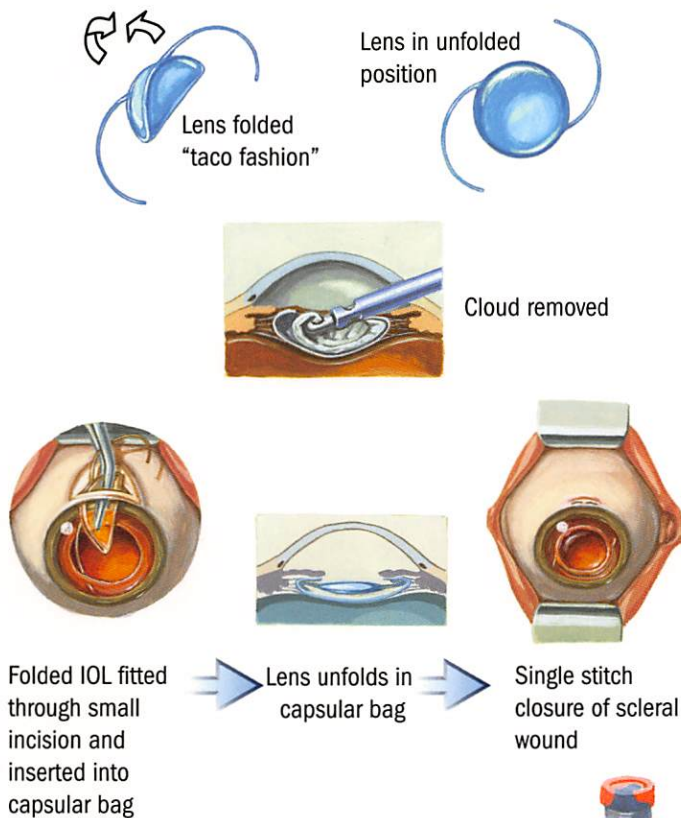


Intraocular lens surgery



Keep your blood glucose level controlled if you have diabetes.



Wear sunglasses.

FROM THE DESK OF

NOTES

How Are Cataracts Treated?

Cataracts don't damage the eye. They only cause blurred vision. People who are happy with their overall vision don't need cataract surgery.

Once a person is no longer satisfied with their ability to see, and/or the doctor finds that vision is significantly impaired, cataract surgery should be considered. At times with early cataracts, vision can be improved with glasses. As the cataract progresses, just changing the glasses will not help vision.

Most cataract operations can be performed as outpatient procedures. The eye is numbed with eye drops. Medicine is given to make the person sleepy. In surgery, the clouded lens is removed and usually replaced with a permanent plastic lens, called an intraocular lens. After surgery, there are usually minimal restrictions on activities.

Cataract surgery is never performed on both eyes at the same time. People usually have surgery performed on the weaker eye first, so that they can depend on the stronger eye while the operated eye heals.

DOs and DON'Ts in Managing Cataracts:

- ✓ **DO** see your doctor right away if you suddenly start to have trouble seeing.
- ✓ **DO** have another examination if you have a cataract and notice that your vision has gotten worse. Problems other than the cataract may be occurring in the eyes.
- ✓ **DO** protect your eyes from injury. Wear sunglasses that block 100% of both forms of ultraviolet light, UVA and UVB, especially in sunny climates.
- ✓ **DO** keep your blood sugar (glucose) level well controlled if you have diabetes. Cataracts grow faster when the blood sugar level is high.
- ⊘ **DON'T** worry about any restrictions. People with cataracts have no specific restrictions and no specific medicines, diet, or exercises that would help.

FOR MORE INFORMATION

Contact the following sources:

- American Academy of Ophthalmology
Tel: (415) 561-8500
Web: www.aao.org