

# HERZIG

EYE INSTITUTE

TORONTO | OTTAWA



THE COMPLETE GUIDE TO  
Cataract Solutions



**“At Herzig Eye Institute our commitment is to provide each patient with their best possible vision in a safe environment, through superior surgical treatments, and the highest level of patient care.**

When it comes to your eyesight, like anything else really important in life, great care should be taken to scrutinize your options. After all, you are making a choice that will result in trusting your vision correction to a specific surgeon. In areas of medical care, particularly the delicate and advanced procedure used in cataract surgery, there should be no room for compromise.

Thousands of people from all over the world seeking cataract solutions have trusted the surgeons at Herzig Eye Institute to provide the best possible visual result with the most proven, safe, and effective technology available. It is truly an awesome responsibility and I can assure you, it is a responsibility every member of our clinical and administrative staff takes seriously. At Herzig Eye Institute, **we value your trust and make every effort to ensure the highest standards of service and comfort are upheld.** Thank you for giving us the opportunity to meet and exceed your expectations.”

**- Cherry Tabb | Co-Founder & CEO**




# Table of Contents

---

What is a cataract?	5
Who is at risk?	6
Signs & Symptoms	7
What should I do if I suspect I have a cataract?	8-9
When will I need cataract surgery?	10
Advantages of Herzig Eye Institute	11
ORA™ System Featuring VerifEye+™ Technology	11
Laser-Assisted Cataract Surgery	12
Intraocular Lens Options	13
What should I expect during surgery?	15
What should I expect after surgery?	16

---



“...it’s quick  
and virtually  
painless”

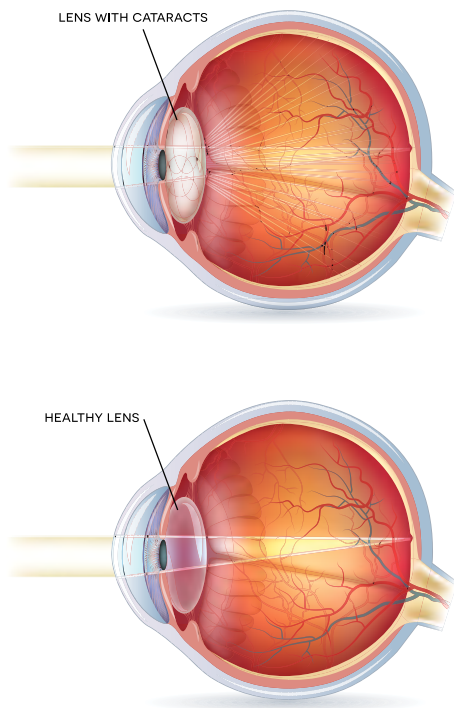
**Everyone, if they live long enough, will develop cataracts.**

More than half of all North Americans will have had a cataract by the age of 80. Herzig Eye Institute has developed this guide as a starting point for patients who are concerned about cataracts.

Here you’ll find key information to help you - or someone close to you - make an educated decision about your options for cataract treatment. Included in this guide is: cataract signs and symptoms, risk factors, prevention, surgical options and what to expect, advanced procedures, recovery, and tips for choosing the right surgeon.

Cataract surgery is one of the most frequently performed surgeries in North America. With our technological advances it’s quick and virtually painless.

# What is a cataract?



A cataract is the clouding of the eye's natural lens, which lies behind the iris and the pupil. The lens works much like a camera lens, focusing light onto the retina at the back of the eyes. The lens also adjusts the eye's focus, letting us see things clearly up close and far away.

The natural lens is mostly made of water and protein. The protein's position keeps the lens clear and lets light pass through it. As we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract. Over time, it grows larger and clouds more of the lens, making it difficult to see.

While early-stage cataracts can be treated with new glasses, magnifiers, or other visual aids, more developed cataracts usually require surgery. Ophthalmologists and optometrists can diagnose cataracts and confirm the maturity of the cataract.



Since aging is a fact of life, everyone is at risk for developing cataracts. By the time you reach 60, you will probably have some degree of clouding, although your vision may not be impaired yet.

Some other factors may accelerate the development of cataracts, including:

- Family history of cataracts at a young age
- Diabetes
- Smoking
- Drinking excessive amounts of alcohol
- Excessive exposure to ultraviolet rays
- Exposure to radiation, such as during cancer therapy
- Previous eye injury or surgery

Cataracts can occur in one or both eyes, but do not spread from one eye to the other. Surgery to remove a cataract is not necessary until vision becomes impaired, or if it interferes with the treatment of other eye problems.

Who is at risk?

# What are the **signs** and **symptoms** of cataracts?

Cataracts start out with mild clouding and get worse over time. In the early stages, patients might not be aware they are developing a cataract.

As the cataract gets denser, it can block most of the light to your retina, making it difficult to see. Some common symptoms of cataracts include:



- Cloudy or blurred vision
- Difficulty seeing at night
- Seeing halos around lights
- Problems with glare
- Frequent changes in your eyeglass or contact lens prescription
- Seeing double or multiple images in the eye with the cataract

# What should I do if I think I have a cataract?

If you believe you have developed a cataract and want to consider surgery, there are a few steps you should follow to ensure you are thoroughly informed and understand the various options available to you. Make an appointment with your ophthalmologist, optometrist, family doctor, or with us at Herzig Eye Institute in Toronto (416-929-2020) or Ottawa (613-800-1680).

A simple eye exam will identify the cataract. The surgeon will confirm the diagnosis and one of our Refractive Consultants will thoroughly educate you about your options. You will be provided with adequate information about the procedure, risks, length of recovery, long-term results, and suggested follow-up procedures.

*(continued on next page)*







## What should I do if I think I have a cataract?

### Ask yourself:

- How comfortable you feel with the surgeon, staff, and facility?
- Do you feel respected?
- Have they provided you with enough information and educational materials?

The surgeon should patiently discuss options with you, answer all of your questions so you are informed, and fully understand your options and what treatment, including which intraocular lens option will best suit your needs.

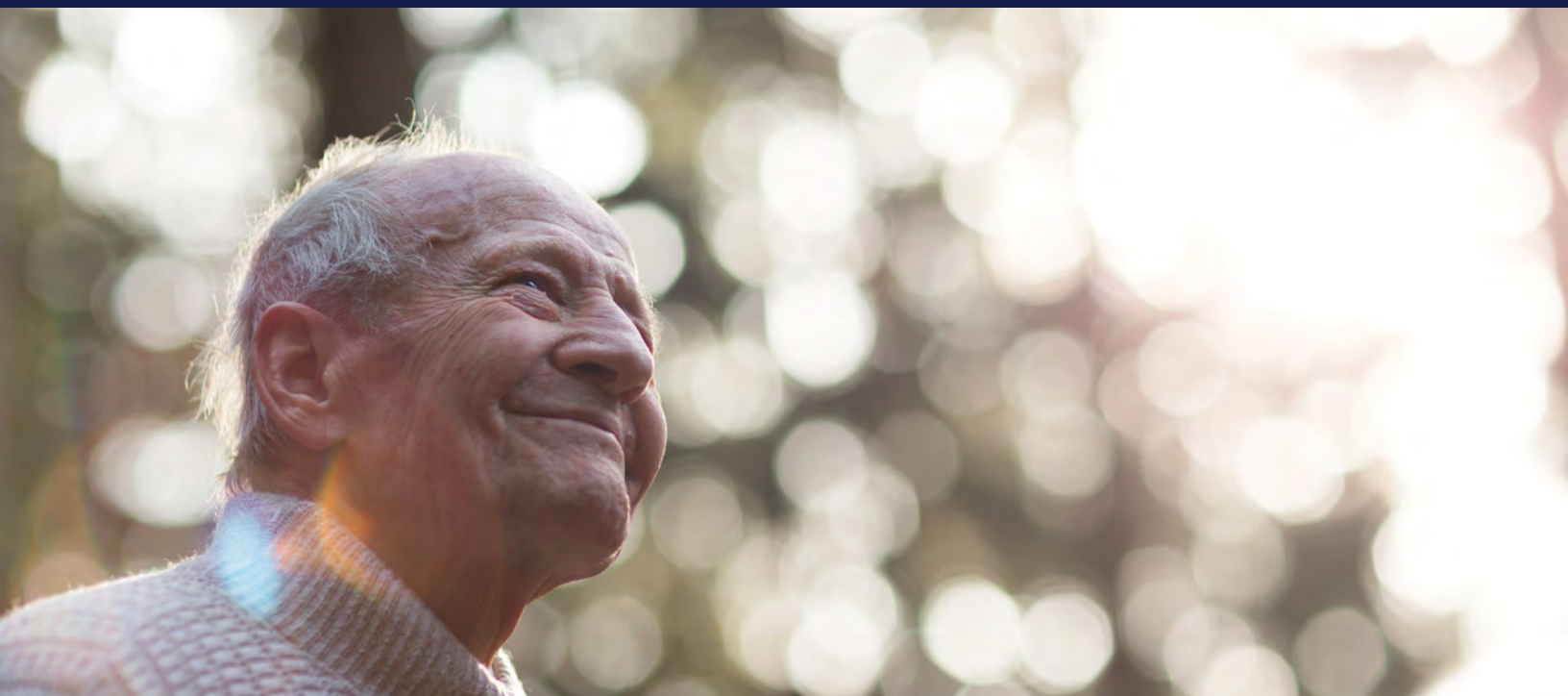
**Herzig Eye Institute is committed to providing thorough education for patients seeking treatment, to co-managing care with all eye care physicians, and to determining the best treatment for each patient on an individual basis. All options are discussed.**

When symptoms begin to appear, you may be able to temporarily improve your vision with a new prescription for your glasses, strong bifocals, magnification, appropriate lighting, or other visual aids.

Cataract surgery is usually recommended when patients feel their quality of life has reduced and their ability to do normal activities, such as driving, reading, or sports, has been compromised.

In North America, unless your vision is at least 20/50 (you are able to see at 20 feet what the average person can see at 50 feet), you cannot legally drive. If driving an automobile is not essential, you may choose to stop driving and delay surgery until the cataracts interfere with other activities. But those who enjoy the independence of driving may wish to have surgery earlier to avoid losing their driving privileges even temporarily.

**When** will I need cataract surgery?



# What Is Precision Refractive Cataract Surgery at Herzig Eye Institute?

Precision Refractive Cataract Surgery is the most exciting advancement in the field of cataract surgery since phacoemulsification was introduced over 50 years ago. It combines the extraction of a cataract with advanced diagnostic technologies, and premium intraocular lenses. The goal of this procedure is to reduce or eliminate the need for glasses or contacts post-operatively.

More than 90 percent of patients are completely glasses-free following Precision Refractive Cataract Surgery depending on the option recommended. Herzig Eye Institute features the three most advanced technologies to treat cataracts:

## The ORA™ System with VerifEye+™ Technology

The ORA™ System with VerifEye+™ Technology allows surgeons to evaluate refractive findings, refine intraocular lens power and alignment in real time, providing the best possible refractive outcomes to your cataract surgery.

Recent enhancements to this exciting new technology include real time information, resulting in more accurate and predictable results.

## Laser-Assisted Cataract Surgery

Herzig Eye Institute is one of the first to offer its patients Refractive Laser-Assisted Cataract Surgery (ReLACS), the new standard in precision cataract surgery with the Catalys® Precision Laser System.

The Catalys® laser combines a state-of-the-art femtosecond laser and advanced 3D Optical Coherence Tomography (OCT) imaging, performing critical steps in cataract surgery that were previously done manually.

Catalys® advanced 3D imaging technology builds a map of your eye in real time and uses the map to tailor the treatment to your unique eyes.

### Laser-assisted cataract surgery has many advantages:

- The laser can correct astigmatism more accurately with curved corneal incisions.
- The circular opening made in the patient's lens with the laser is 10x more accurate than a manual opening. It accurately predicts the IOL position in the eye, and ensures a predictable refractive result.
- Laser-assisted cataract surgery is gentler on the eye. The laser breaks the cataract into microscopic pieces resulting in 95% less ultrasound energy being necessary to complete the procedure. This prevents excessive trauma and potential damage to the cornea, which is the most important lens in the eye.



## Intraocular Lens Options

### Monofocal IOL

- Provides high quality vision at one focal point - usually distance.
- May be combined with monovision.

### Monofocal+ IOL

- Provides high quality vision at distance and intermediate, can be combined with mini-monovision.
- Reduced dependency on reading glasses.

### Continuous Range of Vision / Trifocal IOL

- Provides the ability to focus at near, intermediate, and far.
- Dependence on glasses is reduced significantly.

### Toric IOL (Astigmatism)

- A toric IOL provides the added benefit of correcting pre-existing astigmatism.
- All IOLs have a toric lens option to correct for astigmatism.

## **We Match the Right Procedure with the Right Patient**

“We’re all interested in quality of life,” says Dr. Sheldon Herzig, founder of Herzig Eye Institute. “Many of the baby boomers now are still very athletic - they’re golfing and playing tennis, so to have clear vision, not only for sports, but just for everyday life, and not having to look for your reading glasses all the time, **there are these wonderful options to take away the annoyance and make life a lot more pleasant.**”

Cataracts are a vision problem everyone will face if they live long enough. If you are concerned you, or someone important to you may have cataracts, call Herzig Eye Institute.

If you’re not a resident of Canada, no problem. We are still happy to help you with your vision. Simply contact us for a consultation. We’ll examine your eyes and make a recommendation for the best procedure for you.

## What should I expect during the surgery?

The procedure is quick and painless. Topical anesthetic numbing drops and local anesthesia with IV sedation (fasting is required) will be administered. The surgeon will then gently insert the Intraocular Lens (IOL) and no stitches will be required.

Cataract surgery is quick and relatively painless. Recovery is fast and for many patient vision is greatly improved in the days and weeks following the procedure.

With new advancements in the field of refractive surgery, many cataract patients can have better vision after surgery than they had before they developed a cataract. Following the procedure, many of our patients no longer need glasses.\*

These exciting technological advancements are not covered by OHIP. However, should a patient choose to have cataract surgery in the hospital rather than at Herzig Eye Institute, they can feel confident they will still receive the best possible care using the technology available at the hospital.

\*Glasses are sometimes needed for fine print reading (prescription bottle or newspaper).



## What should you expect after surgery?

Directly following surgery, protective eye wear is recommended, and you will need a friend or family member to drive you home. Mild discomfort is normal, but should disappear within 1 or 2 days. Eye drops are prescribed to encourage healing.

Everyday activities including moderate exercise can be resumed within a few days. Vision is usually blurry the first day and improves rapidly each day.

Most people have legal driving vision within days and achieve complete visual clarity within 2 to 3 weeks.



# Cataract Patient, 2015

“ On my optometrist’s recommendation, I went to Herzig Eye Institute to have cataracts removed and a monofocal lens inserted. I have to tell you how impressed I was with the level of care provided as well as the level of customer service I was given. They were simply amazing in every way. The procedure itself was a breeze and the attention I was given both before and after the surgery was second to none. It is without any reservation and with much enthusiasm I recommend Herzig to anyone who needs cataract or vision correction surgery. ”



Schedule your consultation today  
and start the process towards better vision!



**Call or Visit Us Online  
to Request Your  
Consultation**

**TORONTO - Flagship**

**PH: 416.929.2020**

**FAX: 416.929.0232**

Located at 150 Bloor St. W.  
Suite 210, Toronto, ON.  
M5S 2X9

**OTTAWA**

**PH: 613.800.1680**

**FAX: 613.800.0718**

Located at 1730 St. Laurent Blvd  
Suite 600, Ottawa, ON.  
K1G 5L1

**TOLL FREE: 888.782.8000**

**HERZIG-EYE.COM**