



Cathy  
Cataracts

Andy  
Astigmatism

# GET THE FACTS ON CATARACTS

**Want to know how you can get 2 birds with 1 stone?**

Learn about cataracts and replacement lens options  
that can correct two eye conditions at once.

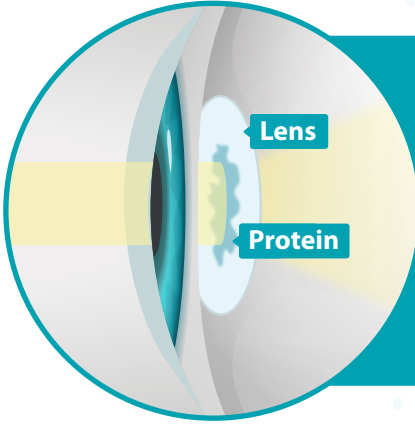


Are your glasses getting in the way?  
*Andy Astigmatism*

Cataracts can make colors appear dull—even in your garden.  
*Cathy Cataracts*

# Seeing the signs of cataracts

Cataracts are a normal part of life, and will happen to almost everyone at some stage. In fact, by the time people reach 65 years old, 90% will have developed cataracts. By age 75, their cataracts can really affect their vision.



**Cataracts are a buildup of protein in your eye's lens.** Over time, the clouded lens allows less light to pass through your eye, causing your vision to become dull and blurred.

Because cataracts develop slowly, early symptoms can be hard to notice.

**Cataract symptoms include:**

- Cloudy or blurry vision
- Difficulty seeing at night
- Light and glare sensitivity
- Frequent changes in your eyeglass prescription
- Fading or yellowing colors
- Double vision

Keep an eye on your vision needs and sign up for support at [mycataracts.com/signup](https://mycataracts.com/signup).



## Discover a lens that's right for you



Cataract surgery involves replacing your clouded lens with a new, artificial one. Make sure you talk to your doctor about a replacement lens that's right for your vision needs.

### Astigmatism-correcting lens

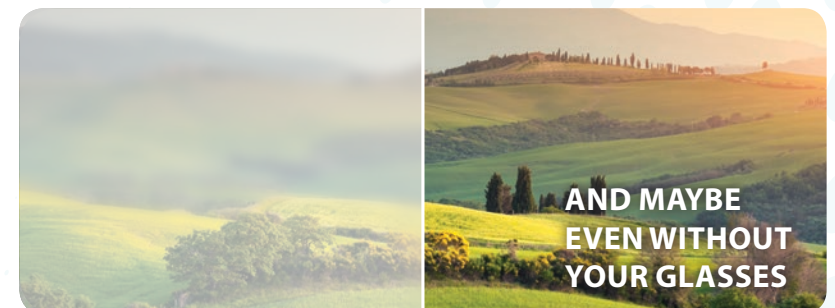
Fixes cataracts, corrects blurry distance vision caused by astigmatism, and may reduce your dependency on glasses

### Standard monofocal lens

Fixes cataracts, but you'll still need to wear glasses or contacts to correct astigmatism or presbyopia

If you don't have a problem with astigmatism, but can't see up close without your glasses, you may want to consider asking for a **multifocal lens**. A multifocal lens fixes cataracts and could help you to see clearly near, far, and intermediate distances without glasses.

## What could your improved vision without cataracts look like?



Although these are simulated images, many people who had surgery with astigmatism-correcting lenses no longer needed their glasses for distance vision.


Your replacement lens is a choice you and your doctor can make together, so be sure to talk to him or her about which lens would give you the best outcome after surgery.

## Know your condition. Know your options.




Cataracts are extremely common, and although they can't be prevented, they can be fixed with surgery.

Cataract surgery is:

 **Quick:** Cataract surgery is typically an outpatient procedure and the surgery is usually quick. You can generally get back to normal activities within a day or two


 **Common:** There are almost 4 million cataract surgeries performed in the US each year

 **Safe:** This is one of the safest surgeries in the US today\*

\*As with other surgical procedures there are risks involved such as infection, rupture of the posterior capsule of your eye, or the need for additional surgery. Make sure you discuss your particular risks of surgery with your doctor.

## What are people saying about cataract surgery?

According to a telephone survey of 1000 randomly selected AARP members over 50 years old, of the 250 that had undergone cataract surgery:

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- 4** out of **5** people said that **cataract surgery was easier** than they expected
  - 2** out of **3** said they were **less dependent on glasses** for distance vision after surgery
  - 2** out of **3** said they can **read better after surgery**—with or without glasses
  - 82%** said cataract surgery made it **easier to drive**

*“Had I known what I know now, I wouldn’t have hesitated for a moment. The crispiness and clearness is just outstanding.”*

—Barbara

Visit [mycataracts.com](http://mycataracts.com) to hear people talk about their experience with cataract surgery.

# See if you could get 2 birds with 1 stone by getting to know your options

## **mycataracts.com**

Find information on cataract surgery,  
discover replacement lens options,  
watch videos, and more.



## **Patient counselors**

Call 1-844-MYCATARACT (1-844-692-2827)  
for help answering most of your questions  
about cataracts.

## **Talk to your doctor**

Ready for surgery? Talk to your doctor about  
finding the right replacement lens for you.

Correct 2 or I'll stick  
with you.

*Andy Astigmatism*

