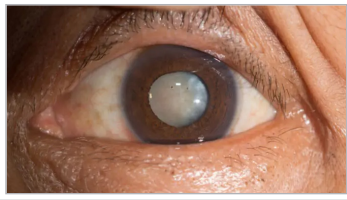


CATARACTS

WHAT IS A CATARACT?



A cataract is a loss of transparency, or clouding, of the eye lens. The eye lens plays a vital role in focusing images on the retina. A cloudy lens interferes with light passing through to the retina, the light-sensing

layer of cells at the back of the eye. Compare a cataract to looking at the world through a foggy or blurry window. Light rays do not focus clearly if the lens loses its clarity, as it does when a cataract develops. Glasses or contact lenses cannot sharpen vision if a cataract is present.

WHAT CAUSES A CATARACT?



The most common cause of a cataract is aging. As you get older, chemical changes in your lens make it less transparent. The loss of transparency may be so mild that vision is hardly affected or so severe that no shapes or movements are seen, only light and dark. You have a cataract when the lens gets cloudy enough to obstruct vision to any significant degree.

Other causes of cataracts include trauma, medications like steroids, systemic diseases such as diabetes,

and prolonged exposure to ultraviolet light. Occasionally, babies are born with a cataract. Glasses or contact lenses cannot sharpen your vision if a cataract is present.

Reducing the amount of ultraviolet light exposure by wearing a wide-brim hat and sunglasses may reduce your risk for developing a cataract, but once set, there is no cure except to have the cataract surgically removed. Outpatient surgical procedures remove the cataract either through a small incision (phacoemulsification) or a large incision (extracapsular extraction). The time to have the surgical procedure is when your vision is bad enough to interfere with your lifestyle.

WHAT ARE THE SYMPTOMS?

Cataract formation is a slow, progressive, and painless decrease in vision. Ironically as the lens gets harder, farsighted (hyperopic) people experience improved distance vision and are less dependent on glasses. However, nearsighted (myopic) people become more nearsighted, causing distance vision to worsen.

- Blurring of vision
- Glare, particularly at night
- Frequent glasses prescription changes
- Reduction in color intensity
- Yellowing of images
- Double vision in rare cases

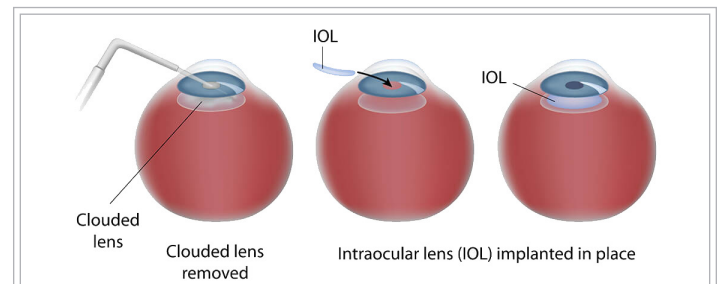
A cataract is detected during our comprehensive eye exams. Your eyes will be dilated, so the pupils are wide open, enabling our medical team to look for signs of a cataract with a slit lamp, along with checking your retina and optic nerve. We will also do a refraction to test your visual acuity.

WHAT ARE THE TREATMENTS?

The treatment for a cataract is to remove the lens and implant an Intraocular Lens (IOL). An IOL is a tiny, lightweight, clear plastic disk placed in the eye during cataract surgery. Intraocular lenses have many advantages. The IOL remains in the eye after surgery, unlike contact lenses, which must be removed, cleaned, and reinserted. An IOL replaces the focusing power of the eye's natural lens. The rapid evolution of IOL designs, materials, and implant techniques has made them a safe and practical way to restore normal vision after cataract surgery.

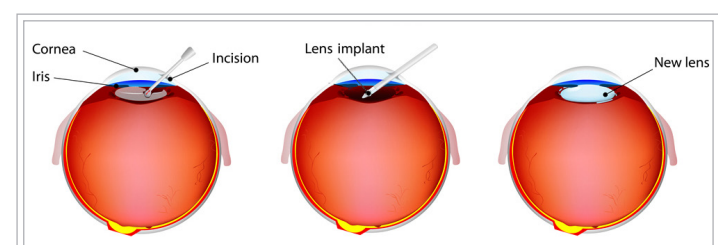
One and a half million people have a cataract procedure every year, and 95% achieve success. As with any surgery, complications may occur during or after, and some are severe enough to limit vision. In most cases, vision, as well as the quality of life, improves.

Laser-assisted cataract surgery is performed as an outpatient procedure, typically under a local anesthetic (using eye drops) or sometimes with general anesthesia. The patient feels no pain, but you may need to avoid bending over or lifting heavy objects during recovery. It can take up to six weeks to achieve the best-corrected vision.



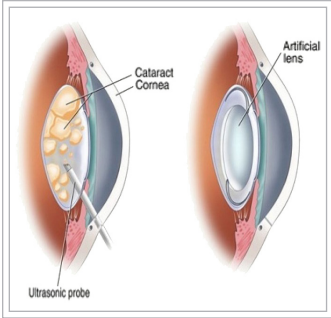
Extracapsular cataract extraction (ECCE)

Extracapsular cataract extraction is a traditional method for surgically removing a cataract. An incision is made in the side of the cornea at the point where the cornea and sclera (the white part of the eye) meet. Carefully entering the eye through the incision, the surgeon gently opens the front of the lens capsule and removes the lens's hard center (the nucleus). The soft lens cortex is suctioned out, leaving the back of the capsule in place.



CATARACTS

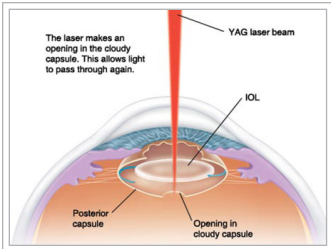
Phacoemulsification (Phaco)



Phacoemulsification is a surgical method in which an ultrasonic oscillating probe is inserted into the eye. The probe breaks up the center of the lens. The fragments are suctioned from the eye at the same time. A cataract is removed in tiny pieces with a small incision is made that does not require sutures to close. Most of the lens capsule is left behind, and a fold-

able intraocular lens implant, or IOL, is placed permanently inside to help focus light onto the retina. Vision returns quickly, and one can resume normal activities within a short period.

Posterior capsulotomy



A posterior capsulotomy is a surgical laser procedure that is sometimes necessary after cataract surgery. It is painless and takes five minutes to perform.

During cataract surgery, part of the front (anterior) capsule that holds the lens is removed. The

transparent back (posterior) capsule remains intact. As long as that capsule stays clear, one has good vision. But in up to 50% of people, the posterior capsule loses its clarity. When this happens, an opening can be made in the capsule with a laser (posterior capsulotomy) to restore normal vision.

Before the laser procedure, the ophthalmologist does a thorough ophthalmic examination to ensure there is no other reason for vision loss.

WHAT HAPPENS DURING CATARACT SURGERY?

Cataract surgery has changed dramatically over the last 20 years. Many patients remember the days when the operation required a hospital stay of several days and weeks of recovery. Retinal detachment was a frequent complication and thick aphakic glasses were necessary for clear vision. Today's cataract surgery is totally different. The operation is now done on an outpatient basis, usually only a two to three-hour stay.

- The actual surgery is 10 to 20 minutes in length and typically painless. A mild sedative takes care of any anxiety during the surgery.
- A very small incision is made through a bloodless area of the eye and the cataract is removed with ultrasound.
- A foldable implant is rolled up like a carpet and insert through the same small incision. It is fitted into the eye behind the pupil where the cataract was located before removal. Suturing is generally not necessary. The wound seals on its own and is quite secure.

- A seal protects the eye the first day and then the patient wears a shield at night for a week. Regular activity is possible right away. Eyedrops are used on a tapering schedule for one month after surgery to reduce the risk of infection and help to heal.

New glasses, if necessary, are prescribed two to three weeks after surgery. If the second eye has a cataract it can be done within three to four weeks. Whether or not glasses are needed depends on the implant lens chosen.

Complications are rare and the success rate is in excess of 95%. The cataract will not grow back after surgery. However, the membrane, which supports the intraocular lens implant, can become cloudy in some patients months or years later. If this occurs, simple laser treatment is all that is necessary to restore clear vision.

WHAT THE INTRAOCULAR LENS (IOL) CHOICES?

It is helpful to consider vision from a lifestyle perspective. Considering what visual tasks are most important and if freedom from glasses for those tasks is important to you will help guide you on which IOL best matches your needs. Please use the chart below for more information.

Traditional Cataract Surgery

- Monofocal or standard implant
- Improve quality of vision with glasses
- Glasses required all of the time (if you have astigmatism)

Cataract Surgery for Distance Intermediate and Near Vision

- Premium Multifocal or Extended Depth of Focus Implant
- Improved Distance, Intermediate and/or Near vision without Glasses
- Improved Distance Vision without Glasses

Cataract Surgery with Astigmatism Correction

- Premium Toric Implant
- Improved Distance Vision without Glasses

HOW CAN I CHOOSE THE BEST IOL FOR ME?

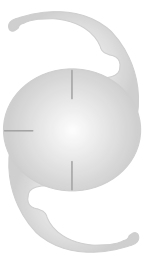
Choosing the right intraocular lens (IOL) is a personalized process designed around how you live and see. At Tallman Eye Associates, rather than taking a one-size-fits-all approach, we evaluate your complete visual profile. We consider your overall eye health and conditions like astigmatism, as well as your everyday priorities. Whether you spend your days reading fine print, working on computers, driving at night, or enjoying outdoor sports, we will guide you through the full range of standard and premium lens technologies to find the match that best supports you.

By matching specific IOL capabilities to your personal goals, we aim to maximize your visual quality and reduce your dependence on glasses. A thorough consultation ensures you make an informed decision that elevates your daily comfort, clarity, and overall quality of life.

Please see the chart on the next page for guidance on the lenses and their benefits.

CATARACTS

INTRAOCULAR LENS (IOL) CHOICES & BENEFITS

BASIC IMPLANT (Standard IOL)	TORIC IOL	EXTENDED VISION IOL	MULTIFOCAL IOL
 <p>BENEFITS</p> <ul style="list-style-type: none"> ✓ Improves vision ✓ Colors are brighter ✓ Corrects glare 	 <p>BENEFITS</p> <ul style="list-style-type: none"> ✓ Improves vision ✓ Colors are brighter ✓ Corrects glare ✓ Corrects astigmatism ✓ Excellent distance vision ✓ Fair intermediate vision ✓ No halos 	 <p>BENEFITS</p> <ul style="list-style-type: none"> ✓ Improves vision ✓ Colors are brighter ✓ Corrects glare ✓ Corrects astigmatism ✓ Excellent distance vision ✓ Excellent intermediate vision ✓ No halos ✓ Excellent contrast 	 <p>BENEFITS</p> <ul style="list-style-type: none"> ✓ Improves vision ✓ Colors are brighter ✓ Corrects astigmatism ✓ Excellent distance vision ✓ Good intermediate vision ✓ Good near vision ✓ Reduced dependence on glasses
<p>DISADVANTAGES</p> <ul style="list-style-type: none"> ✗ Does not correct astigmatism ✗ Glasses will be needed for near, intermediate and distance  <p>A great option for clear vision with glasses.</p>	<p>DISADVANTAGES</p> <ul style="list-style-type: none"> ✗ Glasses will be needed for near ✗ May sometimes need glasses for intermediate tasks  <p>Excellent distance vision with less dependence on glasses.</p>	<p>DISADVANTAGES</p> <ul style="list-style-type: none"> ✗ Glasses will be needed for fine print  <p>Excellent distance and intermediate vision without night driving halos.</p>	<p>DISADVANTAGES</p> <ul style="list-style-type: none"> ✗ Some halos with night driving ✗ Some loss of contrast sensitivity  <p>Great option for those who want more freedom from glasses.</p>

YOUR VISION. YOUR CHOICE. OUR FOCUS.

We're here to help you choose the lens that best fits your eyes, your goals, and your lifestyle.



CLEARER VISION



BRIGHTER COLORS



LESS GLARE



BETTER CONTRAST



BETTER QUALITY OF LIFE