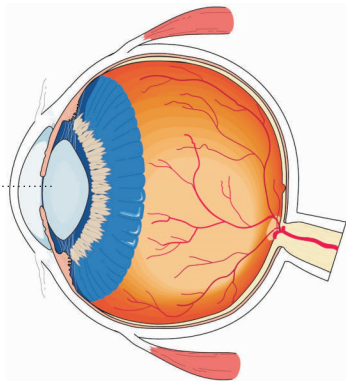




### CARING FOR YOU

For over half a century, Vasan Eye Care has been providing quality eye care to the people of India by always emphasizing on putting the needs of the patients first. Today, as the world's largest eye care network, we have over 175 hospitals across the country. Our dedicated team of 800+ ophthalmologists and our CARE team of over 8000 staff make a difference to thousands of lives each day attending to over 30,000 walk-ins everyday and performing over 700 surgeries per day. Our penchant for high quality standards ensures that our patients and their families always get the best.

#### CATARACT FORMATION



Cataract is the leading cause of decreased vision and blindness in our country. However, in India various misconceptions about cataract and its treatment is more prevalent than the condition.

This booklet gives you an overview of cataract and the latest treatment modalities.



#### The Vasan Eye Care Hospital Network

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World-class  
**Cataract Treatment**  
(Micro Incision Cataract Surgery)  
from the world's largest  
eye care network



### What is cataract?

Cataract is clouding of the eye's natural lens. It is a natural process of ageing. Every individual gets it sooner or later. Cataract impairs focusing of light on the retina and hence blurs vision.

### What are the causes of cataract?

Old age is the most common cause of cataract. It also sometimes occurs relatively early in life due to factors such as injury, excessive sunlight, toxic chemicals, changes in the body's metabolism, drugs or other eye diseases, such as glaucoma and inflammation. There can also be hereditary predisposition to earlier occurrence of cataracts.

### What are the types of cataract?

1. Senile Cataract (Due to old age)
2. Congenital Cataract (occurs by birth)
3. Traumatic Cataract (Due to eye injuries)
4. Steroid Induced Cataract (side effects of drug)

### What are the symptoms of cataract?

People with cataract, even when wearing glasses, typically have:

- Glare at night
- Difficulty in recognising colours
- Foggy / smoky vision
- Frequent changes in their glass prescription

### What is the treatment for cataract?

There are no medicines with proven efficacy to prevent or to treat cataract. The only effective treatment is surgical removal of cataract. Diabetes, hypertension and other general health problems are not a contraindication for cataract surgery. The cataract need not 'mature' for surgery.

### When is treatment advised?

The decision to treat a cataract is made together by the eye care practitioner and the patient. It is based on the degree to which the cataract is impairing vision and the effect of the impairment on the patient's quality of life.

### There are 3 treatment options available for cataract:

#### I. ECCE (conventional method)

#### II. Phaco Emulsification

#### III. Micro Incision Phaco Emulsification with Foldable Intraocular Lens Implantation

##### I. ECCE (conventional method)

- Requires an incision of 9 mm
- The surgeon removes the clouded lens in one piece
- A hard rigid lens is implanted
- Multiple stitches are required
- Increased risk of post-operative distorted vision and complications
- Most patients require glasses for both distance and near vision

##### II. Phaco Emulsification

The clouded cataractous lens is extracted by fragmenting it into tiny pieces with ultrasound energy and aspirated out with a suction device. The cataract is removed through a small self-sealing wound. There are no sutures applied on the eye. The patient will need glasses for near vision.

##### Advantages:

- Requires no stitches (Incision 2.8 mm)
- Is non-invasive and painless
- Shorter overall duration of surgery
- Less post operative discomfort
- Minimum post operative restrictions
- Early rehabilitation
- Less induced astigmatism
- Perfect early restoration of vision



#### III. Micro Incision Phaco Emulsification with Foldable Intraocular Lens Implantation

Cataract extraction by Phaco Emulsification through a 1.8 mm incision and implanting a Foldable Intraocular Lens is a definite technological advancement from the conventional surgery. The lens is injected into the eye through a small incision and it opens up within the eye like a flower.

##### Advantages:

- Wound healing is very fast
- Wound stability is far better since the entire surgery is done through a very small opening
- Induced astigmatism is minimal
- Decreases glare because of the superior surface quality of the lens
- The patient will not feel any surgical impact and has a painless and suture-less surgical procedure making this an outpatient procedure

*However patients will need glasses for reading. If the patients don't want to use the glasses, they can opt for multifocal IOL.*

#### FACILITIES AVAILABLE AT VASAN EYE CARE FOR DIAGNOSIS AND TREATMENT OF CATARACT

- Comprehensive eye check-up
- Full fledged laboratory for blood and urine examination with ECG facility
- Ultrasound A-scan
- Zeiss operating microscope for micro surgical procedures from Germany
- Phaco Emulsification units from Alcon and Allergan from USA
- Pre-operative and post-operative counselling
- Comfortable ward facility for outstation patients

