

# How is cataract surgery done?

- Cataract surgery is usually done on outpatient basis (need not be warded)
- Usually carried out with a local anaesthetic
- The cloudy lens is removed either by surgery ('extracapsular cataract extraction' - ECCE ) or 'ultrasonic fragmentation' ( a technique known as 'phacoemulsification')



step 1



step 2



step 3



step 4



step 5

- An artificial lens will be inserted into the eye

Normally, depending on the individual need, the use of glasses are required to improve vision after the surgery

It is important to note that the effectiveness does not depend on surgery alone but also on the condition of your eye and the post care following a successful surgery

**Your doctor/ ophthalmologist can advise you on the right procedure**

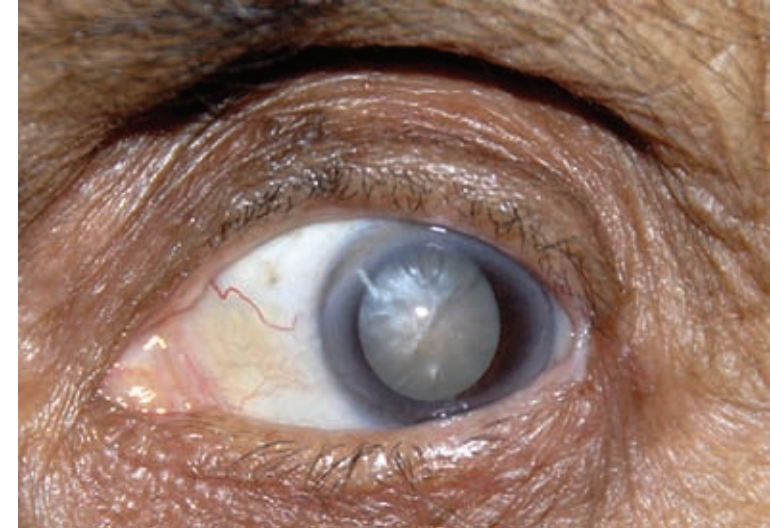
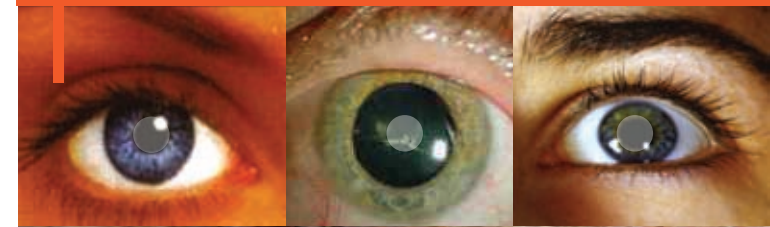
## Near Vision Chart

- Test at a distance of 40cm
- Test using one eye at a time

V	N	0,1						
D	H	P	0,2					
Z	C	T	B	0,3				
R	D	P	V	F	Z	0,4		
E	O	Z	L	B	H	0,5		
Z	N	H	R	E	L	0,6		
N	R	F	M	H	Z	D	B	0,8
H	Z	N	R	F	C	T	V	0,9

If you are unable to see the  
LAST LINE  
Please consult your doctor

# CATARACT



Cataract may lead to blindness but early **PREVENTION** can stop that from happening



Ministry Of Health  
Malaysia

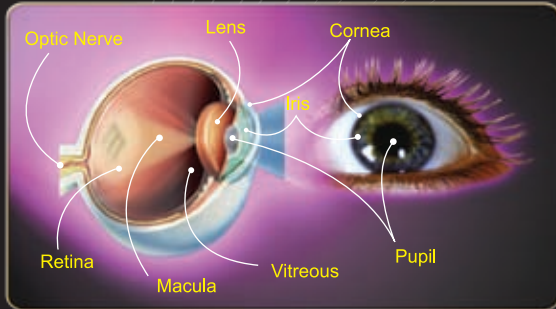
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# Free Yourself From Cataract

## cataract

Cataract is the condition when the eye lens becomes cloudy



Anatomy of the Eye

## What causes cataracts?

- Old age
- Diabetes Mellitus
- Smoking
- Ultraviolet Light
- Accidents
- Born with cataract



## Signs and Symptoms

- Cloudy or blurry vision
- Difficulty in reading
- Frequent prescription changes in eyeglasses or contact lenses



- Vision is severely impaired in bright sunlight
- Pupil becomes white

## Can cataract be treated?

Yes, but in the early stages when eyesight is not affected, treatment might not be necessary. The treatment depends upon the severity and the visual requirements of the individual. In the early stages, the doctor may advise the use of glasses. When spectacles do not help, a surgery to remove the cataract may be necessary.



## Can cataract be treated with eye lotions and vitamins?

No, altered or denaturated eye lense is not treatable and the only solution to the problem is surgery when the individual's activities are hindered.

*Emphasize quality living in your life*