CORRECT YOUR CATARACTS
AND YOUR VISION

INDEPENDENCE DAY
CELEBRATE YOUR FREEDOM FROM CATARACTS

CATARACT INFORMATION GUIDE
The day you have cataract surgery marks the beginning of a whole new world of possibilities – from reduced dependence on glasses to having an easier time driving at night. It’s your own personal Independence Day – the day you celebrate your freedom from cataracts.

**Seeing Beyond the Symptoms**

Cataracts are one of the leading causes of vision impairment in the United States.¹ However, because cataracts form slowly and over a long period of time, many people suffer from this condition without ever realizing it.

If you experience one or more of these symptoms, you may have cataracts:

- Blurry or foggy vision
- Colors appear dull or washed out
- Poor night vision
- Halos appear around lights
- Sensitivity to sunlight or bright lights
- Needing more light to read
- Your glasses don’t seem to work

¹ For Important Safety Information, please see page 10.
A Closer Look at Eyesight

To understand how cataracts can affect your vision, it’s important to know how your eye functions:

1. When you look at an object, what you really see are light rays reflecting off that object.
2. These light rays enter your eye through the cornea.
3. Light then passes through your lens, which focuses it on the retina.
4. The retina converts this image into electrical signals that are interpreted by your brain.

Seeing depends on this entire chain of events, but sharp, focused vision depends largely on the lens.2

Cataracts Are a Natural Part of Life

Simply put, a cataract is a clouding of the lens inside your eye. This is a natural part of aging – if you are over 55, there’s a good chance you have some form of cataracts.

When the lens becomes clouded, it prevents light from focusing properly on the retina.3 Vision with cataracts has been described as seeing life through a cloudy window – objects become blurred, colors become dull, and seeing at night becomes much more difficult.

Unfortunately for many of us, cataracts aren’t the only condition that can impact our eyesight. These can compound our vision problems as we age.
Other Common Vision Problems

Myopia (Nearsightedness)
People who are nearsighted can see up close but have difficulty seeing objects at a distance. Myopia typically occurs when your lens focuses light in front of the retina instead of on it.4

Hyperopia (Farsightedness)
Farsighted people can see objects at a distance but have difficulty seeing up close. Hyperopia is typically caused by your eye having a focal distance that is too long.5

Astigmatism
Astigmatism is a common condition caused by an irregularly shaped cornea or lens. This warps or distorts light rays entering your eye, making it difficult for your lens to properly focus the image.6

Presbyopia
Like cataracts, presbyopia is a naturally occurring condition as we age. Over time, your lens hardens, diminishing its ability to flex and focus.7 The result is poor up-close vision. If you find yourself holding objects farther away to see them clearly, you likely have presbyopia.
**Lens Replacement is the Only Treatment for Cataracts**

The most common way to get rid of cataracts is to replace your clouded lens with a new, artificial one called an intraocular lens, or an IOL. With today's technology, you can choose an artificial lens that not only replaces your clouded lens, but also corrects other vision problems you might have – such as astigmatism or presbyopia – even if you’ve had them your entire life.

More than 3 million cataract procedures are performed each year in the United States alone. While cataract surgery is one of the safest procedures performed today, there can be some complications or side effects. These complications are relatively rare, and most can be treated successfully.

Talk to your doctor about the risks and benefits of cataract procedures so you can make an informed decision about your options.

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**Take Control of Your Vision**

Today, there is a wide variety of advanced technology IOLs to choose from – and the results can be extraordinary. Depending on the lens you choose, you could have clear, sharp vision with little to no need for corrective eyewear.

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**Need help finding a surgeon?**

Visit FreedomFromCataracts.com to use our surgeon locator today.
Which Lens is Right for Me?

Here are three of the most common types of IOLs currently available and what each is designed to do for your vision:

**Monofocal Lenses**

Monofocal lenses, such as the AcrySof® IQ IOL, have a single focal point for clear distance vision. However, while distance vision is usually improved, most patients still need to wear glasses for up-close tasks, like reading or working at a computer.11

**Astigmatism-Correcting Lenses**

These types of lenses, such as the AcrySof® IQ Toric IOL, are specifically designed for patients with astigmatism. Similar to monofocal IOLs, these lenses offer much-improved distance vision, though patients will usually still require glasses for near-vision activities.12

**Multifocal Lenses**

Multifocal lenses, like the AcrySof® IQ ReSTOR® IOL, are designed to provide a full range of clear, sharp vision. These lenses can correct for nearsightedness, farsightedness and presbyopia. In fact, 4 out of 5 patients reported complete freedom from glasses.13

With over 70 million implanted to date,14 AcrySof® IOLs have been shown to enhance color perception, increase satisfaction with everyday activities, such as driving, and reduce frustration, worry and irritability due to vision problems.15

Your doctor will help you determine which lens is right for you, based on your eyes, your visual needs and your lifestyle. Use our Doctor Discussion Guide on pages 8–9 to help you discuss your options with your ophthalmologist.
LenSx® Laser Assisted Cataract Surgery

The LenSx® Laser offers a more predictable and precise way for surgeons to perform cataract surgery. Unlike traditional cataract procedures, the LenSx® Laser uses a computer-guided laser as a tool to break up a cataract and to create incisions in the cornea.

Like fingerprints, no two eyes are exactly the same. Every eye needs to be precisely measured and mapped before cataract surgery. The LenSx® Laser offers a very precise way to map the eye, providing surgeons with the images and data needed to plan and perform surgery. Using real-time images and data, the LenSx® Laser allows surgeons to automate some of the most challenging and variable steps of cataract surgery for a truly customized and precise treatment.

When you choose the LenSx® Laser approach, you will enjoy the benefits of:

- A computer-guided advanced procedure
- A personalized surgical experience

The LenSx® Laser is an upgraded, enhanced procedure that generally requires an out of pocket fee from the patient. Your surgeon will decide on the best technology based on your specific condition. In some cases, traditional cataract surgery may be the best option.
Frequently Asked Questions

When is the best time to treat cataracts?
Many people believe cataracts have to be “ripe” before they can be removed. This is simply not true. Cataract surgery is a routine procedure that can be performed as soon as your vision problems begin to interfere with your life.16

What happens if cataracts go untreated?
Over time, the clouded areas of your lens can become larger and denser, causing your sight to become worse. This can take anywhere from a few months to many years. Eventually, though, your entire lens can cloud over and cause blindness.10

Which lens will work best for me?
No single lens is right for everyone, and only your ophthalmologist can determine the most appropriate option for you.

Do all lenses let you see at different distances?
No, only lenses with multiple focal points are designed to give you a full range of clear vision. For instance, the AcrySof® IQ ReSTOR® IOL is designed to perform near, far and everywhere in between, so you can experience crisp vision for the most important things in your life, like reading, driving and outdoor activities.17

Will they treat both eyes at the same time?
No. Your doctor will only treat one eye per procedure, allowing your eye adequate time to recover and stabilize before treating the other. Stabilization usually takes several weeks.

Can cataracts come back?
Once a cataract has been removed, it cannot return. However, over time, a small percentage of patients may notice that their vision has once again become cloudy. This condition is known as a secondary cataract, and it can be easily treated by a laser procedure performed in your doctor’s office.18

How successful is cataract surgery?
Cataract surgery has an overall success rate of more than 98%, making it one of the most successful procedures performed today.8

Is LenSx® Laser assisted cataract surgery right for me?
Patients who want the best possible vision without the variable of surgeon experience often opt for a LenSx® Laser assisted cataract procedure. However, certain pre-existing eye conditions such as corneal opacity, a poorly dilating pupil and previous corneal surgery may preclude use of the LenSx® Laser. Your doctor can determine if the LenSx® Laser is right for you.

For more information about cataracts and your options, visit FreedomFromCataracts.com.
**Doctor Discussion Guide**

It is important to make sure your doctor has a complete understanding of your vision needs. It is also important to make sure that you have a complete understanding of what to expect. You can take this Doctor Discussion Guide with you to your appointment so that both you and your doctor get all the information needed to find the best option for your lifestyle and needs.

**Lifestyle Questionnaire**

Complete the following questionnaire and share your answers with your doctor.

What is your occupation? ___________________
_________________________________________________________________

What hobbies, sports or other recreational activities do you enjoy? ________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Please circle the activities you would prefer to do with less dependence on glasses:

- Reading medicine labels
- Looking at your watch
- Applying makeup/shaving
- Viewing/dialing cell phone
- Knitting or needlepoint
- Reading books/newspapers
- Viewing/dialing home phone
- Using handheld tablet device
- Card or table games
- Cooking
- Reading restaurant menus
- Using the computer
- Watching live sports
- Playing sports, like golf
- Daytime driving
- Nighttime driving
- Watching TV

Please share anything else you think might be important about your lifestyle or daily activities:
_________________________________________________________________
_________________________________________________________________
Doctor Discussion Guide

Questions for My Doctor

These questions will help guide your discussion with your doctor.

1. Which type of intraocular lens (IOL) would I benefit from most?

2. How long is the recovery time?

3. What will my vision be like after recovery?

4. Will I still need to wear glasses or contacts after surgery?

5. Do I have any general health or other eye conditions that could rule out cataract removal?

6. Am I a candidate for LenSx® Laser assisted cataract surgery?

7. If I have other eye conditions, how can I best manage these conditions together?

8. Will any of my current prescriptions or over-the-counter drugs complicate the procedure or recovery process?

9. What is the post-surgery follow-up process?
Important Safety Information

AcrySof® IQ IOL
CAUTION: Restricted by law to sale by or on the order of a physician. DESCRIPTION: The AcrySof® IQ Intracocular Lenses (IOLs) are artificial lenses implanted in the eye of adult patients following cataract surgery. These lenses are designed to allow for clear distance vision. However, you will likely still need glasses for reading and for distance vision particularly if you already have astigmatism.

WARNINGS / PRECAUTIONS: You may experience and need to contact your eye doctor immediately if you have any of the following symptoms while using the antibiotic eye drops prescribed by your doctor: itching, redness, watering of your eye, sensitivity to light. The safety and effectiveness of the AcrySof® IQ IOL has not been established in patients with certain eye conditions, such as an increase in eye pressure (glaucoma) or complications of diabetes in the eye (diabetic retinopathy). As with any surgical procedure, there are risks involved. These risks may include, but are not limited to, infection, damage to the ocular structures: lining (inner surface) of the cornea, damage to the iris (the colored diaphragm around the pupil), the retinal layer which lines the inside back wall of your eye may become separated from the tissue next to it (retinal detachment), inflammation or swelling inside or outside the eye, an increase in eye pressure that may not be controlled by medicine and secondary surgical procedure. There is a possibility that this IOL could be placed incorrectly or could move within the eye. This may result in less improvement or a reduction in vision, or it may cause visual symptoms. ATTENTION: As with any surgical procedure, there are risks involved. Prior to surgery, discuss any questions you may have about possible risks and benefits with your eye doctor.

AcrySof® IQ Toric IOL
CAUTION: Restricted by law to sale by or on the order of a physician. DESCRIPTION: The AcrySof® IQ Toric Intracocular Lenses (IOLs) are artificial lenses implanted in the eye of adult patients following cataract surgery. These lenses are designed to correct pre-existing corneal astigmatism, which is the inability of the eye to focus clearly at any distance because of difference curvatures on the cornea, and provide distance vision. WARNINGS / PRECAUTIONS: Contact your eye doctor immediately if you have any of the following symptoms while using the antibiotic eye drops prescribed by your doctor: itching, redness, watering of your eye, sensitivity to light. The safety and effectiveness of the AcrySof® IQ Toric IOL has not been established in patients with eye conditions, such as an increase in eye pressure (glaucoma) or complications of diabetes in the eye (diabetic retinopathy). As with any surgical procedure, there are risks involved. These risks may include, but are not limited to, infection, damage to the lining of the cornea, the retinal layer which lines the inside back wall of your eye may become separated from the tissue next to it (retinal detachment), inflammation or swelling inside or outside the eye, damage to the iris (the colored diaphragm around the pupil), an increase in eye pressure that cannot be controlled by medicine and secondary surgical procedure. There is a possibility that the toric IOL could be placed incorrectly or could move within the eye. This may result in less improvement or a reduction in vision, or it may cause visual symptoms. ATTENTION: As with any surgical procedure, there are risks involved. Prior to surgery, discuss any questions you may have about possible risks and benefits with your eye doctor.

AcrySof® IQ ReSTOR® 10L
CAUTION: Restricted by law to sale by or on the order of a physician. DESCRIPTION: The AcrySof® IQ ReSTOR® Intracocular Lenses (IOLs) are artificial lenses implanted in the eye of adult patients following cataract surgery. These lenses are designed to allow for clear distance, intermediate, and near vision with the potential to be more independent of the need to use glasses for daily tasks.

WARNINGS / PRECAUTIONS: You may experience and need to contact your eye doctor immediately if you have any of the following symptoms while using the antibiotic eye drops prescribed by your doctor: itching, redness, watering of your eye, sensitivity to light. The safety and effectiveness of the AcrySof® IQ ReSTOR® 10L has not been established in patients with eye conditions, such as an increase in eye pressure (glaucoma) or complications of diabetes in the eye (diabetic retinopathy). As with any surgical procedure, there are risks involved. These risks may include, but are not limited to, infection, damage to the lining of the cornea, the retinal layer which lines the inside back wall of your eye may become separated from the tissue next to it (retinal detachment), inflammation or swelling inside or outside the eye, damage to the iris (the colored diaphragm around the pupil), an increase in eye pressure that cannot be controlled by medicine and secondary surgical procedure. With this IOL, there may be a loss of sharpness of your vision that may become worse in dim light or in foggy conditions. There is also a possibility that you may have some visual effects such as rings or circles around lights at night. You may also have trouble seeing street signs due to bright lights or glare from oncoming headlights. ATTENTION: As with any surgical procedure, there are risks involved. Prior to surgery, ask your eye doctor to provide you with an AcrySof® IQ ReSTOR® 10L Patient Information Brochure, which will inform you of the risks and benefits associated with this IOL. Discuss any questions about possible risks and benefits with your eye doctor.

LenSx® Laser
CAUTION: United States Federal Law restricts this device to sale and use by or on the order of a physician or licensed eye care practitioner. INDICATION: The LenSx® Laser is indicated for use in patients undergoing cataract surgery for removal of the crystalline lens. Intended uses in cataract surgery include anterior capsulotomy, phacofragmentation, and the creation of single plane and multi-plane arc cuts/incisions in the cornea, each of which may be performed either individually or consecutively during the same procedure. RESTRICTIONS: Patients must be able to lie flat and motionless in a supine position. Patient must be able to understand and give an informed consent. Patients must be able to tolerate local or topical anesthesia. Patients with elevated IOP should use topical steroids only under close medical supervision. CONTRAINDICATIONS: Corneal disease that precludes planation of the cornea or transmission of laser light at 1030 nm wavelength. Descemetocle with impending corneal rupture. Presence of blood or other material in the anterior chamber. Poorly dilating pupil, such that the iris is not peripheral to the intended diameter for the capsulotomy. Conditions which would cause inadequate clearance between the intended capsulotomy depth and the endothelium (applicable to capsulotomy only). Previous corneal incisions that might provide a potential space into which the gas produced by the procedure can escape. Corneal thickness requirements that are beyond the range of the system. Corneal opacity that would interfere with the laser beam. Hypotony or the presence of a corneal implant. Residual, recurrent, active ocular or eyelid disease, including any corneal abnormality (for example, recurrent corneal erosion, severe basement membrane disease). History of lens or zonular instability. Any contraindication to cataract or keratoplasty. This device is not intended for use in pediatric surgery. WARNINGS: The LenSx® Laser System should only be operated by a physician trained in its use. The LenSx® Laser delivery system employs one sterile disposable LenSx® Laser Patient Interface consisting of an application lens and suction ring. The Patient Interface is intended for single use only. The disposables used in conjunction with Alcon® instrument products constitute a complete surgical system. Use of disposables other than those manufactured by Alcon may affect system performance and create potential hazards. The physician should base patient selection criteria on professional experience, published literature, and educational courses. Adult patients should be scheduled to undergo cataract extraction. PRECAUTIONS: Do not use cell phones or pagers of any kind in the same room as the LenSx® Laser. Discard used Patient Interfaces as medical waste. AES/COMPLICATIONS: Capsulotomy, phacofragmentation, or cut or incision decontamination. Incomplete or interrupted capsulotomy, fragmentation, or corneal incision procedure. Capsular tear. Corneal abrasion or defect. Pain. Infection. Bleeding. Damage to intracocular structures. Anterior chamber fluid leakage, anterior chamber collapse. Elevated pressure to the eye. ATTENTION: Refer to the LenSx® Laser Operator’s Manual for a complete listing of indications, warnings and precautions.
References:

11. AcrySof® IQ IOL Directions for Use.
12. AcrySof® IQ Toric IOL Directions for Use.
13. AcrySof® IQ ReSTOR® IOL Directions for Use.