

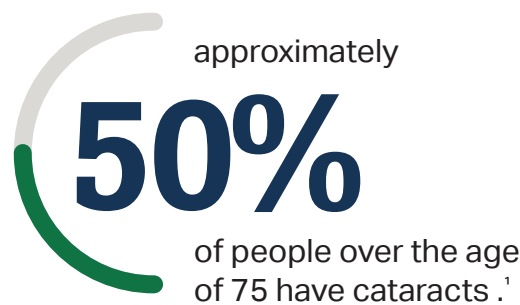
LET'S CLEAR THIS UP

What You Might Not Know About Your Eyes

In honor of **Cataract Awareness Month**, we're debunking some common myths about cataracts.

Myth 1: Cataracts are rare. **FALSE**

THE FACTS:



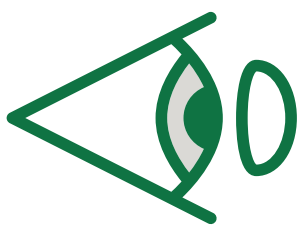
24.4 Million

Americans 40 and older currently have cataracts.²

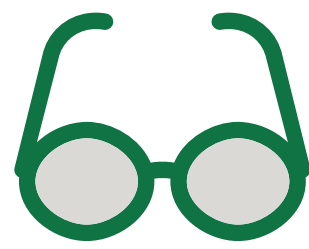
Cataracts are the
No. 1
cause of preventable blindness worldwide.³

Myth 2: Cataracts can be reversed. **FALSE**

THE FACTS:



Cataracts are fixed by surgically removing the clouded lens and replacing it with a permanent **intraocular lens (IOL)**.



Advanced IOLs can also help widen range of vision when compared to a monofocal IOL, correct presbyopia, and reduce the need for glasses after surgery.⁴

Myth 3: Cataract surgery and recovery take a long time. **FALSE**

THE FACTS:



Surgery is quick – each eye takes approx. 15 minutes.⁵



After 24 hours, patients can typically resume low-impact activities – except for driving.⁶

If you're experiencing symptoms of cataracts, talk to your eye doctor to determine if cataract surgery is right for you. To learn more, or find an ophthalmologist near you, please visit:



[beyondcataracts.com](https://www.beyondcataracts.com)



[beyondcataracts.ca](https://www.beyondcataracts.ca)

Risk Information: While complications are rare, there are risks to routine cataract surgery. This is irrelevant to the lens you choose. The problems could be minor, temporary, or affect your vision permanently. These may include worsening of your vision, bleeding, or infection. Pre-existing diseases or conditions (e.g., diabetes, heart disease, and previous eye trauma) may place you at higher risk of experiencing complications and/or more difficult recovery after routine cataract surgery. With some lenses, you may experience some loss in the sharpness of your vision, even with glasses. A small number of patients may want to have their IOL removed. This can be due to lens-related optical/visual symptoms. You should discuss all risks and benefits with your eye doctor before surgery.

1. National Eye Institute. Cataract Data and Statistics. <https://www.nei.nih.gov/eyedata/cataract> | 2. American Academy of Ophthalmology. Eye health statistics. <https://www.aao.org/newsroom/eye-health-statistics>. | 3. Priority Eye Diseases. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/blindness-and-visual-impairment> | 4. DOF2020CT4015- ("Forte 1"): A Comparative Clinical Evaluation of a New TECNIS® Presbyopia Correcting Intraocular Lens Against a PanOptix® Intraocular Lens-SPECTACLE WEAR AND SATISFACTION RESULTS | 5. All About Vision. What is Cataract Surgery? <https://www.allaboutvision.com/conditions/cataract-surgery.html> | 6. Johnson & Johnson Vision. Beyond Cataracts. After Cataract Surgery: Recovery Tips. <https://www.beyondcataracts.com/about-cataract-surgery/after-surgery>.

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