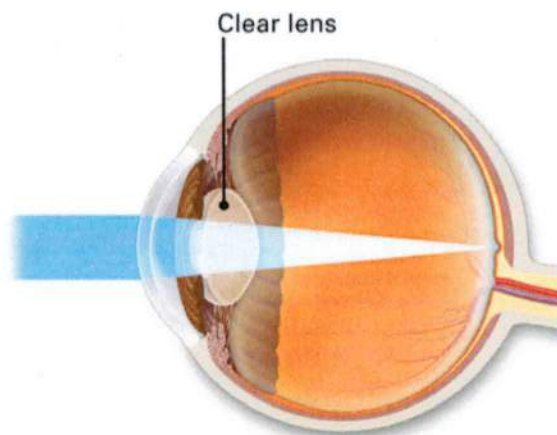


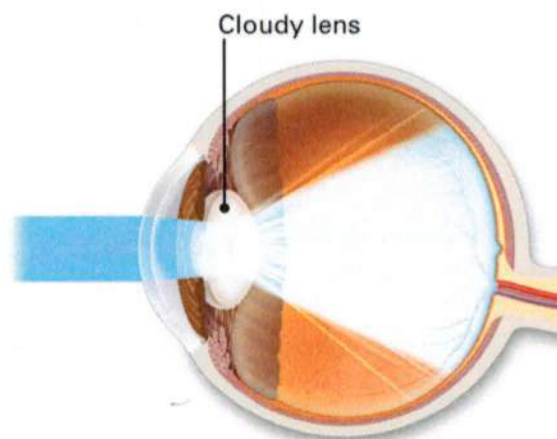
# Cataract

## What is a cataract?

Inside our eyes, we have a natural **lens**. The lens bends (refracts) light rays that come into the eye to help us see. The lens should be clear. But if you have a cataract, your lens has become cloudy. It is like looking through a foggy or dusty car windshield. Things look blurry, hazy or less colorful with a cataract.



In a normal eye, light focuses precisely on the retina.



In an eye with a cataract, light scatters throughout the eye instead of focusing precisely on the retina.

## What are symptoms of a cataract?

Here are some vision changes you may notice if you have a cataract:

- having blurry vision
- seeing double (when you see two images instead of one)
- being extra sensitive to light
- having trouble seeing well at night, or needing more light when you read
- seeing bright colors as faded or yellow instead



Left, normal vision. At right, dulled or yellowed vision.



Blurring or dimming of vision

## What causes cataracts?

Aging is the most common cause of cataracts. This is due to normal eye changes that happen after around age 40. That is when normal proteins in the lens start to break down. This is what causes the lens to get cloudy. People over age 60 usually start to have some clouding of their lenses. However, vision problems may not happen until years later.

Other reasons you may get cataracts include:

- having parents, brothers, sisters, or other family members who have cataracts
- having certain medical problems, such as diabetes.
- having had an eye injury, eye surgery, or radiation treatments on your upper body
- having spent a lot of time in the sun, especially without sunglasses that protect your eyes from damaging ultraviolet (UV) rays

Most age-related cataracts develop gradually. Other cataracts can develop more quickly, such as those in younger people or those in people with diabetes. Doctors cannot predict how quickly a person's cataract will develop.

### You may be able to slow down your development of cataracts.

Protecting your eyes from sunlight is the best way to do this. Wear sunglasses that screen out the sun's ultraviolet (UV) light rays. You may also wear regular eyeglasses that have a clear, anti-UV coating. Talk with your eye doctor to learn more.

## How are cataracts treated?

Cataracts can be removed only with surgery.

If your cataract symptoms are not bothering you very much, surgery is not necessary. You might just need a new eyeglass prescription to help you see better. You should consider surgery when cataracts keep you from doing things you want or need to do.

## How does cataract surgery work?

During cataract surgery, your eye surgeon will remove your eye's cloudy natural lens. Then he or she will replace it with a clear artificial lens. This new lens is called an intraocular lens (or IOL). When you decide to have cataract surgery, your doctor will talk with you about IOLs and how they work.

People who have had cataract surgery may have their vision become hazy again years later. This is usually because the eye's capsule has become cloudy. The capsule is the part of your eye that holds the IOL in place. Your ophthalmologist can use a laser to open the cloudy capsule and restore clear vision. This is called a capsulotomy.

Cataracts are a very common reason people lose vision, but they are treatable. You and your ophthalmologist should discuss your cataract symptoms. Together you can decide whether you are ready for cataract surgery.

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## Summary

When you have a cataract, your eye's naturally clear lens is cloudy. Eventually your vision will be hazy and blurry. The only way to remove a cataract is with surgery.

You do not have to have cataract surgery if your symptoms are not too bad. You should consider surgery when cataracts keep you from doing your daily activities.

You may be able to slow the development of cataracts by protecting your eyes from the sun.

To learn more about cataract, scan this code with your smartphone or visit [http://sn.im/\\_cataract](http://sn.im/_cataract).



### COMPLIMENTS OF:

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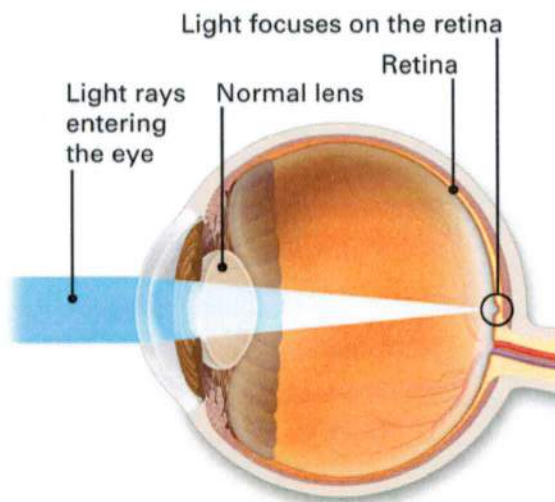
# Cataract Surgery

## What is cataract surgery?

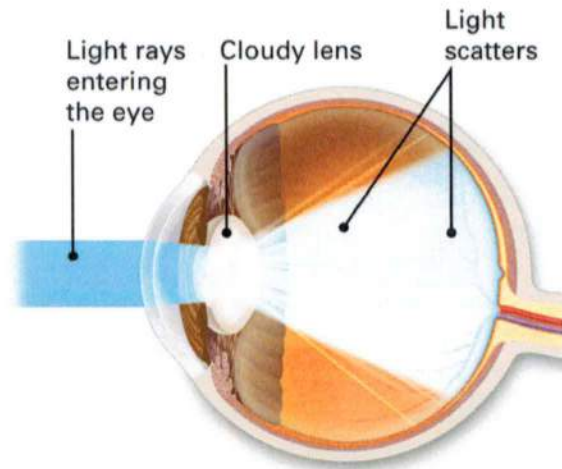
Cataract surgery is an operation to remove your eye's lens when it is cloudy.

The purpose of your lens is to bend (refract) light rays that come into the eye to help you see. Your own lens should be clear, but with a cataract it is cloudy. Having a cataract can be like looking through a foggy or dusty car windshield. Things may look blurry, hazy or less colorful.

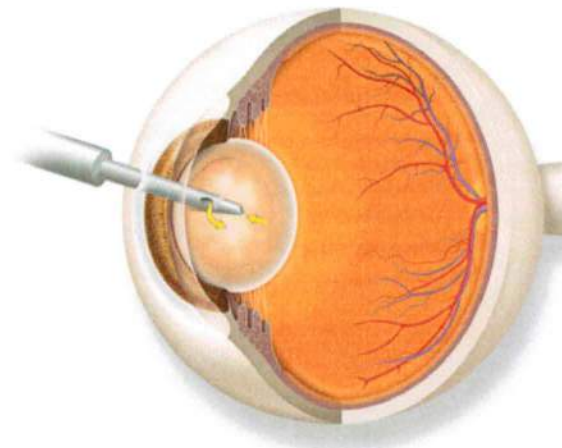
The only way to remove a cataract is with surgery. Your ophthalmologist will recommend removing a cataract when it keeps you from doing things you want or need to do.



Light rays entering an eye with a normal lens

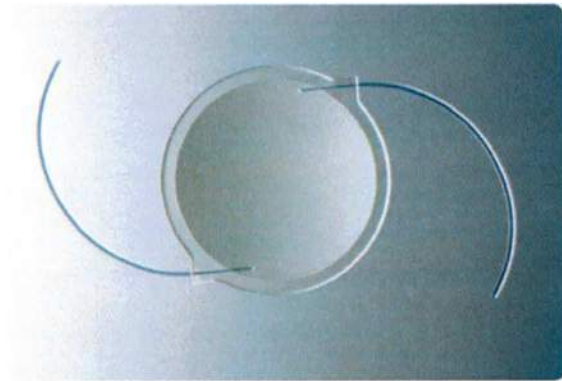


Light rays entering an eye with a cataract

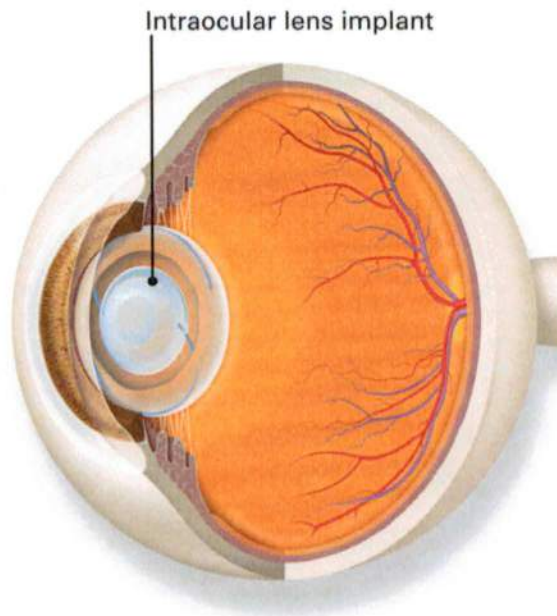


During cataract surgery, tiny instruments are used to break apart and remove the cloudy lens from the eye.

During cataract surgery, your cloudy natural lens is removed and replaced with a clear artificial lens. That lens is called an **intraocular lens** (IOL). Your ophthalmologist will talk with you about IOLs and how they work.



An intraocular lens (IOL) implant



In cataract surgery, the intraocular lens replaces the eye's natural lens.

## What to expect with cataract surgery

### Before surgery:

Your ophthalmologist will measure your eye to set the proper focusing power for your IOL. Also, you will be asked about any medicines you take. You might be asked not to take some of these medicines before surgery.

You will be prescribed eyedrop medicine to start using a few days before surgery. These medicines help prevent infection and reduce swelling during and after surgery.

### The day of surgery:

Your ophthalmologist may ask you not to eat any solid food at least 6 hours before your surgery.

Cataract removal surgery may be done in an outpatient surgery center, at the ophthalmologist's office, or in a hospital. Here is what will happen:

- Your eye will be numbed with eye drops. You may also be given a medicine to help you relax.
- You will be awake during surgery. You may see light and movement during the procedure, but you will not see what the doctor is doing to your eye.
- Your eye surgeon will make tiny incisions (cuts) near the edge of your cornea (the clear covering on the front of your eye). The surgeon uses these incisions to reach the lens in your eye. Using very small instruments, he or she will break up the lens with the cataract and remove it. Then your new lens is inserted into place.

- Usually your surgeon will not need to stitch the incisions closed. These “self sealing” incisions eventually will close by themselves over time. A shield will be placed over your eye to protect it while you heal from surgery.
- You will rest in a recovery area for about 15–30 minutes. Then you will be ready to go home.

#### Days or weeks after surgery:

- You will have to use eye drops after surgery. Be sure to follow your doctor’s directions for using these drops.
- You should not use tap water to clean your face (to prevent possible infection).
- You should not bend forward or exert force.
- Do not rub or press on your eye. Your ophthalmologist may ask you to wear eyeglasses or a shield to protect your eye.
- You will need to wear a protective eye shield when you sleep.
- Your ophthalmologist will talk with you about how active you can be soon after surgery. He or she will tell you when you can safely exercise, drive or do other activities again.

**Cataract surgery will not restore vision lost from other eye conditions such as macular degeneration, glaucoma, or diabetic retinopathy.**

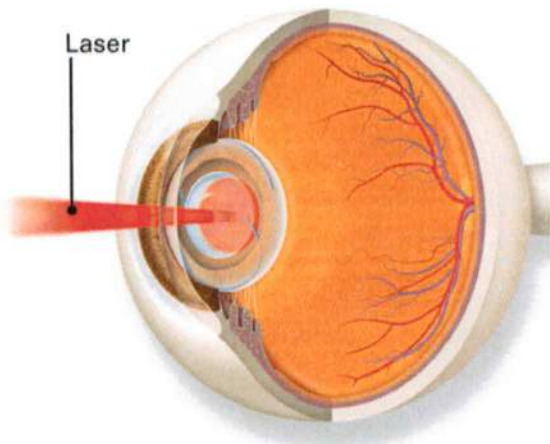
### What are risks of cataract surgery?

Like any surgery, cataract surgery carries risks of problems or complications. Here are some of those risks:

- Eye infection
- Bleeding in the eye
- Swelling of the retina (the nerve layer at the back of your eye)
- Detached retina (when the retina lifts up from the back of the eye)
- Damage to other parts of your eye
- Pain that does not get better with over-the-counter medicine
- Vision loss
- Coughing a lot, feeling nauseous or throwing up (vomiting)

Your vision could become cloudy or blurry weeks, months or years after cataract surgery. This is not unusual. If you notice cloudy vision again, you might need to have a laser procedure. Called a posterior capsulotomy, this procedure helps restore clear vision.

Your ophthalmologist will talk with you about the risks and benefits of cataract surgery.



Posterior capsulotomy: A laser is used to make an opening in the cloudy lens capsule.

**Summary**

Cataract surgery is when your eye’s cloudy lens is removed to restore clear vision. During cataract surgery, your natural lens is removed and replaced with a clear artificial lens. That lens is called an intraocular lens (IOL).

For more about cataract surgery, scan this code with your smartphone or visit [http://bit.ly/pe\\_cataractsurgery](http://bit.ly/pe_cataractsurgery).

 A rectangular box containing text and a QR code. The text provides information on how to find more about cataract surgery, either by scanning the QR code with a smartphone or by visiting a specific URL.

**COMPLIMENTS OF:**

 A large, empty rectangular box with a thin black border, intended for a patient to write their name and compliments.

Atlantic Eye Care  
(302) 644-8007

System: EyeMD EMR Healthcare Systems, Inc.

This is # 5 for Wednesday, May 13, 2015 and # 314 year-to-date.

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Wednesday, May 13, 2015

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 27914 Ponside Apt 63 Seaford, DE 19973

DOB: **05/18/2009**  
 MRN: **17032-1**

DAY TEL:  
 EVENING:

DRUG	SIG	Dispense	REFILLS	Brand Medically Necessary
<b>proparacaine 0.5 % eye drops</b>	<b>one drop ou 3 sets 5 minutes apart one hour before drs appt.</b>	<b>15 (fifteen) Milliliter</b>	<b>0</b>	<b>No</b>

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