



For more information about cataracts and cataract surgery, including IOLs, see my video at:

[flyer.cataractsexplained.com.au](http://flyer.cataractsexplained.com.au)



Or scan the QR code with your smartphone

# CATARACTS XPLAINED



Hi, I'm Elaine from Cataracts Xplained! If you've just been told you have cataracts like me, you've come to the right place.

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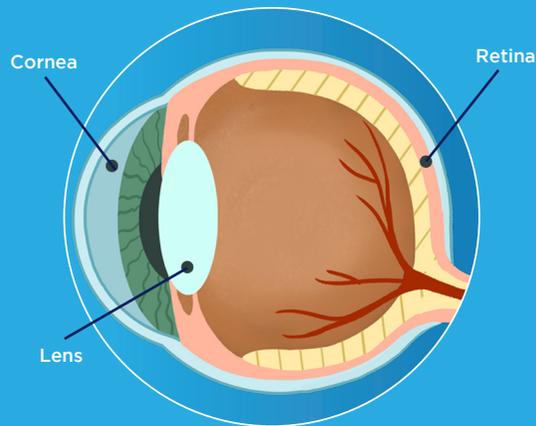
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# What are Cataracts?

**Cataracts are a progressive clouding of the lens inside the eye. In the vast majority of cases, the development of cataracts is a normal age-related change to the eye.**



The onset of cataract symptoms is typically slow and gradual – many patients are told they have the beginnings of a cataract during a routine eye examination before they even notice any changes to their vision!

It is very rare to experience any pain or physical irritation due to cataracts.

# How are Cataracts Diagnosed?

Your eye care professional can easily tell if you have cataracts through a series of simple, non-invasive tests. Both your optometrist and ophthalmologist are capable of performing these tests.

# How are Cataracts Treated?

In the early stages of cataract development your vision is still likely to be quite good and your eye care professional can give you tips on optimising your vision.

If your cataracts progress to a level where your vision is no longer adequate for your needs, you may consider cataract surgery with an ophthalmologist.

Cataract surgery is typically a quick, uncomplicated day procedure. Prior to surgery, your ophthalmologist will discuss your options for intraocular lens (IOL) implants, which will replace the cataract after surgery.

There are various types of IOLs, each with different features. These include...

**Single vision IOLs** are for people requiring excellent distance vision who don't mind wearing glasses for computer work and reading up close.



**Extended range of vision IOLs** are for those who would like good distance and intermediate vision and don't mind wearing glasses for extended periods of close work.



**Trifocal IOLs**, also known as Multifocal, provide clear vision for long distance as well as nearer tasks like reading. However not everyone is suitable for Trifocal IOLs so it's important to talk to your ophthalmologist to see which IOL will work best for your needs.

