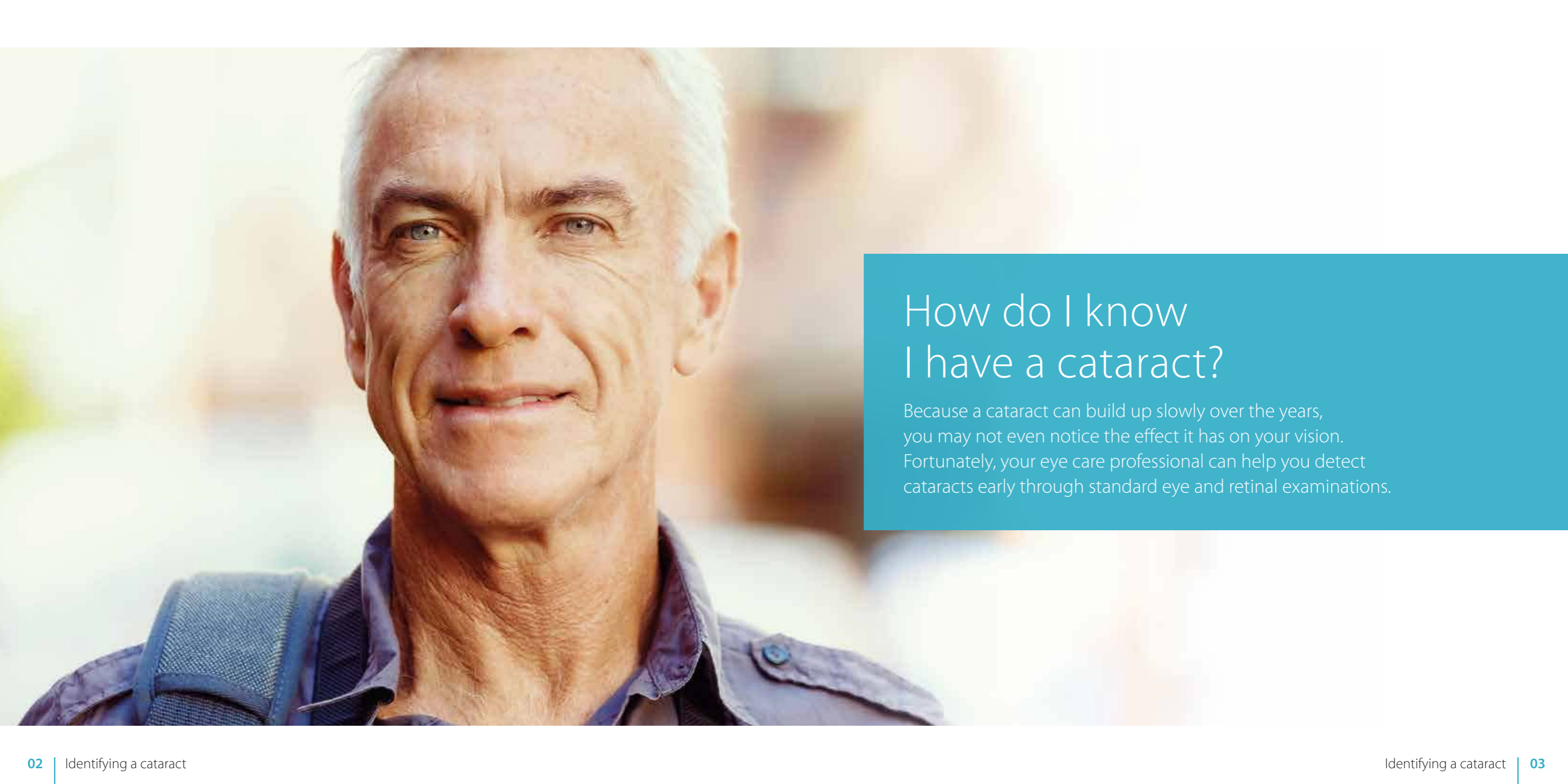
What would it be like to say  
**goodbye to cataracts and  
reduce your reliance on glasses?**

Patient Guide

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## How do I know I have a cataract?

Because a cataract can build up slowly over the years, you may not even notice the effect it has on your vision. Fortunately, your eye care professional can help you detect cataracts early through standard eye and retinal examinations.

# What are cataracts?

Cataracts are extremely common and a natural part of aging.



## Eye with cataract

As the eye ages, the lens becomes cloudier, allowing less light to pass through. The light that does make it to the retina is diffused or scattered, leaving vision defocused and blurry.



## Eye without cataract

Light enters the eye through the cornea, passes through the natural crystalline lens and is accurately focused onto the retina, providing a crisp, clear image.



## Ok, I have a cataract- so what comes next?

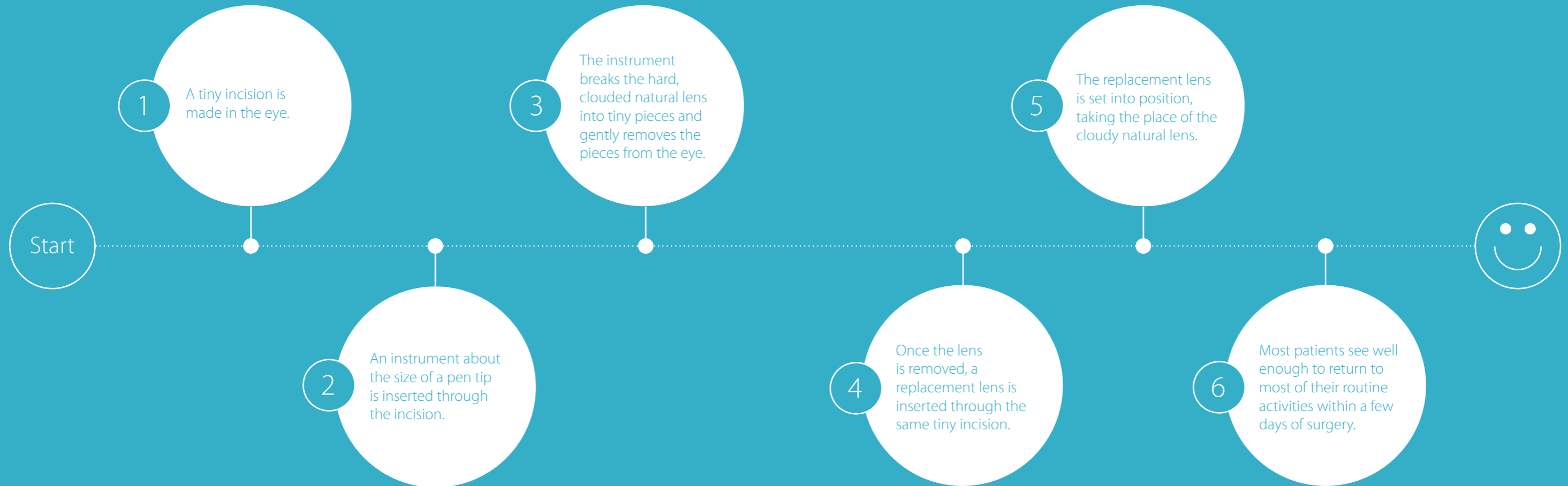
If you have any concerns about your vision, or think you may have a cataract, visit an eye care professional as soon as possible. Don't wait until your vision is diminished to act. The earlier you identify a problem, the earlier you can access treatment.

# How is a cataract treated?

With a simple and safe procedure requiring only a few minutes.

Most patients typically return home the very same day. For a few days, you may need to wear an eye patch to keep away irritants.

## Procedure Steps





## Which lens would be best for me?

The only way to treat a cataract is to replace your clouded lens with a new, artificial lens. Your eye care professional should advise you on the pros and cons of the different choices depending on your needs.

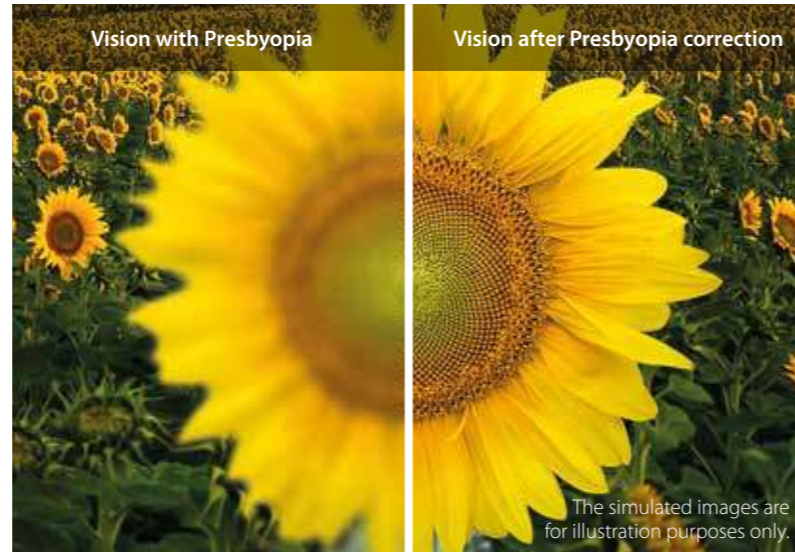
# The right lens for you

Many people will experience cloudiness in their vision due to cataracts, and at the same time, they'll have difficulties seeing without their glasses or contacts due to other eye conditions, like presbyopia and astigmatism.

## Presbyopia

Presbyopia is an age related condition, causing a gradual loss of flexibility in the eye's natural lens and surrounding muscles. The effect is blurred vision, making it difficult to read or see near objects without spectacles. The condition usually begins around age 40.

Trifocal lenses effectively treat presbyopia by providing a good quality of vision near, far and everywhere in between.



## Astigmatism

Astigmatism is very common and means that the clear, round dome at the front of the eye is not curved equally in all directions. Sometimes it has a shape more similar to that of half a rugby ball and this irregularity can distort vision causing images to seem blurry.

Toric lenses are designed to manage astigmatism by correcting the undesirable visual distortion caused by the irregular shape of the eye. Monofocal, Bifocal and Trifocal lenses are all available with astigmatism correction.

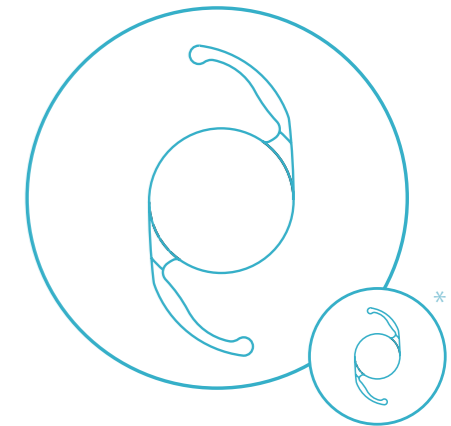
The simulated images are for illustration purposes only.

# What are my lens replacement options?

Monofocal, Bifocal and Trifocal lenses are available.

	Near	Intermediate	Distance
<b>Monofocal Lens</b> A lens with a single focal point. Most often, patients select to focus clearly at distance and therefore need spectacles to focus at intermediate and near targets such as computer work and reading.	✗	✗	
<b>Bifocal Lens</b> A lens with two focal points, designed to provide near and distance vision while offering optimal image quality. Generally, patients will require spectacles for intermediate work such as working on a computer.		✗	
<b>Trifocal Lens</b> A lens designed to provide good quality of vision ( both near and distant ) while offering optimal image quality. Trifocal lenses also provide comfortable intermediate vision for daily tasks such as computer use.			

## Replacement Lens



\*Actual Size



# Why are trifocal lenses superior?

Good quality of vision for near, far and everywhere in between.



## Not all trifocals are equal

Scientific literature suggests comfortable computer viewing to be ~60 cm. Only the PanOptix® trifocal lens from Alcon® provides an intermediate focal length of 60 cm to allow for comfortable vision during daily intermediate activities.



# The right lens for you

Find out today, whether you are a candidate for a PanOptix® trifocal lens from Alcon® by discussing treatment options with your physician.

- PanOptix® lenses are designed to provide you with clear vision for near (40 cm), intermediate (60 cm), and far distances without glasses.
- **100%\*** of patients reported spectacle independence at near and intermediate distances with the **PanOptix® trifocal lens** from Alcon®.
- **95%\*** of patients reported spectacle independence at far distances with the **PanOptix® trifocal lens** from Alcon®.
- Alcon® lenses are the **most widely implanted lenses** in the world, with over 100 million Alcon® lenses implanted.
- PanOptix® platform and material reduce the risk of secondary cataract\*\*, which might appear a few months after the surgery.

\* Based on feedback from 20 patients after bilateral implantation of the PanOptix IOL. Data available upon request.

\*\* Compared to Tecnis® (AMO), Sensor® (AMO), AKREOSS (B&L), SOFTTECS (LensTec) and Centerflex/C-Flex/Superflex® (Rayner) IOLs.

§ All trademarks are the property of their respective owners.



## See the full picture with a PanOptix® lens from Alcon®

# Treating a cataract

If your doctor confirms you have a cataract, you will need surgery to correct it. A cataract cannot be rectified with glasses, contact lenses or eye drops.

It is important to speak to your doctor before your surgery to make sure you understand what to expect from the procedure, agree which lens is best for you and to understand how to care for your eyes after surgery.

Your doctor is the only one who can advise you on all aspects of cataract treatment. Being well informed will help you to be better prepared to take an active role in developing a plan best suited for your lifestyle.

If you are being treated by the NHS some of your choices, particularly those regarding the lens that you will be given, will be limited. How quickly you can access treatment and undergo surgery may differ between NHS and private practice.

Discussing all your options with your doctor will help you understand if you would prefer to be treated privately to have more choice with your procedure.

You may find it useful to take the below list of questions to your next appointment with your doctor to help you gain the most from your appointment:

- 1 | Do I need surgery in both eyes, if so, will I have both eyes operated at the same time?
- 2 | What are the risks of cataract surgery?
- 3 | How long does cataract surgery take?
- 4 | How should I prepare for cataract surgery (e.g. do I need to stop any of my medications)?
- 5 | How do I care for myself after cataract surgery?
- 6 | How long will it be until I can return to my normal activities?
- 7 | What is the difference between the different lenses that are available?
- 8 | Which lens would you recommend for me?
- 9 | Might I still need to wear glasses or contact lenses after cataract surgery?
- 10 | How long will I have to wait for surgery?
- 11 | How would my choices and treatment differ if I opt for private treatment?
- 12 | Is there anything else I should be aware of or consider?