



One Size Never Fits All: Cataract Surgery as Individual as You!

In the 1400's, traveling barbers used to cut hair, pull teeth **and** perform cataract surgery by pushing the cataract (clouded lens) into the back of the eye. It took more than 400 years before eye surgeons (ophthalmologists) even existed and began to remove the cataract from the eye and another 175 years for the idea of an artificial lens (Intraocular lens) to be placed into the eye after cataract surgery.

Today, the **Intraocular Lens (IOL)**, placed into the eye at the time of cataract surgery, has revolutionized the treatment of cataracts. This lens significantly shortens recovery times, eliminates the need for those thick "Coke® bottle" glasses and produces high-quality vision with less dependence on thin, lightweight glasses. Recently, IOLs have advanced even further to offer individualized solutions that correct your vision and fit into your personal lifestyle.

"This is a very exciting time in ophthalmology," says **Anne Kilby, MD**, one of the board certified eye surgeons at Davis Duehr Dean. "In the past, we used a one-size-fits-all approach. Today, we have options. The answer will be different for everyone. Now our treatment plans are tailored to fit each person's needs, personality and lifestyle."

Cataracts Will Affect Everyone's Vision

A cataract is a change in the clarity of the natural lens of the eye that is often described as "cloudiness." It's a lot like trying to look through smudged glasses or a dirty camera lens.

Cataract surgery – replacing a "cloudy" lens with a clear IOL – is the single most commonly performed procedure *in the world*, with more than 2 million performed each year in the U.S. alone.

As we mature, cataracts become more prevalent. In fact, studies show that cataracts are present in:

- 42% of people between the ages of 52-64
- 60% of those ages 65-74
- a whopping 91% of people ages 75-84

"The good news is we can now choose both the type and prescription strength of the IOL we insert after removing the cataract," explains Dr. Kilby. "So we have the opportunity to help reduce or eliminate the person's need for glasses or contacts and improve his or her quality of life."

It's All About YOU!

An Intraocular Lens (IOL) is a lightweight, specialized plastic lens that looks similar to a contact with "wings" to hold it in place. It can be used for a variety of purposes. The most common use for an IOL is to replace a clouded lens as part of cataract surgery. IOL implantation can also serve as an alternative to corneal refractive surgery (i.e. LASIK or PRK).

There are several types of IOLs:

- **Monofocal** IOLs provide crisp, clear vision at one distance. People who choose a monofocal intraocular lens will usually need reading glasses after surgery. This lens works best for people who wish for excellent vision at one distance. For instance, you may enjoy driving, swimming, walking and watching TV without the need for glasses and simply wear light reading glasses for crisp near vision.
- **Presbyopic** IOLs allow patients to see well at near, far and intermediate distances, reducing or eliminating the need for glasses or contacts. Presbyopic IOLs work best for active people who don't want to be tied to glasses all the time. For example, if you enjoy golfing or tennis or other outdoor activities and then want to adequately read your golf scorecard or dinner menu, this lens might be your best choice.
- **Toric** IOLs are used to correct astigmatism, a common curvature of the cornea usually corrected with glasses or contacts. Monofocal and Presbyopic IOLs do not correct for astigmatism. Toric IOLs can offer similar results to Monofocal IOLs for those with a significant astigmatism.

Presbyopic and Toric lenses are not for use in people with pre-existing eye diseases, such as severe glaucoma, macular degeneration or diabetic retinopathy. Talk to your doctor for more information.

For more information or to find appointment phone numbers, please go to deancare.com/ddd

Davis Duehr Dean ophthalmologists who perform IOL procedures:

Donald Beresky, MD
Stephen Boorstein, MD
Christopher Croasdale, MD
Robert Castrovinci, MD
Christina Delany-Richardson, MD
John Downing, MD | Judith FitzGerald, MD
Anne Kilby, MD | Catherine Lee, MD
Peter McCanna, MD | Mary Jo Oyen, MD
Jon Stock, MD | John Vukich, MD

What's New in Janesville

We are proud to announce the new Dean Clinic and St. Mary's Janesville Hospital will be offering the following services! Construction on the project is expected to be finished in late 2011.

Allergy & Immunology	Oncology
Anticoagulation Clinic	Ophthalmology
Audiology	Optical Services
Cardiology	Optometry
Cardiac Rehabilitation	Orthopedics
Cosmetic Surgery	Otolaryngology (ENT)
Diabetes Management	Outpatient Surgery
Dermatology	Pediatrics
Emergency	Pharmacy
Department (ER)	Podiatry
Endocrinology	Psychiatry
Family Medicine	Psychology
Gastroenterology	Pulmonology
General Surgery	Radiology
Gynecology	Rheumatology
Hand Clinic	Sleep Lab
Hematology	Sports Medicine
Internal Medicine	Urgent Care
Neurology	Urology
Nutrition Services	Vascular Medicine/ Surgery
Obstetrics	Weight Management...
Occupational Medicine	and many more!

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