CLEAR ANSWERS ABOUT
Advanced Cataract Surgery

VANCE THOMPSON VISION

CLEAR ANSWERS ABOUT CLEAR VISION™
What’s the most important part of your surgery?

Quite simply, your doctor and the technology he or she uses. Cataract experience and expertise are key factors in yielding excellent results.

The team at Vance Thompson Vision takes pride in being world leaders in quality vision correction and setting global standards for care. In addition to their precise techniques, training and distinctions—like having the region’s only doctor team Fellowship Trained in Corneal and Refractive Surgery—they lead the way in the future of Refractive Laser Assisted Cataract Surgery (ReLACS) with extensive research and a commitment to using only the most advanced technology available.
“After my cataract procedure, it was having the new **detail** and **color** in my life that made it so exceptional.”

—Troy Steinbeck, FINANCIAL PLANNER

We have prepared this booklet to help you understand cataracts—what they are and the special way we treat them.

At Vance Thompson Vision, our goal is to treat you as a special guest and provide you with exceptional care and attention. Our kind, friendly staff makes your surgery a pleasant experience with minimal stress and little or no discomfort. As you consider surgery, we encourage you to ask questions and share your concerns. We want you to be completely knowledgeable about cataracts—how we treat them and what you can expect with surgery.

When you entrust us with the care of your eyes, our highly experienced team concentrates on achieving the most successful surgical outcome using the most advanced cataract surgery available. Vance Thompson Vision sets the standard in quality vision correction with the region’s only doctor team Fellowship Trained in Corneal and Refractive Surgery. This experience, met with the most thorough
menu of surgical implant options, makes Vance Thompson Vision your clear choice for the most advanced cataract surgery available.

What exactly is a cataract?

A cataract is a clouding of the normally clear lens in your eye. Though painless, cataracts can blur your vision by restricting the amount of light that enters your eye. In addition to hazy vision, indications of cataracts include increasing night-time glare, poor night vision and a change in how your eyes perceive colors.

In a healthy eye, the iris (the colored part of the eye) regulates the amount of light that enters the eye.
through the pupil. The light passes through the lens, where it is focused onto the retina at the back of the eye. Signals are then sent from the retina to the brain via the optic nerve, where they are translated into the images you see. An eye with a cataract functions normally except that the lens has grown cloudy. Light enters the eye as usual, but the clouded lens disperses the light, causing the retina to have difficulty transmitting a clear image. Therefore, because the light that the retina receives is patchy, the retina’s transmissions to the brain are also affected, resulting in hazy, blurred vision.

Most people’s lenses will naturally become a bit cloudy as they age, and because cataracts tend to develop slowly, surgery may not be immediately necessary. But when your ability to read, drive or carry out other normal activities is hindered in any way, cataract surgery will likely be the best possible solution.

How do you know if you have cataracts?

The most important step is to visit your eye doctor so that he or she can evaluate your vision. This evaluation will generally include vision tests, an eye exam and a review of your medical history to uncover any other vision problems you may have. If you are found to have cataracts, the team at Vance Thompson Vision offers ReLACS, the most advanced, mini-incision, no-stitch cataract surgery combined with the most exhaustive laser and implant options you will find anywhere in the region. The next few pages will outline your new lens options for cataract surgery.
Cataract Surgery

ReLACS™ – or Refractive Laser-Assisted Cataract Surgery – is a custom, blade-free cataract removal procedure now offered at Vance Thompson Vision.

Traditional cataract surgery has always involved a blade to create several small incisions during the procedure. With ReLACS, these incisions are now made with a laser. This technology allows our surgeons to plan and perform cataract surgeries with laser precision.

Surgeons experience more control and flexibility, plus ReLACS features real-time tools for an accurate visual of what’s going on inside the eye.

As the first and only practice in the region to offer ReLACS, the surgeons at Vance Thompson Vision have participated in clinical development of this new laser and many vision technologies.

When used in conjunction, ReLACS and a variety of intraocular lenses may give patients even more visual freedom after cataract surgery, helping them remain active for decades.

At your cataract consultation, you will be educated on the traditional blade-based approach and the ReLACS laser-assisted approach to cataract surgery so that a decision can be made for your situation and goals.
Implant Lens Options for Cataracts

When considering cataract surgery, it is important to understand your implant options so you can choose a lens that best matches your lifestyle.

Monofocal Lenses

Monofocal implants focus at one main point and that point can be set at distance, intermediate or near. This implant allows for the sharpest possible vision at its set point—usually distance. However, some type of corrective lens is needed for good vision at other distances. This occurs because the removal of the eye’s natural crystalline lens affects the eye’s ability to change its focus. Because the monofocal lens is typically set to focus at distance, reading glasses or bifocals are usually necessary to give patients the best possible near vision.

Our standard monofocal lenses are the most advanced in their category, designed for distance and improving image quality. The Tecnis lens, for example, is a Wavefront-adjusted monofocal implant. Unlike other monofocal lenses, Wavefront-adjusted lenses offer improved functional vision, which not only helps you see at a distance more clearly but also improves night-time image quality and contrast sensitivity.
Multifocal Lenses

Presbyopia, the Greek word for “aging eye,” is a condition that causes near vision to fade with age, making it difficult to see things up-close. Presbyopia is the most prevalent eye condition in America, affecting most people after the age of 40 and everyone by their early 50s. While some lenses are used to see clearly at a distance after cataract surgery, multifocal and accommodating lenses are specially designed to combat the effects of presbyopia for clear distance vision plus a full range of intermediate and near vision, reducing the need for corrective lenses or even reading glasses.

Multifocal implants, like the ReStor and Tecnis multifocal lenses pictured at right, allow focusing to occur at multiple distances by using light that enters in different parts of the eye. These advanced presbyopic lenses have the potential to reduce or eliminate patients’ need for corrective lenses altogether.

Multifocal lenses are made up of concentric circles, which vary to allow the eye to focus at different distances. The center of the lens provides distance power, with each surrounding ring being used to stabilize vision at intermediate and close range.
Accommodating Lenses
An accommodating lens implant is designed to be an artificial replacement for your eye’s natural lens. Like multifocal lenses, they can be used both as the replacement lens in cataract surgery and for people who elect to replace their natural lens through a procedure called refractive lensectomy.

Accommodating lenses, like the Crystalens pictured at right, are designed to provide a continuous range of vision for distance, intermediate, near and everything in between, eliminating or reducing patients’ dependence on reading glasses or bifocals after cataract surgery.

This is made possible by the unique hinged structure of the lens, which allows the optic, or the part of the lens that you actually see through, to move back and forth as the muscles in your eye constrict and relax.

Toric Lens Implants
Until recently, patients with cataracts and astigmatism were still reliant on glasses or contacts for clearer vision after surgery. Now, new toric lenses treat cataract patients with astigmatism, giving them greater visual freedom.

Astigmatism results when the eye’s cornea has an irregular shape. Toric lenses are specially designed to help reduce or eliminate astigmatism and provide excellent distance vision, independent of glasses or contacts. Toric lenses also improve contrast sensitivity in low light situations and improve vision in challenging environments like fog and night glare.
Remember
Some eyes take longer than others to grow accustomed to multifocal lenses. The potential exists for problems with halos and glare (particularly at night). However, such problems have been limited and usually improve over time. Patients experiencing these difficulties still tend to experience better vision than they did prior to having the lens implanted.

When considering cataract surgery, it is important to go to a center that offers several implant options and can discuss which options best match your lifestyle. At Vance Thompson Vision, we offer a full menu of lens implant options for distance vision and near vision functioning. Another important thing to consider is that center’s ability to fine tune your vision after your surgery. The same laser and refractive surgery options that help people see clearly at a distance are available for cataract surgery candidates who want to optimize the effectiveness of their lens implant selection. Those two capabilities — the full range of lens implant options and the ability to maximize your outcome after surgery — are what make Vance Thompson Vision your clear choice for cataract surgery.

Due to the sophisticated design of multifocal and accommodating lenses, they are usually not fully covered by your insurance and will often carry an additional fee.

Your Decision
By reviewing this brochure you have taken an important step in educating yourself about your cataract surgery options. For more information on these or other surgical options, visit www.vancethompsonvision.com. For an independent perspective on the technologies mentioned here, ask your family eye care provider for more information or visit www.allaboutvision.com/conditions/cataracts.
At Vance Thompson Vision, we’re dedicated to using the world’s best technology in combination with our vast experience to help you see and enjoy life more clearly. To set up an appointment or ask us a few questions, please email or call today.

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