Putting Cataracts into Perspective

Good news: Cataracts are common and treatable.

Your Options for Treating Astigmatism

Advances in lens technology mean that astigmatism has finally met its match.
TECNIS Symfony® and TECNIS Symfony® Toric Intraocular Lenses (IOLs) provide continuous high-quality vision at all distances. So if you’re having cataract surgery, talk to your doctor to see if the TECNIS Symfony® IOL is the right choice for you.

The TECNIS Symfony Extended Range of Vision IOL, Model ZXR00, is indicated for primary implantation for the visual correction of aphakia, in adult patients with less than 1 diopter of pre-existing corneal astigmatism, in whom a cataractous lens has been removed. The lens mitigates the effects of presbyopia by providing an extended depth of focus. Compared to an aspheric monofocal IOL, the lens provides improved intermediate and near visual acuity, while maintaining comparable distance visual acuity. The Model ZXR00 IOL is intended for capsular bag placement only.

See complete indication and important safety information on page 18.

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There are more options today for cataract surgery than ever before. We’re proud to offer the latest advancements in treatment technology, which offer you more control over the future of your vision. This survey is designed to help us understand your vision goals so we can work with you to make the best possible choice for your eyes. There are no right or wrong answers — our goal is to get to know you better and learn more about your vision.

1. Throughout the day, you perform activities that require your eyes to focus at different distances. Circle or write in the activities that are important for your lifestyle:

**DISTANCE**

- Driving
- Golf
- Live Sports
- Concerts
- Other

**INTERMEDIATE**

- Watching TV
- Computer
- Cooking
- Tablet
- Other

**NEAR**

- Reading
- Building Models
- Mobile Phone
- Knitting
- Other

2. Of all the ways you currently use your vision, which three are most important to you?


Vision survey for cataract patients

3. How willing are you to continue wearing glasses or contact lenses after lens surgery? Please place an “X” on the scale below.

- WILLING
- NOT WILLING

4. If you had to wear glasses to see clearly at one distance after surgery, which distance would you choose?

- Distance
- Mid-Range
- Near

5. Lens and Surgery Options
   From monofocal lenses to laser technology, there are more options for cataract surgery than ever before. Your doctor will discuss your options with you during your consultation.
   How knowledgeable do you feel about advanced lens and laser cataract technology? Please place an “X” on the scale below.

- KNOWLEDGEABLE
- NOT YET KNOWLEDGEABLE

6. What’s your biggest question or concern about your cataract lens choice or surgery options?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

7. Please place an “X” on the scale below to describe your personality type as best as you can.

- EASY GOING
- PERFECTIONIST
Putting cataracts into perspective

“I rely on my eyes for work because I’m on the computer a lot. I do a tremendous amount of reading and was having challenges with my vision that were impacting my job. After my surgery, I had absolute clarity of vision. It’s crisp, clean, really beautiful vision. It has changed my life.”

TECNIS Symfony®
TORIC IOL PATIENT
Good news: Cataracts are common and treatable.

Your eyes are an amazing part of your body. Over time, natural changes inside your eye can produce cataracts. These cataracts can affect or even destroy your vision if they are left untreated. Fortunately, a better understanding of cataracts and your treatment options can be the first step that leads to peace of mind and improved vision.

WHAT IS A CATARACT?
A cataract is a common, naturally occurring “clouding” or “browning” of the lens in your eye. This clouding can affect your vision in many ways. There are a number of symptoms of cataracts you may experience:

1. Less ability to focus or see clearly
2. Colors may appear duller
3. It may be difficult to see at night
4. Your general vision may feel cloudy or hazy

WHAT CAUSES CATARACTS?
Cataracts are a natural part of the aging process for most people. There are a number of additional risk factors that can cause cataracts to develop more quickly or earlier in life:

- Diseases—glaucoma, diabetes, hypothyroidism, or an autoimmune disorder
- Lifestyle—regularly using tobacco, alcohol, and/or corticosteroids
- Overexposure—to sunlight, UV rays, or X-rays
- Eye Trauma—including eye-related injuries, burns, and surgeries

The TECNIS Symfony Toric Extended Range of Vision IOLs, Models ZXT150, ZXT225, ZXT300, and ZXT375, are indicated for primary implantation for the visual correction of aphakia and for reduction of residual refractive astigmatism in adult patients with greater than or equal to 1 diopter of preoperative corneal astigmatism, in whom a cataractous lens has been removed. The lens mitigates the effects of presbyopia by providing an extended depth of focus. Compared to an aspheric monofocal IOL, the lens provides improved intermediate and near visual acuity, while maintaining comparable distance visual acuity. The Model Series ZXT IOLs are intended for capsular bag placement only.

WHAT SHOULD I DO IF I HAVE CATARACTS?
The only solution for cataracts is to gently remove the cloudy lens and replace it with a clear, artificial lens, called an IOL (intraocular lens). Rest assured, this is one of the most common outpatient procedures performed in the United States. If you are experiencing symptoms, talk to your doctor about your surgery options.

CATARACT SURGERY BY THE NUMBERS

24.4 million Americans currently have cataracts

90 percent of people will develop cataracts by age 65

98 percent of people have better vision after cataract surgery
Our vision changes as we age. New options allow improved vision.

Presbyopia is a Greek word that means “aging eyes” or “old eyes.” More specifically, the term refers to how our eyes have trouble focusing on nearby objects as we grow older. What’s more, presbyopia is unavoidable. Sooner or later, we all experience it.

Some tell-tale signs include the need to hold reading material and hand-held electronics at arm’s length in an attempt to get them to come into better focus.
WHAT’S HAPPENING TO MY EYES?

Genetics and our environment can cause many vision conditions. However, presbyopia is primarily caused by the natural aging process. When we are young, the natural lens is flexible and able to move to give us clear vision. This allows our eyes to focus on objects near and far. However, as we age, the lens and muscles in our eyes begin to get stiff and inflexible. The result? Blurry vision for reading and seeing nearby items.

SEEN ANY OF THESE SYMPTOMS LATELY?

As presbyopia develops, you may experience one or more of the following symptoms:

- The need for more light when reading
- Difficulty seeing nearby objects clearly
- The need to hold things farther away to read them
- The need to use reading glasses or bifocals
- Difficulty looking at a computer screen

Although presbyopia can’t be prevented, it can be addressed with glasses, contacts, or innovative lens technologies during cataract surgery.

PATENTED TECHNOLOGY TO THE RESCUE

Multifocal and extended depth of focus lenses are available on the TECNIS® platform. They’re a major advancement in IOL technology. Thanks to patented optics and materials, these lenses can provide high-quality vision in low-light and up-close conditions—like reading a menu in a dimly lit restaurant or driving at night.

PRESBYOPIA BY THE NUMBERS

122 million³ people in the United States currently have presbyopia

42 years³ Average age people begin to experience the symptoms of presbyopia

83 percent³ of Americans say they are not familiar with presbyopia.

There is a chance that your vision with a multifocal lens may not be good enough to perform very near or detailed “up-close” work without glasses. Under poor visibility conditions, such as dim light or fog, your vision may be reduced.

If you want to enjoy an active lifestyle, and reduce how often you wear eyeglasses. Talk to your doctor to see if the TECNIS® Multifocal IOL or the TECNIS Symfony® IOL is the right choice for you.

INDICATIONS: The TECNIS Multifocal 1-Piece IOLs are indicated for primary implantation for the visual correction of aphakia in adult patients with and without presbyopia in whom a cataractous lens has been removed by phacoemulsification and who desire near, intermediate, and distance vision with increased spectacle independence. The intraocular lenses are intended to be placed in the capsular bag.
Your options for treating astigmatism
Advances in lens technology mean that astigmatism has finally met its match.

Astigmatism is a condition that affects about 36% of the U.S. population. If you have astigmatism, it means your cornea is oblong in shape, like a football, instead of being round like a basketball. Astigmatism often causes blurry or double vision.

Astigmatism in patients without cataracts is typically treated with glasses or special contact lenses. If you have both cataracts and astigmatism, your doctor may recommend a toric lens – such as the TECNIS® Toric IOL or the TECNIS Symfony® Toric IOL – both of which are uniquely designed to address cataract and astigmatism at the same time.

3 MAJOR BENEFITS OF A TORIC LENS

- Allows you to treat both your cataract and astigmatism in one procedure
- Helps you enjoy clear, crisp distance vision with less reliance or use of glasses
- May mitigate the effects of presbyopia, by also helping you focus on near objects

Living with astigmatism and cataracts can be very frustrating. If you struggle with astigmatism and cataracts, ask your doctor if the TECNIS® Toric IOL or the TECNIS Symfony® Toric IOL is right for you.

TECNIS Symfony® Toric IOL mitigates the effect of presbyopia and corrects astigmatism for cataract patients.

RISKS: Your decreased use of glasses may come with a slight loss in the sharpness of your vision. Even with glasses, this loss of sharpness may become worse under poor visibility conditions such as dim light or fog. This may lead to difficulties in driving, and may cause problems such as not being able to detect hazards in the road as quickly at night or in fog. You may also notice halos, starbursts, glare, and other visual symptoms with extended range of vision IOLs. This may impact your vision when there are bright lights at night.

PRECAUTIONS: If your eye is not healthy (including glaucoma), your vision may not be good even after your cataract is removed. In this case, you may not get the full benefit of the Toric IOL. Before surgery, your eye doctor will check to see if you have any eye diseases.
From advanced technology to new surgery methods, cataract surgery is more effective than ever before.

“Your vision – before and after surgery”

RISKS: Whereas your use of glasses may decrease, it may come at the cost of some sharpness of your vision. Even with glasses, this loss of sharpness may become worse under poor visibility conditions such as dim light or fog. You may also notice more halos (rings of light around a light source) or glare (scattered light effect around a light source), which are more common with multifocal IOLs than monofocal IOLs.

My vision for all distances is absolutely wonderful. Before my surgery, I would work in my garden and the plants seemed to blur together. After cataract surgery, my vision is brighter, more brilliant, and clearer. With my new multifocal lenses, I see the world with better vision each and every day.  

TECNIS® MULTIFOCAL LENS PATIENT

For many people suffering from cataracts, hearing the word “surgery” can be scary. But, as you’ll discover, cataract surgery is an opportunity to restore your vision.

If you are beginning to notice symptoms or just want to prepare for the future, follow the steps on the next page to learn more.
BETTER VISION. BETTER LIFE.

For many patients, the clarity and color of their vision right after surgery is amazing and surprising. Cataract surgery has improved the lives of millions of people around the world.

The day after your procedure, your eye is likely to feel somewhat itchy and sensitive to light. This is normal and typically goes away in a day or two. Your doctor will also want to see you for a quick checkup to make sure there's no infection and that you're on the road to a speedy recovery.

Your initial vision will continue to improve during these first days as you get used to seeing things through your new lens. You may notice glare and halos around bright lights at night, but these will typically lessen with time as your eyes adapt.

After about a month, recovery from surgery should be virtually complete and, with your doctor’s approval, you’ll soon be back to all your favorite activities— including driving, golfing, jogging, gardening, and traveling.

CATARACT SURGERY AT A GLANCE:

- Gentle drops will completely numb your eye
- A micro-incision will be made
- The cataract lens will be gently broken and removed from your eye
- The new lens will be precisely inserted
- There are typically no stitches, and your eye will heal rapidly
Which lens is right for me?

Once you’ve been diagnosed with cataracts, you have a couple of very important choices to make with the help of your doctor.

A major part of cataract surgery is deciding which new lens is best for your eye. Thanks to advances in technology, you can choose from various types of intraocular lenses (IOLs) that are designed to meet both vision and lifestyle needs.

**WHAT IS AN IOL?**

An IOL, or intraocular lens, replaces the natural lens of the eye to restore vision after a cataract has been removed.

IOLs are usually made of a flexible plastic with extensions called haptics that hold the lens in place once inserted into the eye.

The new IOL is rolled up and placed in the eye. Once inside, the IOL unfolds.

**ABBOTT OFFERS A FAMILY OF IOLs THAT PROVIDE MANY OPTIONS FOR PEOPLE WITH CATARACTS TO CUSTOMIZE TREATMENT BASED ON VISION CORRECTION AND LIFESTYLE NEEDS**

<table>
<thead>
<tr>
<th>TECNIS® MONOFOCAL IOL</th>
<th>TECNIS® MULTIFOCAL IOL</th>
<th>TECNIS Symfony® AND TECNIS Symfony® TORIC IOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monofocal IOLs are used to restore vision for one area of focus—usually distance. Reading glasses may still be needed.</td>
<td>Multifocal IOLs provide high-quality vision at multiple distances, with enhanced vision at a distinct distance customized to suit the patient’s lifestyle. They may increase freedom from glasses.</td>
<td>Extended depth of focus IOLs provide high-quality, continuous vision — from near to far and points in between — and may reduce frequency of wearing glasses. Available for patients with and without astigmatism.</td>
</tr>
</tbody>
</table>
Many advanced cataract technologies have extra costs beyond what’s covered by Medicare or insurance payers.

This may feel like a financial burden for some. Before you worry about the affordability of advanced technology, remember that there are many payment options that can make these technologies more affordable.

Keep these options in mind when considering premium cataract surgery. Be sure to ask your doctor about technology options and ways the practice can help make them more affordable.

**PATIENT FINANCING:**
Patient financing offers you the freedom to budget for your surgery and pay over time. Many practices offer affordable patient financing options to help fit advanced cataract surgery into nearly any monthly budget.

**HEALTH SAVINGS ACCOUNT (HSA) AND FLEX SPENDING ACCOUNT (FSA) OPTIONS:**
With HSA and FSA options, you are able to save and dedicate pre-tax dollars toward your advanced cataract surgery, giving you a clear option of budgeting for premium surgery options without worrying about long-term financing.

By participating in your employer’s Flex Spending Account, or setting aside the funds in a Health Savings Account, you can save a substantial amount in your payroll tax. (per www.dmeyemd.com)

**TAX REFUND OPTIONS:**
Many patients use their tax refunds as a means of investing in their vision. By planning around a possible tax refund, you may be able to invest in additional technology as part of your cataract surgery.

**GIFT OPTIONS:**
Experiences are often more valuable than things, and the gift of vision is a priceless way to improve your life. A simple way to help invest in your vision is to ask for birthday and holiday gifts to help pay for premium cataract surgery options.
Customized Laser Cataract Surgery
A precise and customized cataract surgery option

Laser Cataract Surgery is an exciting procedure that utilizes advanced laser technology for some of the vital steps in cataract surgery. These vital steps have traditionally been performed using handheld instruments. Laser cataract technology can add precision and customization to your procedure.

GENTLE, PRECISE, CUSTOMIZED
The CATALYS® Precision Laser System was developed to perform laser cataract surgery with exceptional gentleness, accuracy and customization.

• Laser technology can allow your surgeon to gently remove the cataract lens during surgery.
• The laser adds a tremendous level of precision and control to cataract surgery. It can allow the surgeon to exactly place the incision during surgery.
• In laser cataract surgery, your surgeon will use the CATALYS® System to scan and make a 3D map of your eye. This map enables your surgeon to create a custom treatment plan that matches the exact anatomy of your eye.

CHOOSING LASER CATARACT SURGERY
Thousands of procedures have been successfully performed using the CATALYS® Precision Laser System, but is it right for you? You can find out if you are a suitable candidate by talking with your doctor. You'll be able to discuss your candidacy in more detail during your cataract evaluation exam.

INDICATIONS: The OptiMedica Catalys Precision Laser System is indicated for use in patients undergoing cataract surgery for removal of the crystalline lens. Intended uses in cataract surgery include anterior capsulotomy, phacofragmentation, and the creation of single plane and multi-plane arc cuts/incisions in the cornea, each of which may be performed either individually or consecutively during the same procedure.

See page 19 for full Indications and Important Safety Information.
GOOD FOOD CHOICES
Studies have shown that Vitamins A, C, and E, as well as the carotenoids lutein and zeaxanthin, may positively affect eye health. Foods that provide relatively high amounts of one or more of these important elements include:

- almonds
- apples
- asparagus
- beans
- broccoli
- cantaloupe
- carrots
- celery
- corn
- garlic
- grapefruit
- green peppers
- kale
- olives
- onions
- oranges
- peanuts
- pineapples
- seaweed
- spinach
- strawberries
- sunflower seeds
- tomatoes
- turnips

GOOD FOOD CHOICES
Additionally, a diet that regularly includes fish, an excellent source of omega-3 fatty acids, has been shown to support ocular health.²

Avoid These Foods!
For good eye health, studies have shown that a number of foods should be avoided or reduced in your diet:

- Fried foods, processed foods and sugary snacks and soft drinks — all of which appear to be associated with an increased risk of cataracts⁹
- A diet high in carbohydrates is thought to aggravate eye problems for a variety of reasons.⁹

MORE FOOD FOR THOUGHT
You should always consult your doctor before making any major dietary changes for yourself or your family. Nutritional needs are different for everyone and can change as you age. In addition, certain foods, nutrients, and supplements may react with medications or specific health conditions. Discussing these issues with your doctor is the best way to protect your overall health.
Indications and Important Safety Information for TECNIS® Toric IOL—Approved Use: The TECNIS® Toric Intraocular Lens (IOL) is an artificial lens designed to be placed inside a patient’s eye to replace their natural lens after cataract surgery. The lens is used to correct corneal astigmatism (a focusing error in the eye where near and far objects appear blurry) and to improve distance vision in adult patients. Talk to your eye doctor to find out if the TECNIS® Toric IOL is right for you.

Precautions: Existing eye conditions and surgical difficulties may increase the risk of complications. Your doctor will determine if you are a good candidate for lens replacement. There is a possibility that the lens could be placed incorrectly or could move inside the eye and you may experience vision problems or distortions. This may require a second surgery to have your doctor correctly reposition the lens. Although you may be able to see better without glasses or contact lenses at far distances, you may still need reading glasses. Precautions: If your eye is not healthy, you may not get the full benefits of the TECNIS® Toric IOL. Before surgery your doctor will check to see if you have any eye diseases. If you wear contact lenses, your doctor may ask you to stop wearing them before being tested for the lens. Your doctor will tell you what activities to avoid while you are recovering from surgery. There is a chance that your vision with a multifocal IOL may not be good enough to perform very near or detailed “up-close” work without glasses. Side Effects: In less than 4% of patients, side effects with the TECNIS® Multifocal IOL included macular edema, a swelling/thickening of an area of the retina. In less than 1% of patients, there was a need for a second surgery to replace, reposition, or remove the new lens or to repair structures of the eye.

INDICATIONS AND IMPORTANT SAFETY INFORMATION FOR TECNIS Symfony® AND TECNIS Symfony® TORIC EXTENDED RANGE OF VISION IOLs

CAUTION: United States law restricts this device to sale and use by or on the order of a physician. CONTRAINDICATIONS: None. RISKS: Routine cataract surgery risks, irrelevant to lens selection, could be minor, temporary, or affect patients’ vision permanently. Rare complications are worsening of vision, bleeding, or infection. Risks related to use of this lens include a slight loss in vision sharpness with decreased use of glasses. Even with glasses, loss of sharpness may worsen under poor visibility conditions such as dim light or fog. This may lead to driving difficulties, and not detecting road hazards as quickly at night or in fog. Patients may also notice halos, starbursts, glare, and other visual symptoms with extended range of vision IOLs. This may impact patients when there are bright lights at night. Patients should discuss all risks and benefits with their eye doctor before surgery. WARNINGS: A small number of patients may want their TECNIS Symfony® IOL removed because of lens-related optical/visual symptoms. Patients with pre-existing diseases or conditions (i.e., diabetes and heart disease) may have higher risk of experiencing complications (e.g., more difficult recovery) after routine cataract surgery. Patients should not receive this lens if they have had previous trauma to their eye. Not evaluated for use in children. PRECAUTIONS: If the patient’s eye is unhealthy (including glaucoma), vision may not be good even after cataract removal; patients may not get full benefit of the TECNIS Symfony® IOL. Before surgery, the eye doctor will check for any eye diseases. Patients’ vision with the IOL may not be good enough to perform detailed ‘up-close’ work without glasses, and rarely, may make some types of retinal treatment (e.g., retinal tear repair) more difficult. Patients should take all prescribed medicines and apply eye drops as instructed to avoid inflammation and infection. Patients should avoid bending down and playing sports, which can harm the eye during recovery. The eye doctor will tell patients what activities to avoid. ATTENTION: Reference the Directions for Use for a complete listing of Indications and Important Safety Information.

Indications and Important Safety Information for TECNIS 1-Piece Monofocal IOL

CAUTION: Federal law restricts this device to sale, distribution and use by or on the order of a physician.

INDICATIONS: TECNIS 1-piece lenses are indicated for the visual correction of aphakia in adult patients in whom a cataractous lens has been removed by extracapsular cataract extraction. These devices are intended to be placed in the capsular bag.

WARNINGS: Existing eye conditions and surgical difficulties may increase the risk of complications. Your doctor will determine if you are a good candidate for lens replacement.

PRECAUTIONS: If your eye is not healthy, you may not get the full benefits of the TECNIS 1-Piece IOL.
Before surgery your doctor will check to see if you have any eye diseases. If you wear contact lenses, your doctor may ask you to stop wearing them before being tested for the lens. Your doctor will tell you what activities to avoid while you are recovering from surgery. A monofocal lens may give you excellent far vision, but you may still need glasses for activities requiring near vision.

SIDE EFFECTS: In less than 4% of patients, side effects of cataract surgery with the 1-Piece IOL included macular edema, a swelling/thickening of an area of the retina. In less than 1% of patients, there was a need for a second surgery to replace, reposition, or remove the new lens or to repair structures of the eye.

ATTENTION: Reference the Directions for Use for a complete listing of indications and important safety information.

Indications and Important Safety Information for the CATALYS® Precision Laser System

CAUTION: Federal law (USA) restricts this device to sale by or on the order of a physician. The system should be used only by qualified physicians who have extensive knowledge of the use of this device and have been trained and certified.

INDICATIONS: The OptiMedica Catalys Precision Laser System is indicated for use in patients undergoing cataract surgery for removal of the crystalline lens. Intended uses in cataract surgery include anterior capsulotomy, phacoemulsification, and the creation of single plane and multiplane arc cuts/incisions in the cornea, each of which may be performed either individually or consecutively during the same procedure.

CONTRAINDICATIONS: The CATALYS System should not be used if you are not a candidate for cataract surgery, have certain pre-existing corneal problems or eye implants; or if you are younger than 22 years of age. Tell your doctor about any eye-related conditions, injuries, or surgeries.

PRECAUTIONS: Patients must be able to lie flat on their backs and motionless during the procedure. Patients must be able to tolerate local or topical anesthesia. Tell your doctor if you are taking any medications such as alpha blockers (like Flomax® to treat an enlarged prostate) as these medications may affect how the doctor does the cataract surgery.

ADVERSE EFFECTS: Complications associated with the CATALYS System include mild broken blood vessels or redness on the white part of your eye, which may last for a few weeks. Other potential risks associated with cataract surgery may occur. These risks may include but are not limited to corneal swelling and/or abrasion, lens capsular tear, infection, inflammation, eye discomfort, reduced vision. Talk to your doctor regarding all the potential risks associated with these procedures.

ATTENTION: Reference the labeling for a complete listing of Important Indications and Safety Information.

References:
The TECNIS® family of IOLs let your doctor perform the cataract surgery you need, then provide the optimum lens to correct your astigmatism or address your presbyopia. Don’t let cataracts interfere with the life you envision. Ask your doctor how TECNIS® lenses may be right for you.

YOU HAVE A VISION FOR YOUR FUTURE. SO DOES YOUR DOCTOR.

The TECNIS® family of IOLs let your doctor perform the cataract surgery you need, then provide the optimum lens to correct your astigmatism or address your presbyopia. Don’t let cataracts interfere with the life you envision. Ask your doctor how TECNIS® lenses may be right for you.