A journey to clearer vision

FOCUS™

Issue 2

Regaining FOCUS

A Story of Cameras, Lenses and Cataracts

ONE PROCEDURE, *Two Perspectives*

A Doctor and Patient Compare Notes on Cataract Surgery

What is GREAT Vision WORTH?

Making the Investment in Advanced Technology IOLs

Cooking Up A Life Worth Seeing

Cheryl's Story

Compliments of:

Inside:

Welcome to the second edition of *Focus*™ Magazine, a publication dedicated to providing support and information for patients looking to learn more about cataract surgery.

In this issue, you'll hear from people like you about their experiences with cataracts and the profound impact cataract surgery has had on their lives. You'll also learn about the latest cataract surgery options — new advances that can address vision problems in addition to cataracts, including presbyopia, nearsightedness, farsightedness and astigmatism.

Cataract surgery is one of the safest and most common surgical procedures performed today. But the first step to rediscovering life without cataracts is learning the facts.

Regaining FOCUS*

A Story of Cameras, Lenses and Cataracts

started taking photographs years ago with one of the early "point and click" cameras — the old-fashioned kind with a stack of disposable flash bulbs on top.

Over many years, photography became a big source of joy and self-expression in my life. I upgraded my camera several times and learned about composition, lighting, color, exposure and more.

LOSING MY JOY

But, not that long ago, photography started to seem a lot less fun. I had already starting wearing reading glasses, which were always in the way. But now my photos were often blurry and the colors looked washed out to me. I'd always loved taking pictures in natural light, but now bright sunlight seemed uncomfortable.

I'm almost embarrassed to admit it, but at first it didn't occur to me that the problem was my eyes. It seemed like I was just losing my touch as a photographer. Then, during a routine exam, my eye doctor noticed that I was starting to develop **cataracts — a clouding of the lens inside the eye that happens naturally over time.**

What Is *Great* Vision Worth?

During cataract surgery, your surgeon will replace the cloudy natural lens (or cataract) of your eye with an artificial intraocular lens (or IOL). But first, you and your doctor must select the right IOL for you.

"Standard" or monofocal IOLs eliminate cataract problems and provide clear vision at a single distance. However, you'll still need glasses to see clearly at all other distances. With advanced technology IOLs like multifocal lenses, however, you can usually achieve clear distance, near and intermediate vision, without glasses. You can even correct vision problems such as nearsightedness, farsightedness, astigmatism and presbyopia.

Sounds like a simple choice — if you can permanently improve your vision and reduce or even eliminate your need for glasses or contact lenses, why wouldn't you? The answer often comes down to costs and benefits.

Cataract surgery is generally covered by Medicare or insurance, but you'll usually have to pay the extra costs for advanced technology IOLs out of pocket. Still, there are payment options that can help take the sting out of the extra costs. Many ophthalmologists offer payment plans, and if you have a "flexible spending account" as part of your healthcare

* Inspired by real-life experiences. Actual results may vary.

He explained that my symptoms — blurred vision, dull colors and sensitivity to bright light — were all caused by cataracts. He also said that cataracts can develop slowly and that they often go unnoticed until later in life.

The doctor also explained why I now needed reading glasses — **presbyopia.** He said that usually the lens and muscles of the eye bend to let your eye focus at different distances.
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program, you can usually use those pre-tax funds to pay for advanced technology IOLs.

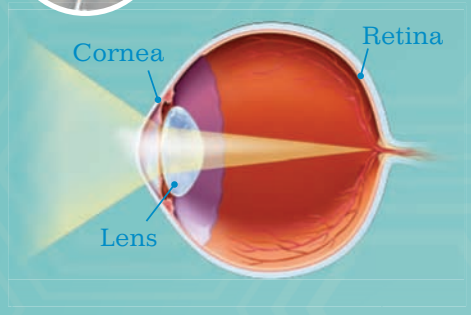
But, besides considering the costs of an advanced technology IOL, it's crucial to look at the potential benefits of these lenses, as well. Instead of spending thousands of dollars on glasses and contacts throughout the rest of your life, cataract surgery with an advanced technology lens is a one-time investment that can permanently correct your vision.

what are cataracts?

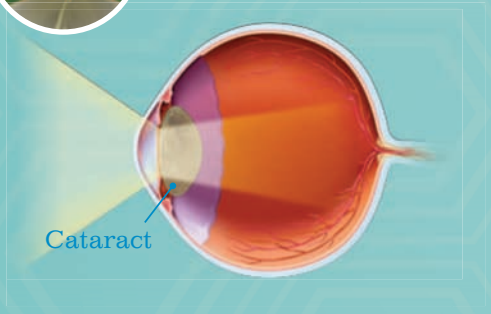
I used to think that a cataract was some kind of cloudy layer that formed over your eye. But, in fact, a cataract is a gradual clouding of the natural lens that's actually inside your eye.

My doctor explained that the human eye is a lot like my camera. To work properly, it needs a clear lens to focus light on the **retina.** (The retina is the back of the eye, kind of like the film in a camera.)

Healthy Eye



Eye with Cataract



A cataract forms when proteins in the lens of your eye clump together, forming opaque clusters — like dark smudges on a camera's lens.

Over time, these proteins can cloud the lens, allowing less light to pass through and distorting vision. Left untreated, cataracts can cause a complete loss of vision.

Fortunately, treatment is now safer than ever.

Can cataracts *affect* your health?

Cataract surgery is about more than just restoring vision — it's about restoring your quality of life and health.

Traditionally, eye doctors use a vision test as the main criteria for determining when the time is right for a patient's cataract surgery. Today, however, surgeons and even many insurance providers also consider quality of life.

CATARACTS & QUALITY OF LIFE

Without cataract surgery, as your vision declines, you're likely to reduce your day-to-day activities — you'll go fewer places, see fewer people and do less and less. These changes can impact your health by restricting your activities and decreasing your ability to enjoy life. But cataract surgery may help prevent these changes.[1]

If your cataracts are making it difficult for you to participate in normal activities such as reading, working, driving and other things that are important to you — then it may be time for you and your doctor to discuss your cataract surgery options.

Cataract surgery has been shown to reduce stress and anxiety and decrease risks of falling and getting into car accidents. Successful cataract surgery can also make it easier to read, increase social activity and improve overall quality of life.[2] And that's just with standard replacement lenses.

CHOOSING THE RIGHT IOL

During cataract surgery, the natural cloudy lens of your eye is replaced with a special artificial lens called an intraocular lens (or IOL). But IOLs aren't all the same. Advanced technology IOLs like the AcrySof® IQ ReSTOR® IOL can correct problems in addition to cataracts, including presbyopia, nearsightedness, farsightedness and astigmatism — to give you excellent vision, even without glasses or contacts, and help improve your quality of life.

Modern cataract surgery is one of the safest and most common surgeries in the world. While there are risks to any surgical procedure, of course, the risks for cataract surgery are lower than they've ever been, and the potential benefits are greater.

Don't wait to find out if it's the right time for you to consider cataract surgery.

One Procedure,

From A *Patient's* Perspective

A few months ago, it seemed like my vision started to get a lot worse. I'd always worn glasses for my astigmatism, but I began having trouble driving at night — even with my glasses. When another car was coming towards me, the large glare of the headlights made it difficult to see anything. I knew it was time to talk to an eye doctor.

TALKING TO MY DOCTOR

My ophthalmologist explained that I was beginning to develop cataracts. My heart sank — I thought cataracts would mean a long wait while my eyes got worse and worse, all leading up to some big, scary surgery. However, my doctor explained that cataract surgery is a much safer and more precise procedure than it used to be. Surgery might even be able to correct my astigmatism and make it possible for me to drive without glasses! I'd still need glasses for close-up tasks like reading, but that was fine with me.

BEFORE MY CATARACT SURGERY

My doctor explained that the surgery wouldn't take long, but that I should plan to be at the office for two to three hours total, to include time for preparation and recovery. His office staff also told me to make sure I had a ride home after the surgery, not to eat any breakfast that morning and not to wear any make-up around my eyes.

DURING MY CATARACT SURGERY

A nurse gave me a sedative, so I don't remember much of the surgery too clearly, but I do recall that I didn't feel any pain during the procedure — just a bit of pressure. Although I knew my eye was open the entire time, all I could really see was a sort of grey light, almost like being underwater.

In what seemed like no time at all, I heard the doctor say, "You're all done." I spent some time in a recovery room before they released me, and then my friend drove me home.

> "My vision was becoming **clearer** than it had ever been, and the colors were so much **richer**."

AFTER MY CATARACT SURGERY

After I got home, I took it easy for the rest of the day. The doctor and the staff had told me not to do anything too strenuous and to avoid activities that might cause infection, such as splashing my eye with water or any chores that might stir up too much grime or dust. I was a little disappointed that my vision still seemed a bit blurry at first, but the doctor had said it might take a day or two for it to become clear, so I put in the drops the doctor had prescribed and waited. By the next afternoon, my vision was becoming clearer than it had ever been, and the colors were so much richer — I felt as if I'd forgotten how beautiful colors can be.

The second surgery went just as smoothly — and I was much less nervous the second time around. And now I can drive without glasses for the first time in my life!

Two Perspectives*

From A *Doctor's* Perspective

As a cataract surgeon, I work closely with my patients to help them understand how new intraocular lenses can improve their vision, their health and their lives. In this patient's case, she was having night vision symptoms, and she had some vision obstruction from her cataracts. She also had an astigmatism that one of our advanced new toric intraocular lenses could help correct.

"I work closely with my **patients** to help them understand how new intraocular lenses can **improve** their vision, their **health** and their lives."

CATARACT SURGERY, STEP-BY-STEP

Although each surgeon has their preferred techniques, we generally follow similar steps for cataract surgery. The procedure itself is usually over quickly and has a high rate of success. The surgery is typically performed on one eye at a time, so that each eye can heal and adjust individually.

PREPARATION

First, the nurses and technicians prepared the patient for surgery and moved her — already a bit groggy from a mild sedative, but awake — to the operating room. Then, they cleaned the skin around her eye with a disinfectant wipe and applied some special eye drops designed to prevent infection and dilate the pupil. A technician also used some numbing eye drops to make sure the patient would be comfortable throughout her surgery. (Some doctors inject an anesthetic instead of using numbing drops.)

REMOVING THE OLD LENS

After all the equipment was in place, I made a tiny incision in the patient's cornea (the clear outer covering of the eye). Then, I inserted a probe about the size of a pen tip through the incision. In a process called **phacoemulsification**, I used high-frequency sound waves to break the cataract (the clouded natural lens) into little pieces. As the lens broke apart, the probe suctioned the pieces from the eye. Soon, the cataract was completely gone.

INSERTING THE NEW LENS

I had recommended the advanced AcrySof® IQ Toric lens because of its precise, stable astigmatism correction. Like most intraocular lenses, the IOL was rolled (like a newspaper) to fit into the tip of an injector tool. With the injector tool inserted through the same tiny incision in her cornea, I placed the new IOL into the capsule of her eye, where her cataract used to be.

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* Inspired by real-life experiences. Actual results may vary.

Finding the Right Lens for Your Life

During surgery, your eye's cloudy natural lens will be replaced by an artificial intraocular lens (or IOL). Until recently, nearly everyone received basically the same type of IOL, but today, there are advanced choices that offer more than ever before.

New IOLs like the AcrySof® IQ ReSTOR® lens can do even more than cure cataracts. They can correct additional vision problems and offer excellent near, intermediate and distance vision — even without glasses or contacts.

So, how do you and your doctor decide which type of IOL is best suited for your needs? While the characteristics of your eyes certainly play a critical role in lens selection, it's just as important to consider your lifestyle and the role vision plays in the activities you enjoy.

Here are a few important things to think about:

- **How important is night vision to your lifestyle?**
- **Do you have astigmatism?**
- **What kind of cost and insurance considerations do you have?**
- **Would you like the chance to be glasses-free after surgery?**

Talk to your doctor, consider the options and select wisely — you have one chance to choose the IOL that will change the very way you see the world!

AcrySof® IQ ReSTOR® IOL

Multifocal Lens

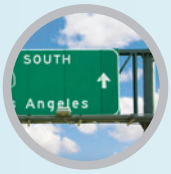
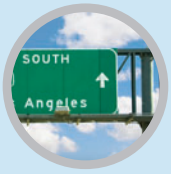
AcrySof® IQ Toric IOL

Astigmatism-Correcting Monofocal Lens

AcrySof® IQ IOL

Monofocal Lens

Choosing the IOL That Best Fits Your Lifestyle

	Near	Intermediate	Distance	Astigmatism
Most IOLs can only correct vision at one distance — these advanced technology lenses correct vision near, far and in-between, for your best chance at freedom from glasses!				
These advanced lenses are designed to correct both cataracts and astigmatism at the time of surgery, for clear distance vision without the need for glasses. However, you will likely still need glasses for reading.				
Typically covered by insurance or Medicare, these trusted lenses provide clear distance vision. However, you will likely still need glasses for reading — and possibly for distance vision.				

All AcrySof® IQ IOLs feature aspheric and blue light-filtering technology. Aspheric IOLs correct irregularities in the curvature of your eye, for enhanced image quality. Blue light-filtering IOLs block ultraviolet (UV) and high-energy blue light, both of which may potentially be harmful to your eyes. Individual results may vary.

Cooking Up A Life Worth Seeing*

Cheryl's Story

I've always been a positive person, willing to stick it out, thick and thin. I'd promised myself I'd get the most out of every second, and I wasn't about to let cataracts slow me down. I asked my doctor what we could do to fix the problem.

And there was good news; he told me I could treat my cataracts right away if I wanted, by replacing my cloudy lenses with artificial **intraocular lenses**, or IOLs. These IOLs were tried and true, he said, implanted in millions of people just like me who wanted to get their vision, their life and their confidence back.

And now, my doctor said, there were **advanced new lenses that could improve my vision even more** — I might not even need to wear glasses anymore! For me, my doctor recommended the AcrySof® IQ ReSTOR® intraocular lens. He said it was an advanced technology IOL that would not only repair my cataracts — it would also correct my life-long nearsightedness, as well as some recent problems I'd had with close-up vision, called **presbyopia.**

My doctor told me to take some time to think about my options. And think I did. At first, I felt a little nervous about the prospect of eye surgery. But, once I started to think about it, I realized I'd been so busy enjoying life that there really were some things I'd been missing out on, things I'd practically removed from my life without even noticing.

I used to love to cook, entertain and travel with my friends. But in the last few years, I'd scaled back on all of that. And it occurred to me that maybe I'd stopped enjoying cooking because I didn't feel as confident with all the little details of working in the kitchen — knives, recipes, labels. I'd stopped driving because I didn't feel as confident on the road. And it dawned on me that my vision had been affecting me more than I realized.

And now that I knew about the problem, and about the life-altering changes restored vision could make, how could I go

They call them the Golden Years for a reason… After years of working and saving and counting the days, everything was finally coming together for me. I was healthy, I felt great, I had friends and family, and there were years and years ahead of me to do everything I'd always wanted. Life was good, I won't argue with you there. But little did I know, there was a problem looming.

It all started with an eye exam. I'd gone in for a check-up to see if my glasses prescription needed to be updated — **colors didn't look as bright anymore, I needed more light to do everything, and it just seemed like things were a little blurrier than they used to be.** However, my eye doctor said that it wasn't my glasses at all, but that I had started developing cataracts — the lenses of my eyes had developed some cloudiness, and it was starting to affect my vision.

Were my Golden Years already getting tarnished around the edges? Hardly!

back? And how could I settle for an ordinary intraocular lens — how could I stick with glasses? How could I choose anything less than an advanced technology lens — and the chance for restored vision?

Like I said, I already had so much going for me — and now, I had the chance to get my vision back on top of everything? My Golden Years could be all I'd ever wanted — and then some!

I called my eye doctor back and made the arrangements to have cataract surgery with the advanced AcrySof® IQ ReSTOR® lenses he'd recommended. I wanted to have **great vision at every distance — near, far and in-between — even without glasses.** Choosing an advanced technology lens for my cataract surgery was just the first step to getting more from my life and from myself.

> "I could see more clearly — even in less light and without glasses."

My cataract surgery went as planned and I recovered well. Soon after, I started working to regain the things I'd been missing out on. I got back to cooking, first thing. Because **I could see more clearly — even in less light and without glasses** — I could read labels and recipes and chop vegetables more easily than I had in years. The more I cooked, the more I invited my old friends back to my house for great meals together. I even had my children over for a family Thanksgiving dinner, which I hadn't done in quite some time.

Today, my life is everything I want it to be — full of fun, food, family and friends. I'm so grateful to my eye doctor and to my new AcrySof® IQ ReSTOR® lenses for helping me realize that once I could see my life clearly again, I could take a good thing and make it better than ever.

* Inspired by real-life experiences. Actual results may vary.

Continued from page 5.

REGAINING FOCUS

Over time, that flexibility diminishes, making it harder to focus on fine details up close. Presbyopia is very common — it happens to virtually everybody sooner or later.

A BRIGHTER PICTURE

It was such a relief to realize that I hadn't lost my talent as a photographer at all! Now I knew that my problems had nothing to do with my capabilities and everything to do with vision.

I was even more relieved to learn that my treatment options were much better than I expected. My doctor explained that the treatment of cataracts now involves a safe outpatient surgery that can even treat vision problems in addition to cataracts, including presbyopia. He said that an **advanced new option like the AcrySof® IQ ReSTOR® intraocular lens (IOL)** could help me **see up close, far away and everything in-between, even without reading glasses or contacts** — very handy when I'm taking photographs.

Now, instead of losing my passion for photography because of cataracts, I'm looking forward to losing my cataracts and getting back behind a camera — my favorite place to be.

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DOCTOR'S PERSPECTIVE

The IOL unfolded into place with its "haptics," or arms, holding the lens permanently in position. I made some slight adjustments to align the lens to the patient's astigmatism, based on measurements taken before surgery, and before long, the new lens was in place.

FINISHING UP

After the IOL was inserted, the patient was moved to the recovery room where she could rest up and get ready to see the world through her new lens.

AcrySof® IQ ReSTOR® IOL

CAUTION: Federal law restricts this device to sale by or on the order of a physician. **INDICATIONS:** The AcrySof® IQ ReSTOR® Apodized Diffractive Optic Posterior Chamber Intraocular Lens (IOL) is intended for primary implantation for the visual correction of aphakia secondary to removal of a cataractous lens in adult patients with and without presbyopia, who desire near, intermediate and distance vision with increased spectacle independence. The lens is intended to be placed in the capsular bag. **WARNINGS:** Careful preoperative evaluation and sound clinical judgment should be used by the surgeon to decide the risk/benefit ratio before implanting a lens in a patient with any of the conditions described in the Directions for Use labeling. Some adverse reactions that have been associated with the implantation of intraocular lenses are: hypopyon, intraocular infection, acute corneal decompensation, macular edema, pupillary block, retinal detachment and secondary surgical intervention (including but not limited to lens repositioning, biometry error, visual disturbances or patient dissatisfaction). As a result of the multifocality, some visual effects (halos or radial lines around point sources of light at night) may also be expected due to the superposition of focused and unfocused multiple images. A reduction in contrast sensitivity may also be experienced by some patients, especially in low lighting conditions such as driving at night. In order to achieve optimal visual performance with this lens, emmetropia must be targeted. Patients with significant preoperative or expected postoperative astigmatism >1.0 D may not achieve optimal visual outcomes. Care should be taken to achieve IOL centration, as lens decentration may result in a patient experiencing visual disturbances under certain lighting conditions. **PRECAUTIONS:** Do not resterilize. Do not store over 45° C. Use only sterile irrigating solutions such as BSS® or BSS PLUS® Sterile Intraocular Irrigating Solution. Clinical studies with the AcrySof® ReSTOR® IOL indicated that posterior capsule opacification (PCO), when present, developed earlier into clinically significant PCO. Studies have shown that color vision discrimination is not adversely affected in individuals with the AcrySof® Natural IOL and normal color vision. The effect on vision of the AcrySof® Natural IOL in subjects with hereditary color vision defects and acquired color vision defects secondary to ocular disease (e.g., glaucoma, diabetic retinopathy, chronic uveitis and other retinal or optic nerve diseases) has not been studied. The long-term effects of filtering blue light and the clinical efficacy of that filtering on the retina have not been conclusively established. **ATTENTION:** Reference the Physician Labeling/Directions for Use for a complete listing of indications, warnings and precautions.

AcrySof® IQ Toric IOL

CAUTION: Federal law restricts this device to sale by or on the order of a physician. **INDICATIONS:** AcrySof® IQ Toric IOL Models SN6AT3, SN6AT4, and SN6AT5 Posterior Chamber Intraocular Lenses are intended for primary implantation in the capsular bag of the eye for the visual correction of aphakia and pre-existing corneal astigmatism secondary to the removal of a cataractous lens in adult patients with or without presbyopia, who desire improved uncorrected distance vision, reduction of residual refractive cylinder and increased spectacle independence for distance vision. **WARNINGS:** Careful preoperative evaluation and sound clinical judgment should be used by the surgeon to decide the risk/benefit ratio before implanting a lens in a patient with any of the conditions described in the Directions for Use labeling. Toric IOLs should not be implanted if the posterior capsule is ruptured, if the zonules are damaged or if a primary posterior capsulotomy is planned. Rotation can reduce astigmatic correction; if necessary lens repositioning should occur as early as possible prior to lens encapsulation. All viscoelastics should be removed from both the anterior and posterior sides of the lens; residual viscoelastics may allow the lens to rotate. **PRECAUTIONS:** Studies have shown that color vision discrimination is not adversely affected in individuals with the AcrySof® Natural IOL and normal color vision. The effect on vision of the AcrySof® Natural IOL in subjects with hereditary color vision defects and acquired color vision defects secondary to ocular disease (e.g., glaucoma, diabetic retinopathy, chronic uveitis and other retinal or optic nerve diseases) has not been studied. Do not resterilize; do not store over 45° C; use only sterile irrigating solutions such as BSS® or BSS PLUS® Sterile Intraocular Irrigating Solutions. **ATTENTION:** Reference the Directions for Use labeling for a complete listing of indications, warnings and precautions.

AcrySof® IQ IOL

CAUTION: Federal law restricts this device to sale by or on the order of a physician. **INDICATIONS:** AcrySof® IQ IOL (SN60WF) Posterior Chamber Intraocular Lenses are indicated for the replacement of the human lens to achieve visual correction of aphakia in adult patients following cataract surgery. These lenses are intended for placement in the capsular bag. **WARNINGS:** Careful preoperative evaluation and sound clinical judgment should be used by the surgeon to decide the risk/benefit ratio before implanting a lens in a patient with any of the conditions described in the Directions for Use labeling. Some adverse reactions that have been associated with the implantation of intraocular lenses are: hypopyon, intraocular infection, acute corneal decompensation and secondary surgical intervention. Caution should be used prior to lens encapsulation to avoid lens decentrations or dislocations. **PRECAUTIONS:** Studies have shown that color vision discrimination is not adversely affected in individuals with the AcrySof® IQ Natural IOL and normal color vision. The effect on vision of the AcrySof® IQ Natural IOL in subjects with hereditary color vision defects and acquired color vision defects secondary to ocular disease (e.g., glaucoma, diabetic retinopathy, chronic uveitis and other retinal or optic nerve disease) has not been studied. Do not resterilize; do not store over 45° C; use only sterile irrigating solutions such as BSS® or BSS PLUS® Sterile Intraocular Irrigating Solutions. **ATTENTION:** Reference the Physician Labeling/Directions for Use for a complete listing of indications, warnings and precautions. The long-term effects of filtering blue light and the clinical efficacy of that filtering on the retina have not been conclusively established.

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