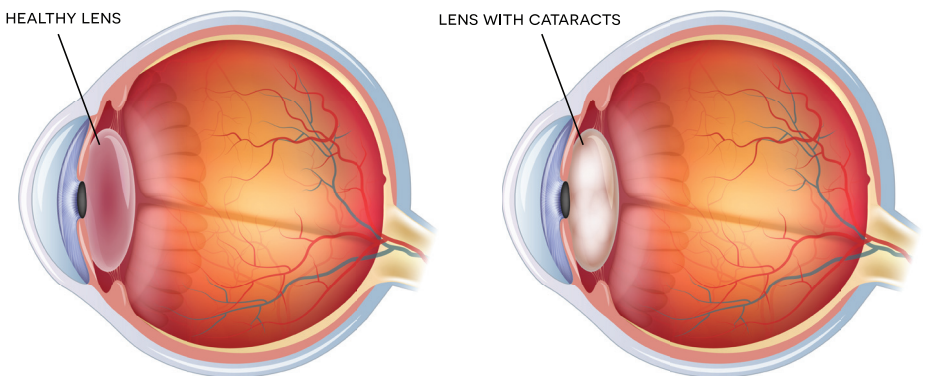


Putting Vision First

CATARACT

Cataract is an opaque cloudy layer that forms in the lens of the eye. The occurrence starts as proteins in the lens of the eye form clumps, blocking the lens from producing clear images for the retina. It is a condition that gradually develops and obstructs vision. As the cataract becomes bigger, it drives vision to become blurry, hazy, or less colourful and affects normal activities like reading and moving around. Cataract can severely impact quality of life.

Initially, better lighting and prescription eyeglasses helps you in dealing with early cataracts. But, when vision is hampered and obstructs your everyday functioning, you will require to undergo cataract procedure, which is a common, safe, effective method.



CAUSES

Aging or injuries that distort the lens tissue in the eyes are the most common causes of Cataracts. When the proteins and fibres in the lens begin to deteriorate, they cause vision to become hazy or cloudy.

In other cases, it is possible that some inherited genetic disorders, which are the cause for other health problems, increase the risk of you having cataracts. They can also be caused by various associated eye conditions, procedure done to the eye in the past and even diabetes. Additionally, it has also been observed that the long-term use of steroid medications too cause cataract.



SYMPTOMS

In the beginning the cloudiness caused by a cataract may only affect a portion of the lens. However, when it progresses the lens becomes heavily clouded and distorts the light that comes via the lens.

Common symptoms that can be used to identify cataract development are:

- Clouded vision
- Sensitivity to bright light
- Poor night vision
- Need for brighter light to read
- Halos around lights
- Images appear yellower
- Double vision in a single eye
- Poor visibility in bright sunlight

DIAGNOSIS

Cataract is diagnosed with an all-round and thorough evaluation of the eye by an ophthalmologist. The following tests and examinations are undertaken to accurately diagnose the condition:

Visual acuity test: The clarity and sharpness of your vision is assessed with this test. Each eye will individually be examined by making you see letters of different sizes placed at a distance.

Tonometry: This diagnostic test is used to gauge the pressure built inside your eye.

Slit-lamp exam: Different parts of the eye like the cornea, iris, and lens are examined using a special microscope. The lens bending light that enters the eye, during the exam, makes it easier for the ophthalmologist to spot abnormalities.

Fundoscopy: Examines the fundus (the inner side of the back in the eye), and evaluates the macula and optic nerve for diseases that could be contributing to the vision loss.

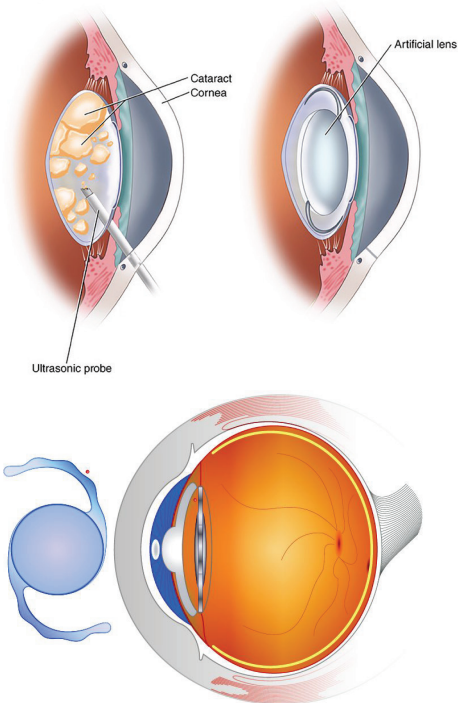


TREATMENTS

Cataract has many different procedures that can correct it. At MIOT International Total Eye care, our ophthalmologists ensure to thoroughly diagnose the condition and will explain the best course of correction to be undertaken and why it is optimal.

1. Lens is broken into small pieces and removed.

2. Artificial lens is placed in eye.



Phacoemulsification:

Phacoemulsification is the most common procedure used to remove cataracts. It is a simple and swift procedure, done within an hour. Once the lens particles are removed, an intraocular lens is implanted and positioned into the lens's natural capsule. The procedure can be easily done with local anaesthesia (injecting anaesthesia around the eye) or topical anaesthesia (administering numbing drops into the eye).

Manual Small Incision Cataract Procedure:

An alternative to Phacoemulsification, this procedure uses a small incision that is enlarged, through which the damaged lens is removed. The capsule of the lens is left behind for the Intra-Ocular Lens (IOL) to be implanted. Many IOLs are available and serve a various number of purposes. For example, some can block out UV light, whereas Multifocal or Trifocal lens provide both near and distant vision correction.

Recent innovations with Intraocular lens (IOL) technology have made micro-incision cataract procedure a very safe and high effective procedure, as only an incision less than 2mm is required to perform the procedure.

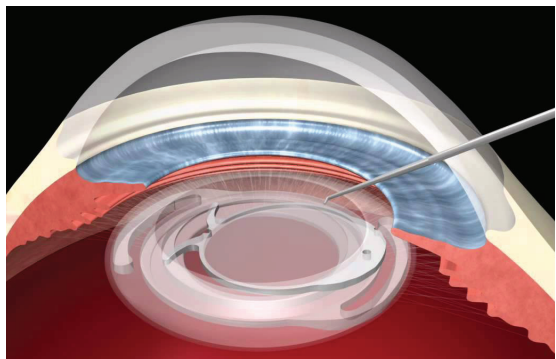
WHAT CAN I EXPECT FOLLOWING CATARACT PROCEDURE?

The procedure is a very short and swift process. Most patients will be able to return home the very same day. Post procedure care includes eye drops, prescribed to guard the eye against infection and help it heal. Although everyone heals differently, most patients see well enough to return to their routine activities within a few days post recovery.

WHAT IS AN INTRAOCULAR LENS?

The Intraocular lens (IOL) is the lens that is surgically implanted into the eye in place of the removed clouded lens during cataract procedure.

Traditionally, cataract procedures only used a mono focal (distance focus) IOL as the replacement lens. Although it did restore a good functional distance sense of vision, glasses, especially for reading, had to be worn by people. Now, with the development and help of technology, we have various options of multifocal lenses to improve vision providing better vision at a good range of distances, especially the intermediate ranges that are required for most of our day to day activities.



TYPES OF IOL:

Monofocal IOL: Corrects the patient for distant vision and they would need glasses for near vision.

Toric IOL: When the patient has more than 1.5D astigmatism distant vision, it can be corrected with this lens and glasses for near vision is prescribed!

Trifocal IOL: It is a comprehensive lens that will provide good vision for distant, intermediate and near vision provided that patient does not have glaucoma, the retina is normal and astigmatism is less than 1D.

Trifocal Toric IOL: When the patient has more than 1D astigmatism and patient is keen on trifocal, this lens is provided to correct astigmatism and give good distant, intermediate & near vision.

MIOT International Total Eye Care has all the provisions, from the best experienced staff, technicians to the best in class products and infrastructure. And we ensure to provide the best care in every manner to get the best result for you: better vision. Because at MIOT International Total Eye Care our mission is "Putting Vision First".





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