

LV Prasad Eye Institute

Clear eyes, clear skies

**Cataract can happen.
Be prepared – learn
how today!**

In India, **over 50%** of adults **over 60** develop cataract.

Indians also get cataract about **10 years earlier** than people in western countries

Cataract is responsible for:

66%
of blindness cases

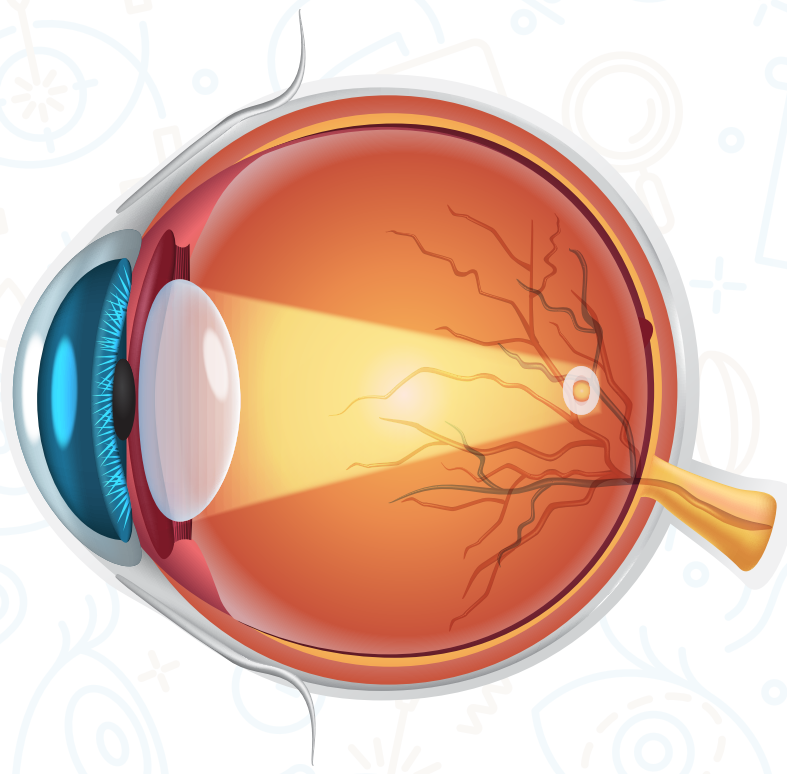
81%
of severe visual impairment cases

70%
of moderate visual impairment cases

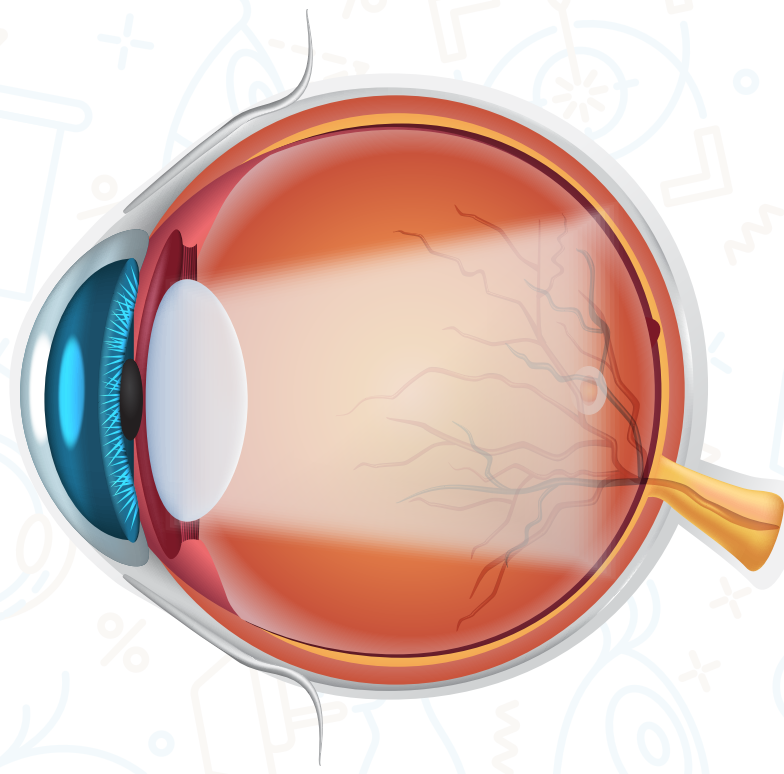
These statistics are for individuals above **50 years of age** in India.

What is cataract?

The lens of your eye is usually clear, allowing light to pass through and focus on the retina to produce clear images.



Normal Eye



Eye affected by
Cataract

If, for some reason, the **proteins** in your lens break down and clump together, they form a **cloudy patch** known as **cataract**.

What causes cataract?

Ageing **95%**

Others **5%**

Trauma/Injury

Genetic Factors

Diseases

Side Effects of Medication

Ageing is unavoidable, and so is cataract. But you may be able to prevent **early onset** or **blindness** from cataract.

Early detection of cataract:



Prevents further vision deterioration



Offers simple solutions like new glasses or medication

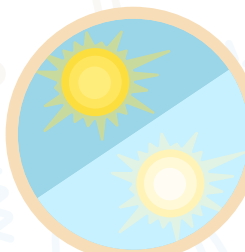


Allows time to learn about and plan for cataract surgery

Signs of Cataract



Images may appear cloudy



The colors of objects may appear faded



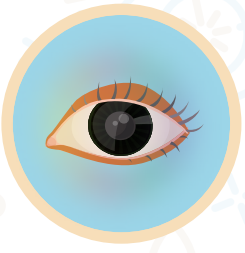
Eyesight may become poor at night



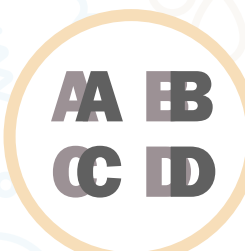
You may have difficulty with glare while driving



Reading in dim light becomes challenging



Colored halos may be seen

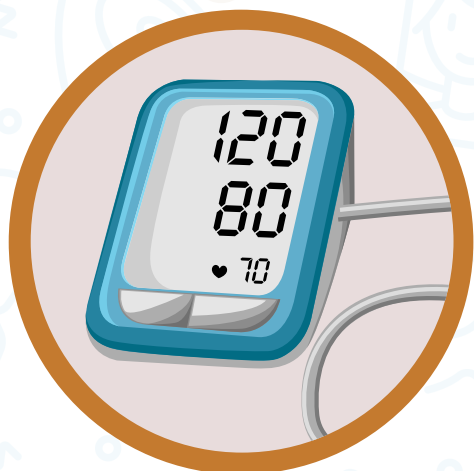


You may see double or multiple images

Lifestyle modifications that can delay the onset and progression of cataract:



Management of metabolic disorders like diabetes



Control blood sugar and blood pressure



Regular systemic and eye checkups



Avoiding over-the-counter medications, especially steroids



Quitting smoking and reducing alcohol consumption

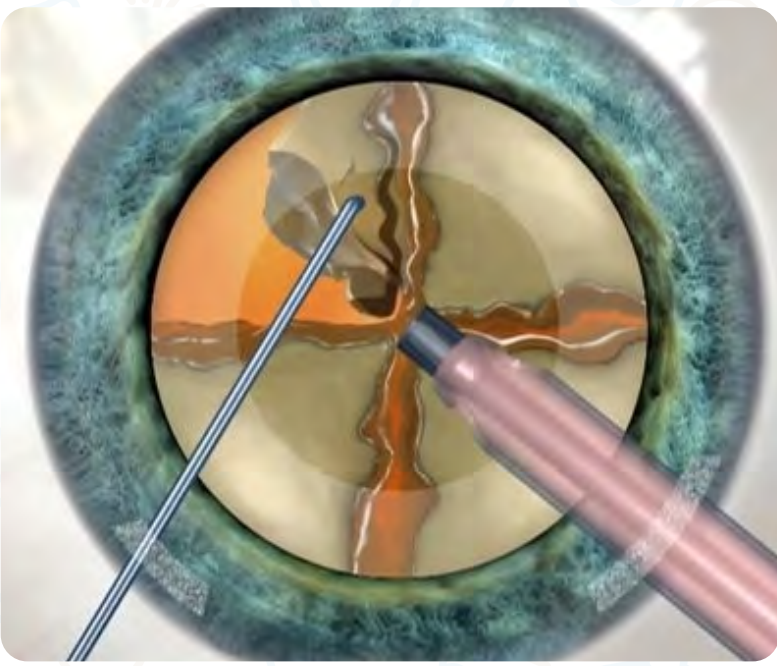
Disclaimer!

There is no medication to prevent or stop cataract. Never use over-the-counter topical medications or steroids that claim to prevent cataract. They may compromise your eye health.

Cataract Treatment Guide

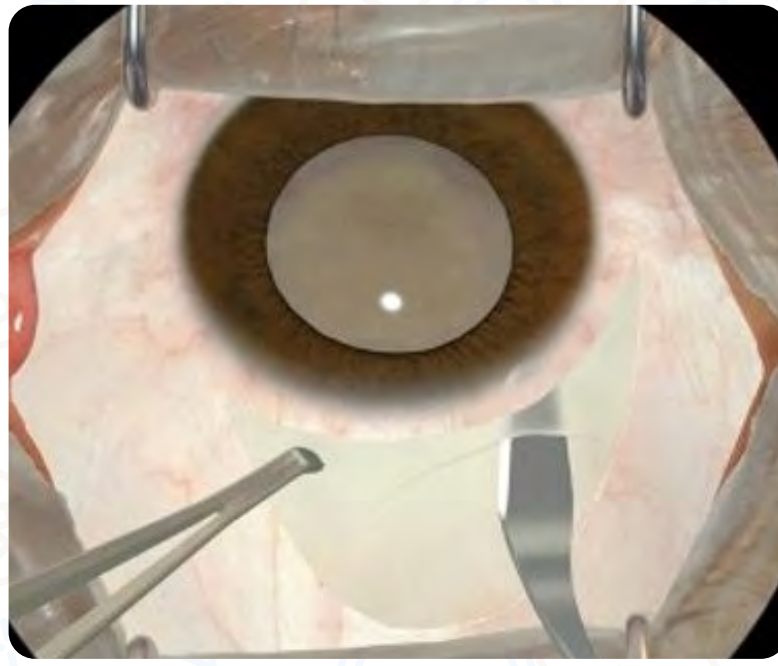
What is Cataract Surgery?

The substitution of a cloudy natural lens in the eye with an artificial lens, restoring clarity of vision.



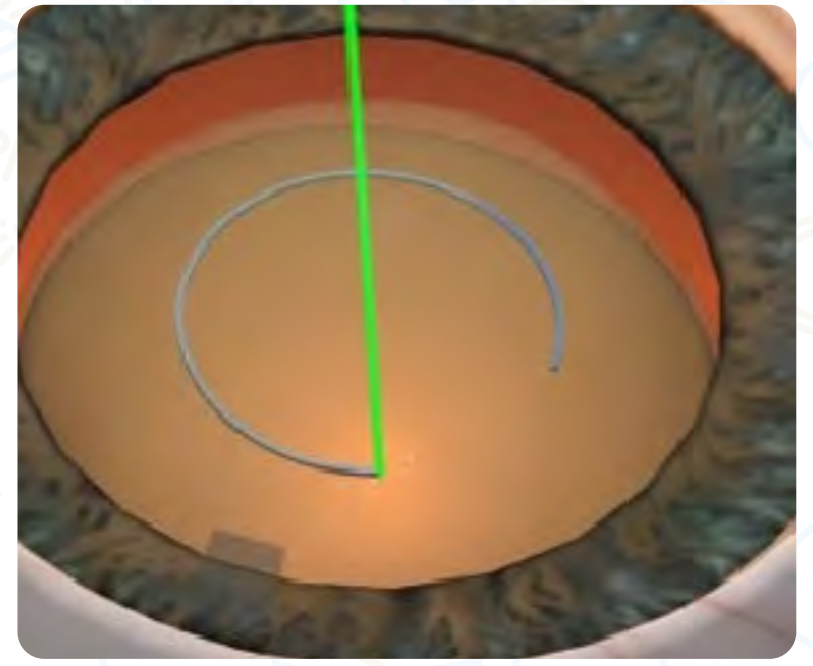
Phacoemulsification

- Incision size is smaller (2.2-3.2 mm)



Small incision cataract surgery (SICS)

- Incision size is larger (6-7 mm)
- For advanced cataract



Femtosecond laser cataract surgery

- Laser technology used in cutting
- Increased precision & safety
- For advanced cataract

Cataract Surgery: Through the Lens

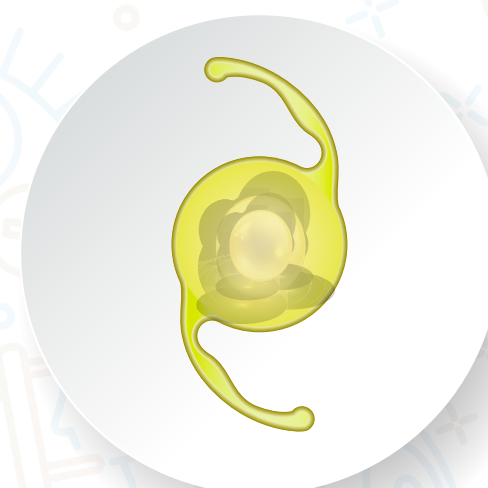
Types of lenses that can be implanted

Monofocal IOL



Distance vision

Extended Depth of Focus IOL (EDOF)



Distance & intermediate vision

Tri-Focal IOL



Distance, intermediate vision & near vision

Toric IOL (Mono-focal, Tri-focal or EDOF Lenses)



Distance vision for patients with Astigmatism

(Distorted vision when light does not properly focus on the retina)

Disclaimer!

Your vision and lifestyle determine the ideal timing for surgery. A comprehensive eye exam can confirm if it's necessary. Discuss your daily activities with your doctor to choose the best lens.

Ensuring a successful surgery

Understanding the steps

Procedure

BEFORE

BASIC EYE CHECK-UP



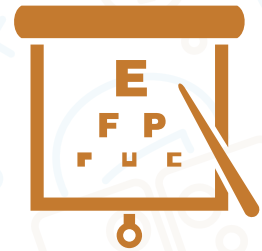
EYE DROPS



BIOMETRY



ADVANCED EYE CHECK-UP

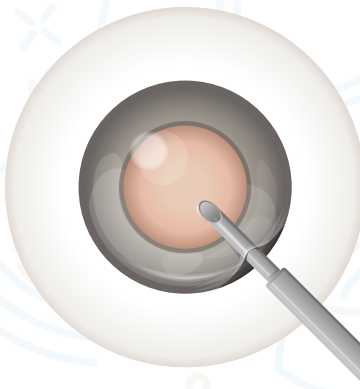


DURING

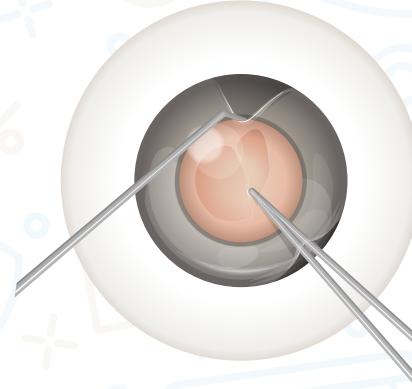
ANESTHESIA



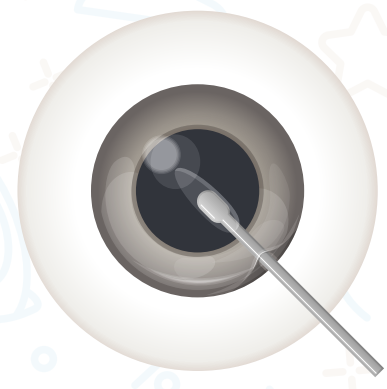
CORNEA INCISION



CATARACT BREAKING & REMOVAL



NEW LENSE INSERTION



AFTER

WEAR EYE PROTECTORS



PROTECT EYE FROM WATER (15 DAYS)



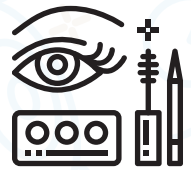
EYE DROPS AS PER PRESCRIPTION



What NOT to do!



RUBBING OPERATED EYE



USING EYE COSMETICS



WASHING HAIR



VIGOROUS ACTIVITY



CARELESS SHAVING



HEAVY LIFTING



BENDING LOWER THAN WAIST



SEXUAL INTERCOURSE



ALCOHOL CONSUMPTION



WATCHING TELEVISION



SLEEPING ON OPERATED SIDE

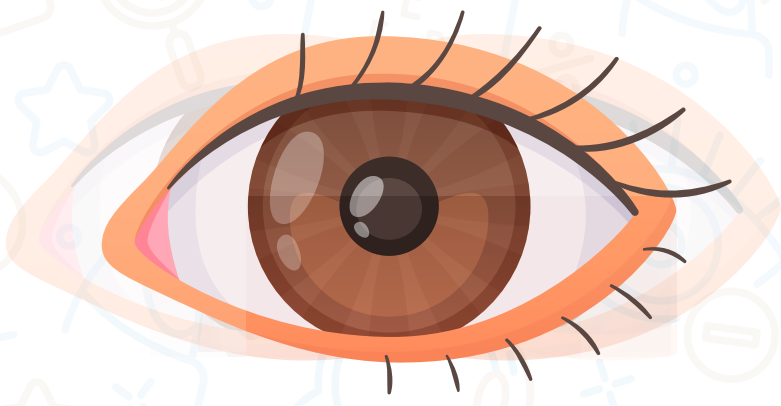


DRIVING

Visit a Hospital if you experience:



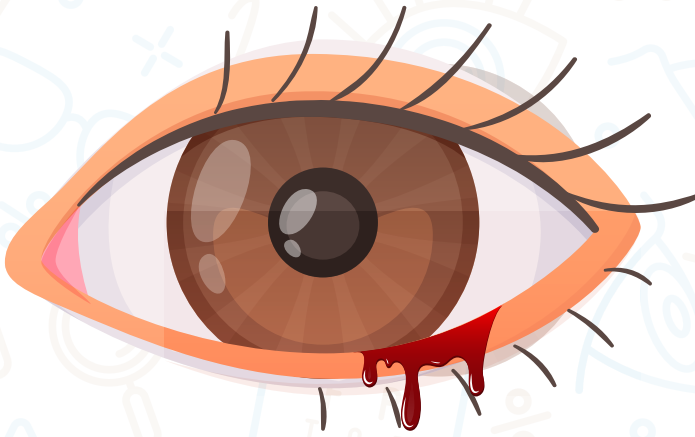
Severe Discomfort/Pain



Changed/Blurry Vision



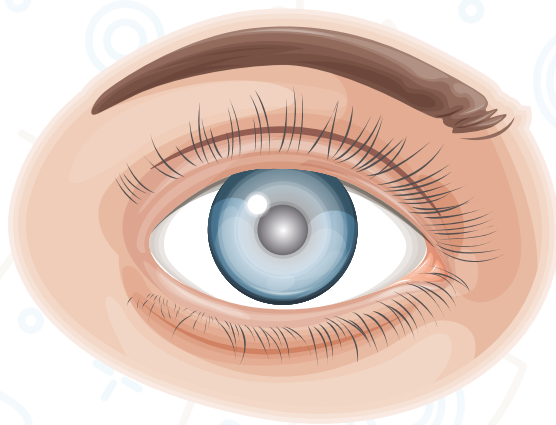
High Light Sensitivity



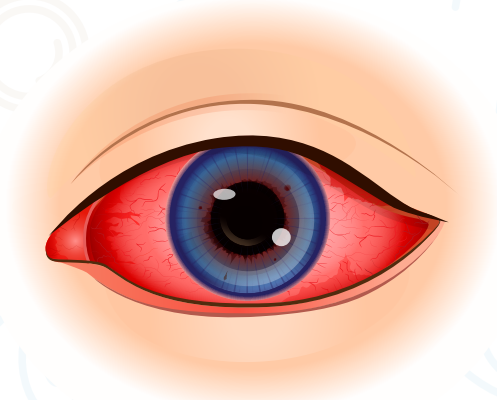
Swelling/Bleeding in Eyelid



Nausea/Vomiting



White/Cloudy Cornea or Pupil



Increased Redness

4 Tips to Remember

Adopt Timely Health Seeking Behavior

Regular eye checkups and healthy lifestyle can prevent the early onset of cataract

Get Annual Eye Checkups Done

To ensure that cataract is detected early

Discuss Surgery Options

Choose the type and timing of surgery and intraocular lens after thorough discussions with your doctor

Avoid Over-the-Counter Medications

Medications for preventing or reversing cataract do not exist

**Stay informed,
seek timely
medical advice,
and make lifestyle
changes to
manage cataract
effectively!**

