

WITH CATARACTS

WITHOUT CATARACTS

August is National Cataract Awareness Month

Are you over 65? Have you had changes in your vision or do you have difficulty driving at night? You might have cataracts. The good news is cataracts are the most common treatable cause of poor vision. Our eyes have a natural lens that works to focus light on the retina, giving us a clear, sharp image of the world. As we age, this lens can harden and become cloudy. This clouding of the lens is called a cataract. Here are some frequently asked questions about cataract surgery:

What causes a cataract?

- Most often cataracts are simply the result of the aging process. However, they can also be caused by injuries to the eye, use of certain medications, some diseases, and genetic inheritance.

How common is it to develop a cataract?

- Cataracts are found in 65% of people over the age of sixty, and in more than 80% of people over seventy. Because of cataracts, it is estimated that 5 to 10 million people become visually disabled each year throughout the world. Cataract surgery is the most common surgical procedure performed in the U.S., with more than 3 million cataract removals each year.

When should I have cataract surgery?

- Surgery is not always necessary when a cataract is present. In the early stages, symptoms may be mild and vision can be improved through a change in eyeglasses. However, when cataracts cause enough vision loss to interfere with your daily activities, removal should be considered. Most patients first experience vision loss at night. If left untreated, cataracts may become so advanced that they can cause other eye diseases, such as glaucoma, and therefore should be removed.

What is the recovery time for cataract surgery?

- When you have outpatient cataract surgery, it is usually possible to resume most of your normal activities the day after surgery. However, the total healing process does take up to four weeks. The post-op visits are crucial, because they allow the doctor to observe and advise the patient during their healing time. Call today to schedule a cataract screening in August.

Your Eyes Don't Have to Act Their Age

Next Generation Technology for Cataract Patients



Don't Wait to Enjoy Cataract-Free Vision with Premium Lens Options

Over the last decade there have been many innovations in cataract surgery. In the past, cataract surgery was a much more difficult procedure involving several stitches and a lengthy recovery time. Today, cataract surgery is one of the most commonly performed surgical procedures in the United States. It usually requires no injection or stitches and allows patients to see better in just one day with very little recovery time.

Cataract Symptoms & Surgery

If you are over 60 and have hazy vision or experience trouble driving at night, then you may have a cataract. As we age, the natural lens in our eye hardens and becomes opaque, creating defects in our vision. In order to regain clear vision, cataract surgery is required. Eye Excellence uses a process known as phacoemulsification that applies ultrasonic sound waves to break up the clouded lens of the eye. After the old lens is removed, we can then insert an artificial lens that will take its place. In addition, we can also offer our patients premium lens options.

Premium lenses, such as the Crystalens®, ReSTOR® and TECNIS® Multi-Focal are some of the greatest innovations in modern cataract surgery. Unlike traditional lenses, which only allow you to see clearly at one distance, premium lenses allow for better vision at all distances, while greatly

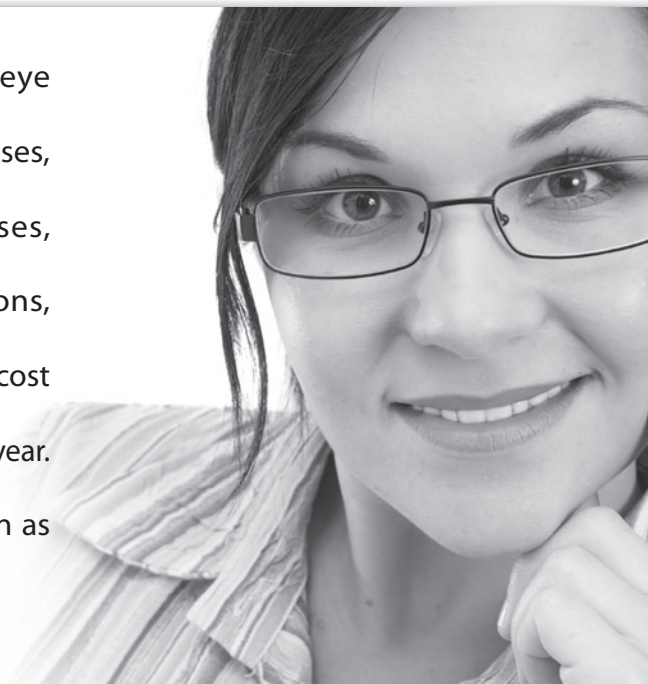
Premium lenses, like Crystalens®, ReSTOR® and TECNIS® Multi-Focal are some of the greatest innovations in modern cataract surgery.

reducing dependence on glasses. Don't let cataracts interfere with your life or stop you from doing the things that you love. Experience cataract-free vision with a premium lens implant and change the way you see.

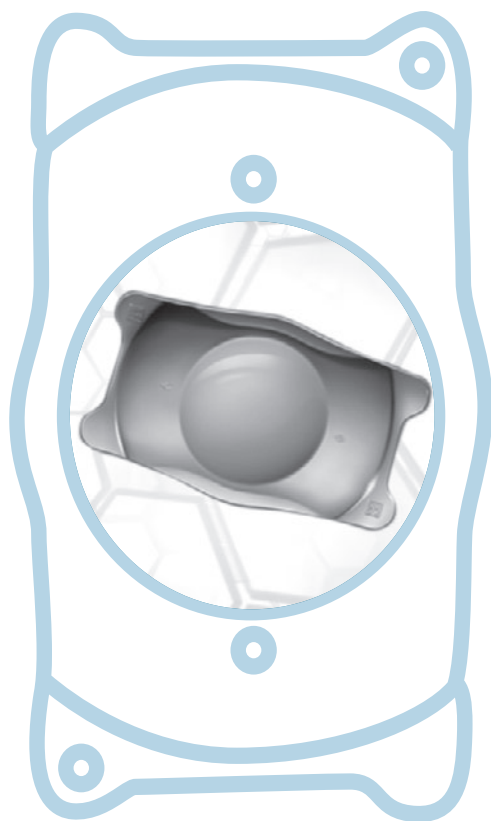
For more information on cataracts or premium lens options, call 713-791-9494.

NOT HAVING LASIK IS EXPENSIVE

The cost of annual eye exams, prescription glasses, prescription sunglasses, contact lenses, solutions, supplies and repairs can cost thousands of dollars each year. LASIK can pay for itself in as few as **TWO** years.



Not a candidate for LASIK?



The STAAR® Visian ICL

More than 20% of all patients who want LASIK laser vision correction are not good candidates for the procedure. Many do not qualify for LASIK due to severe nearsightedness or their cornea is too thin. However, there is a solution. The STAAR® Visian ICL is an implantable contact lens, made of a material called Collamer, a collagen co-polymer that contains a small amount of purified collagen. This technology is approved for patients with extremely high amounts of nearsightedness, ranging from -3.0 diopters to -20.00 diopters.

The benefits of this technology are many. Because it is made with collagen, collamer is compatible with the body, so it won't cause a reaction inside the eye. Also, because of the material's unique properties, the lens transmits light nearly identically to the eye's natural lens. This leads to clearer, sharper vision with a much lower occurrence of glare, halos, or poor night vision. The lens is designed to remain in place permanently and provides protection against UV rays.

"ICL surgery is a wonderful option for patients who cannot have conventional laser eye surgery but still wish to enjoy improved vision without the need for glasses or contact lenses," says Dr. Green. "Most patients who undergo this procedure have phenomenal results, many seeing better than 20/20."

Protective Eyewear is Important!

Each year, thousands of eye injuries could be prevented if more people would wear safety glasses or protective eyewear. Prevent Blindness America reports that approximately 40,000 sports-related eye injuries each year are severe enough to require emergency room care—that's one every 13 minutes! Experts agree that 90% of these injuries could be prevented by wearing protective eyewear.



Specialized eyewear is available for all different sports and activities. Make sure to see a professional optician to make sure the eyewear fits properly and gives the appropriate protection for your eyes and face. You may be surprised to see that protective eyewear is now available in many sporty styles and at reasonable prices. You should look for polycarbonate or Trivex® lenses, which are much more shatter-resistant than typical plastic lenses. Also, if the eyewear is for outdoor use, make sure it provides 100% UV protection. Long term exposure to UV rays can lead to painful sunburn of the eyes, cataracts, or even macular degeneration later in life.



The optical shop inside our location has a selection of protective eyewear available for you and your family. A detailed list of suggested protective eyewear by sport can be found at PreventBlindness.org. With all the fun activities happening during summer, be sure to spread the word about protective eyewear!



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