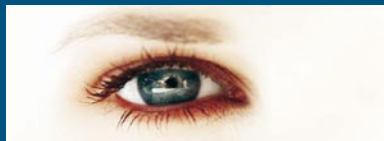


Cataracts



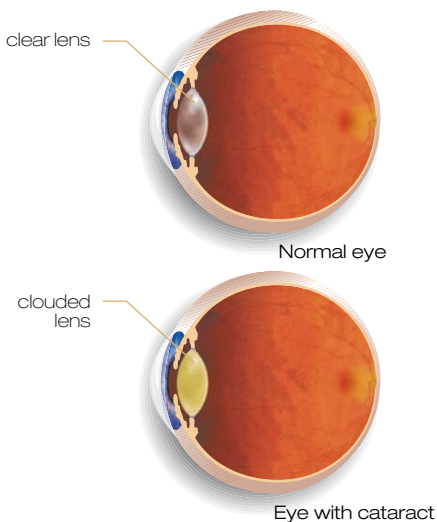
life-changing
ophthalmic care®

Cataracts

What are cataracts?

A cataract is an opacity (or cloudiness) in the lens of the eye. This cloudiness develops inside the lens and restricts light passing through the eye and reaching the retina. When this occurs, vision is affected.

An opacity can be quite minor or it can become so marked that it prevents adequate vision.



What causes cataracts?

The most common cause of cataract is aging.

Others include:

- Inherited or developmental problems
- Health problems such as diabetes
- Medications such as steroids
- Trauma to the eye.

What are the symptoms?

Common symptoms of cataracts are:

- Cloudy or blurry vision
- Light sensitivity from car headlights that seem too bright at night; glare from lamps or very



Normal vision



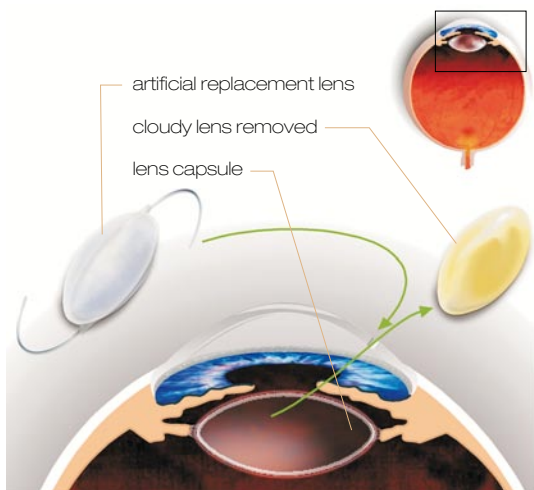
Vision through a cataract

bright sunlight; or the appearance of a halo around lights

- Poor or reduced night vision
- Double or multiple vision (this symptom often goes away as the cataract grows)
- “Second sight” where near vision becomes possible without glasses again because of the cataract developing in the lens. This state is usually temporary, and followed by progressive loss of distance vision
- A need for frequent changes of glasses or contact lenses.

Treatment

Only cataracts causing symptoms need treatment. Modern cataract surgery is effective in restoring vision to most patients. This involves removing the cloudy lens from inside the eye through a small incision, and replacing it with a new artificial lens, often called the Intraocular Lens (IOL) made from silicone or acrylic materials.



Cataract (intraocular) lens replacement

Benefits of cataract surgery

Cataract surgery at Auckland Eye offers people suffering from cataract problems a range of potential life-changing benefits, including:

- Improved sight and colour vision
- Improved clarity of vision
- Increased independence
- Improved quality of life
- Reduced dependence on corrective eyewear.

Cataract removal is one of the most common eye operations performed in New Zealand today. It is also one of the safest and most **effective**, and is **successful in over 97% of cases**.

Common questions about cataract surgery

1. How is a cataract detected?

A cataract may be detected by your optometrist or family doctor. It is also important that a thorough eye examination is performed by your optometrist or eye specialist to ensure that there are no other causes for your blurry vision.

2. How fast does a cataract develop?

How fast a cataract develops varies among individuals and may even vary between eyes. In younger people and people with diabetes, cataracts may progress rapidly over a few



months. However, most age-related cataracts progress gradually over a period of years.

3. When should a person with a cataract have surgery?

Cataract surgery is usually considered when loss of vision begins to interfere with daily activities or affect your quality of life. Based on the specific symptoms, a patient and their surgeon should decide together when surgery is appropriate.

4. How is a cataract treated?

During the early stages of a cataract, a change in glasses may improve the clarity of vision, though this is usually temporary. When cataracts begin to interfere with daily activities, surgical removal is the only effective treatment.

5. Is cataract surgery permanent?

Yes. It is not possible to get another cataract once it has been removed. However, approximately 10% of patients may become aware of a gradual blurring of vision some months to even years after the surgery as a result of the thickening of the lens capsule that supports your artificial lens. If this occurs clear vision is often simply restored by laser treatment, called a capsulotomy, which can be done during a short visit to the clinic.

6. Will I need glasses after the surgery?

Most patients will require glasses for fine visual tasks although some patients can get by without them for certain activities.

7. What if I have other eye diseases – will cataract surgery help?

There are many diseases which can affect and limit the eye's visual improvement following cataract surgery. These can be diagnosed before the operation and your eye specialist will discuss the impact of any such problems with you.

8. Does the operation hurt?

No. An anaesthetic is applied before surgery so that there is no pain, but some people experience slight discomfort after the surgery. The anaesthetic stops the eye from moving during the operation and your eyelids are held open by a spring, so all you have to do is lie still for the surgery. You cannot see what is happening during the operation.

9. Can problems occur after surgery?

Cataract surgery is very safe and has high success rates. However it is important to understand that complications can occur during or after the surgery. If you experience even the slightest problem after surgery, please contact your surgeon immediately.

Auckland Eye life-changing ophthalmic care

New Zealand's largest and most highly specialised Eye Centre offers:

- the best quality care as each ophthalmologist has specialist training in specific eye diseases and surgery techniques
- modern day stay facilities for cataract, state-of-the-art laser surgery and outpatient ophthalmic surgery
- appointments throughout the Auckland and Northland regions

Auckland Eye is dedicated to providing the highest quality service in a caring environment. It is the only private sector eye centre that has **Quality Health New Zealand** accreditation (QHNZ), for quality of patient care.

As well as a centrally located surgical facility in Remuera, we offer surgery at Shore Surgical in Milford and can provide appointments at a wide range of locations across Auckland including the Apollo clinic in Albany (see our website for locations).

Auckland Eye is an affiliated provider to **Southern Cross Healthcare** and a partner of **Activa Health Limited**.



affiliated provider



**Southern Cross
Healthcare**



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NEW ZEALAND**
TE TAURATA HAUORA

Auckland Eye Surgeons



Dr Stephen Best

F.R.A.N.Z.C.O.

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- Remuera
- Howick



Dr Sue Ormonde

MD, F.R.C.Ophth.

F.R.A.N.Z.C.O.

Appointments available at:

- Remuera
- Albany



Dr Dean Corbett

B.Sc., F.R.A.N.Z.C.O.

Appointments available at:

- Remuera
- Albany
- Red Beach



Dr David Pendergrast

F.R.A.N.Z.C.O.

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- Henderson
- Papakura
- Pukekohe



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- Albany
- Takapuna
- Red Beach



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- Papatoetoe
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