

A JOURNEY TO CLEARER VISION

# FOCUS™

magazine



## YOUR VISION YOUR CHOICE

*A conversation starter with  
your doctor*

## RIGHT LENS FOR YOUR LIFE

*The difference is in the details*

## WHAT DID I MISS?

*One patient's story of  
seeing with clarity after  
cataract surgery*



Focus™ magazine is a promotional publication brought to you by Alcon, the global leader in eye care. For Important Product Information about the cataract replacement lenses discussed in this magazine, see page 15.

[MyCataracts.com](http://MyCataracts.com)





# SEE THINGS DIFFERENTLY

WITH VIEWS THAT TAKE YOUR BREATH AWAY

 Clareon® Vivity® Extended Vision IOL

Cataracts don't have to hold you back from doing the things you love. The **Clareon® Vivity® Lens** allows you to see far away and at arm's length, while providing functional near vision.<sup>1</sup> Embrace what makes your life remarkable with the **Clareon® Vivity® Lens**.

FIND OUT MORE AT MYCATARACTS.COM



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# What's a Cataract?

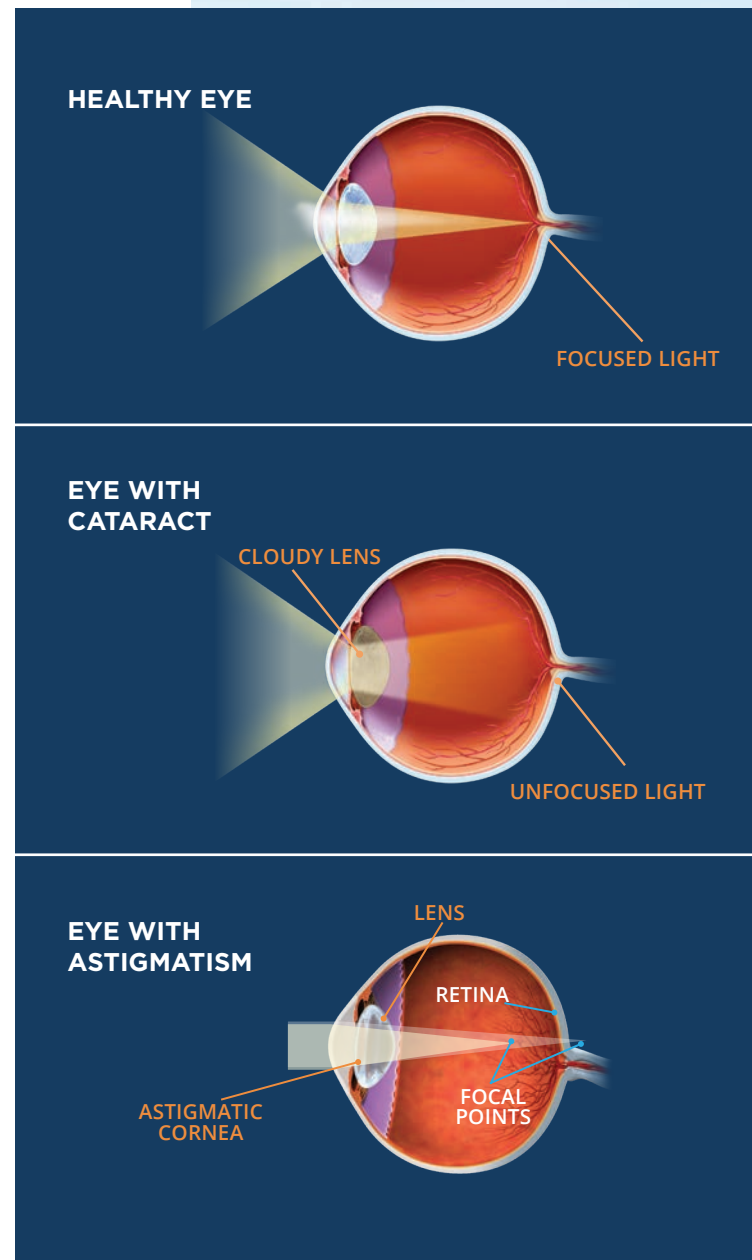
A cataract is a build-up of proteins within the lens of your eye. Eventually, a cataract will cloud your natural lens, keeping light from passing through, which causes vision to blur. Left untreated, cataracts can cause complete loss of vision.<sup>1</sup>

## Who gets them?

Cataracts form gradually as our eyes get older, and 9 in 10 Americans develop them by the time they're 65.<sup>1</sup>

## How can it be corrected?

Cataracts can be removed through a safe, common surgery and replaced with an intraocular lens (IOL).<sup>2</sup> **There are several types of lens options available.** Ask your doctor which IOL is right for you.



References: 1. Cataract. Kellogg Eye Center website. <https://www.umkelloggeye.org/conditions-treatments/cataract>. Accessed April 23, 2019. 2. Facts about cataract. National Eye Institute website. [https://nei.nih.gov/health/cataract/cataract\\_facts](https://nei.nih.gov/health/cataract/cataract_facts). Updated September 2015. Accessed March 19, 2019.

# YOUR VISION. YOUR CHOICE.

With your doctor's help, you get to decide what your future looks like. Use this short questionnaire as a conversation starter with your doctor.

- 1** Are you currently having difficulty with any of the following scenarios? (Circle all that apply)
- Seeing in bright daylight
  - Seeing at nighttime
  - Glare from streetlights and headlights
  - Reading

- 2** How important is it for you to reduce your dependency on glasses at the following distances? (1 = not important, 2 = neutral, 3 = important)

Near 1 2 3 | Intermediate 1 2 3 | Distance 1 2 3

- 3** Which of the following activities are important to your lifestyle? (Circle all that apply)



### Distance Vision

- Driving a car
- Going to shows/concerts
- Playing sports
- Enjoying TV



### Intermediate Vision

- Cooking your favorite meals
- Sending emails on a computer or tablet
- Shopping
- Seeing the mirror



### Near Vision

- Tending your garden
- Reading books/newspapers
- Taking pictures
- Playing cards/games



**Share these results with your doctor and ask about your replacement lens options.**



# FINDING THE RIGHT LENS FOR YOUR LIFE

## A Brighter Future Is in View

Brilliant colors. Sharper focus. Seeing near and far. Seeing differently begins with understanding what cataract surgery can do for your vision — and your future.



DISTANCE VISION

INTERMEDIATE VISION

NEAR VISION

**Monofocal Lens**  
Distance Only

**Presbyopia-Correcting Lenses**  
Distance and Details

The standard cataract replacement lens helps reduce the need for glasses at far distances. You will still need glasses for any activities that involve vision that's up close, like reading.

Presbyopia is the reduced ability to focus on nearby objects caused by a gradual stiffening of your natural lens. Trifocal lenses, like the **Clareon® PanOptix® Lens**, and extended vision lenses, like the **Clareon® Vivity® Lens**, help mitigate presbyopia and reduce the need for glasses at all distances.

With a Toric lens, you can **correct astigmatism**, too.

## The Difference Is in the Details

The cataract replacement lens you choose can have a lasting impact on what you can see and do. When you discuss your options with your doctor, it's important to consider what you want to see in your future.

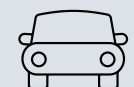
	Clareon® Monofocal IOL	Clareon® Toric IOL	Clareon® Vivity® and Vivity® Toric IOL	Clareon® PanOptix® and PanOptix® Toric IOL
Distance Vision	No Astigmatism ✓ With Astigmatism 👓	✓	✓	✓
Intermediate Vision (26 inch)	👓	👓	✓	✓
Near Vision (16 inch)	👓	👓	👓	✓*
Minimal Halos and Glare	🚗	🚗	🚗 <sup>3</sup>	🚗 <sup>**4</sup>



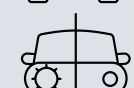
**Patients usually require glasses to see clearly at this distance**



**Patients usually do not require glasses to see clearly at this distance**



**Most patients experience minimal or no glare or halos around lights**



**Some patients may experience glare or halos around lights**

\* When asked "How often have you needed glasses within the past 7 days?" 80.5% of PanOptix® IOL patients reported they never needed glasses post cataract surgery with the PanOptix® trifocal IOL.

\*\* Some PanOptix® patients may experience visual disturbances such as a halo around bright lights.

# Questions to Ask Your Doctor

If you have questions about cataracts, you're not alone. Think about what you want to get out of surgery. Then, **share your questions and hopes with your doctor.** This is your once-in-a-lifetime chance to seize life without cataracts.

## Your Lens Options

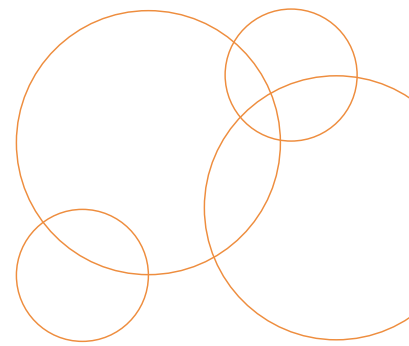
- Which intraocular lens do you recommend for me?
- What makes presbyopia-correcting lenses different?
- Will presbyopia-correcting lenses also correct my astigmatism?
- How long do intraocular lenses last?

## Cataract Surgery

- How long does cataract surgery take?
- How should I prepare for cataract surgery?
- Should I stop taking medications prior to cataract surgery?
- Does my health insurance cover cataract surgery?

## Life After Cataract Surgery

- How long does it take to recover from cataract surgery?
- What will my vision be like after cataract surgery?
- How long will it take me to notice improved vision?
- Will I still need glasses after surgery?
- Can I drive after cataract surgery?



## Investing in Your Vision

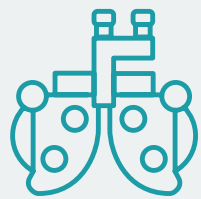
Choosing a lens for cataract surgery is an important, once-in-a-lifetime decision. Your new lens will change the way you see the world around you, so you'll want to choose something that's right for you. Because of this, many people feel that paying extra for an advanced-technology lens, like the **Clareon® PanOptix® Lens**, **Clareon® Vivity® Lens** or the **Clareon® Toric Lens** is a wise investment.

If you have a flexible spending account in your health plan, it's possible that you'll be able to pay for a presbyopia-mitigating lens using those pre-tax funds. Talk to your doctor's office and they will work with your insurance provider to determine how much you will need to pay.



# Mapping Out Cataract Surgery

Want a life without cataracts? Use this handy guide on your journey.



## 1 Consultation

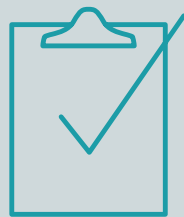
Your first stop.

- Get checked for cataracts.
- Talk to your doctor about your options. You can find a conversation guide on page 9 of this magazine or at [MyCataracts.com](https://www.mycataracts.com).



## 2 Lens Selection

Know your options, because the cataract replacement lens you choose can impact how you see things differently.



## 3 Take Inventory

Make sure you're prepared for surgery day:

- Decide how much time you want to take off.
- Secure a ride home from a friend or family member.
- Prepare a list of medications you currently take.
- Fill any prescriptions your doctor recommended.
- Ask your doctor any remaining questions.

Download the complete checklist at [MyCataracts.com](https://www.mycataracts.com).



## 4 Surgery Day

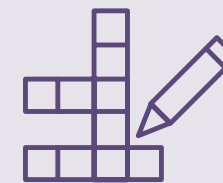
You're almost there. Here's what you can expect during surgery:

- Anesthetic is applied to your eye.
- The surgeon makes a small incision in your cornea to access the cataract.
- The cataract is gently broken up and removed.
- Your chosen IOL is implanted to replace the original lens.



## 5 1-2 Days After Surgery

Expect a follow-up appointment on the first or second day after surgery. You may notice some glare with bright lights or halos around lights at night, which will become less noticeable over time.<sup>1</sup>



## 6 Days to Months After Surgery

It can take anywhere from a few days to several months to adapt to your new vision. Very occasionally, your doctor may recommend a minor "touch-up" to improve your vision even further. Once your vision has stabilized, you can more easily enjoy activities like reading, ordering from menus, and doing your makeup or shaving without glasses.



## 7 1 Year After Surgery

Your vision shouldn't change at this point, but you should visit your eye doctor at least every 2 years if you are under 65 and at least annually if you are 65 and over, or if you notice any changes in your vision.<sup>2</sup>

References: 1. Kohnen T. First implantation of a diffractive quadrafoveal (trifocal) intraocular lens. *J Cataract Refract Surg*. 2015;41(10):2330-2332. doi:10.1016/j.jcrs.2015.11.012. 2. Canadian Association of Optometrists. The eye exam. <https://opto.ca/health-library/the-eye-exam>. Accessed May 18, 2017.



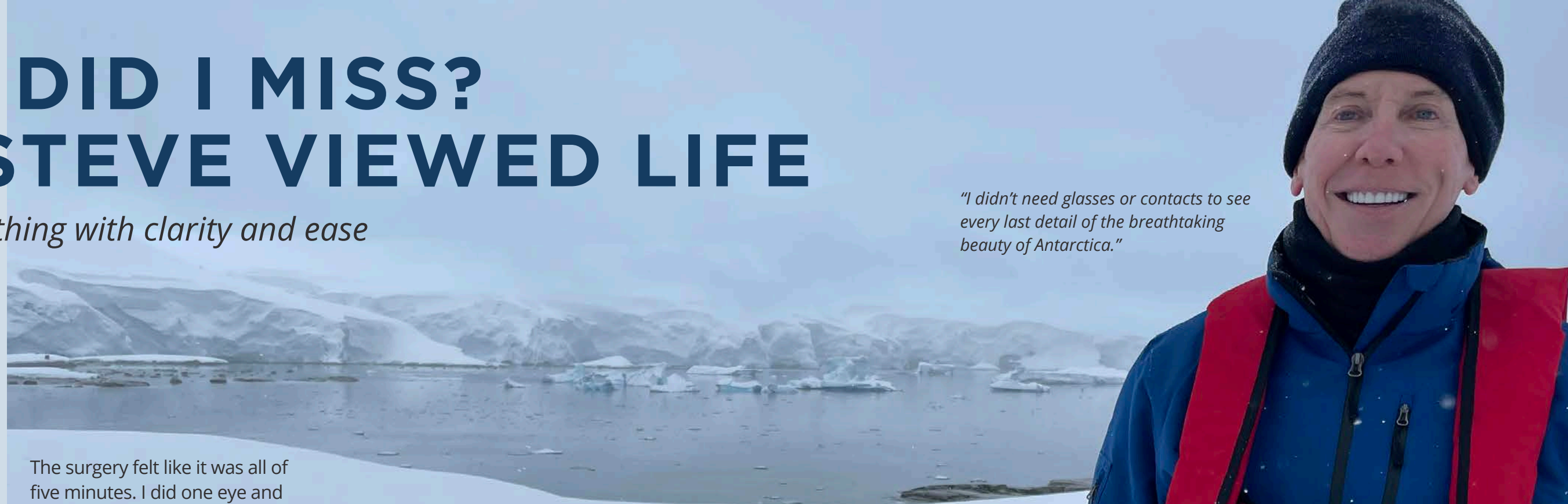
# WHAT DID I MISS? HOW STEVE VIEWED LIFE

*Now he sees everything with clarity and ease*

**Y**ou'll always find me on the tennis court, at the gym, on the beach, traveling around the globe or attending world-class sporting events. I've called Tampa home for the past 34 years and recently retired from a leading healthcare provider. At every annual eye exam, I was told that my vision was getting worse, yet it still came as a surprise when my doctor said I had cataracts.

**“Absolutely astonishing how this can change one’s life.”**

My consultation with the eye surgeon was equally eye-opening. He said I was a candidate for the PanOptix® Lens, and that I probably wouldn't need to wear glasses or contacts anymore. I didn't believe it! It sounded too good to be true. He said that with this one lens, I'll be able to see near, mid-range and long range. So I gave the surgery a green light.



*“I didn't need glasses or contacts to see every last detail of the breathtaking beauty of Antarctica.”*

The surgery felt like it was all of five minutes. I did one eye and two weeks later, the other eye. I had zero pain both times. Within two days after the surgery, I could already see differently. I was — am — extremely pleased with the results!

Before and after surgery is like night and day. It was only after that I realized how dark

my vision had been. After the surgery, everything was brighter, even dark clouds were brighter. My long-distance vision has improved dramatically; it was sharper and clearer.

Before the surgery, I'd have to ask the person next to me,

“Did I see that right? Who's that player on the field? What did I miss?” Now it's great! I go out and I don't have to prepare anything like with contacts. I just go out and look! It's mind boggling.

There's not one thing in life that this didn't improve — getting in and out of the car, shopping, long drives, sitting in a presentation, reading menus in normal light, at normal arm's length. I've already recommended the PanOptix® Lens to around 20 people. Like me, the people I tell don't believe it either! So I just give them the link, and tell them to read about it.



*“It was so nice that I could see the horse and track clearly, and it wasn't dark and cloudy.”*

**Learn more about the PanOptix® Lens at [MyCataracts.com](https://www.MyCataracts.com)**



## DISCOVER WHAT MAKES VENICE A “MUST-SEE.”

Life is full of wonders like Venice, the City of Canals, also known as the Floating City. With the **PanOptix® Lens**, your new favorite travel accessory, the possibilities of life after cataract surgery are endless. The richness of nature and the beauty of art await!



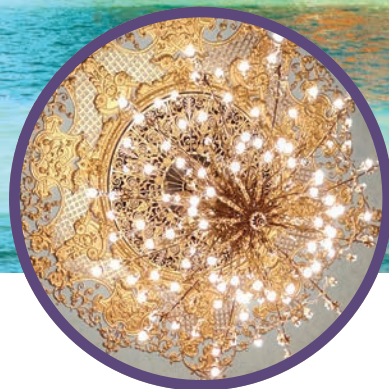
### St. Mark's Basilica

*Set your sights on the most renowned and famous building in Venice. Thanks to your PanOptix® Lens, you can appreciate the finer details of its elaborately decorated pillars, marble columns and exquisite gilded mosaics.*



### Ponte di Rialto

*As one of the bridges that spans the impressive Grand Canal, the Ponte di Rialto is the most famous and iconic. With clear focus at closer distances, you'll be able to capture its exquisite detail and design.*



### Teatro La Fenice

*Lights, camera, action! Your PanOptix® Lens lets you see in a variety of lighting conditions, so you can absolutely enjoy a performance at one of Italy's most popular opera houses.*

## Clareon® Family of IOLs

### Important Product Information

**CAUTION:** Restricted by law to sale by or on the order of a physician.

**DESCRIPTION:** The **Clareon® Family of Lenses** are artificial lenses implanted in the eye of adult patients following cataract surgery. The **Clareon® Aspheric Hydrophobic Acrylic IOLs** are designed to allow for clear distance vision. However, you will likely still need glasses for reading and for distance vision particularly if you already have astigmatism. The **Clareon® PanOptix® Trifocal Hydrophobic IOL** is a type of multifocal lens (sometimes called “presbyopia-correcting IOL”) designed to allow for clear distance, intermediate, and near vision with the potential to be more independent of the need to use glasses for daily tasks. The **Clareon® Vivity® Extended Vision Hydrophobic Posterior Chamber IOL** provides clear distance vision, and better intermediate and some near vision compared to a monofocal IOL. The **Clareon® Aspheric Toric, Clareon® PanOptix® Toric, and Clareon® Vivity® Toric IOLs** are also designed to correct pre-existing corneal astigmatism, which is the inability of the eye to focus clearly at any distance because of difference curvatures on the cornea, and provide distance vision.

**WARNINGS / PRECAUTIONS:** You may experience and need to contact your eye doctor immediately if you have any of the following symptoms after cataract surgery: itching, redness, watering of your eye, sensitivity to light. The safety and effectiveness of these IOLs have not been established in patients with eye conditions, such as an increase in eye pressure (glaucoma) or complications of diabetes in the eye (diabetic retinopathy). As with any surgical procedure, there are risks involved. These risks may include but are not limited to infection, damage to the lining of the cornea, the retinal layer which lines the inside back wall of your eye may become

separated from the tissue next to it (retinal detachment), inflammation or swelling inside or outside the eye, damage to the iris (the colored diaphragm around the pupil), or an increase in eye pressure that cannot be controlled by medicine and secondary surgical procedure. There is a possibility that the IOL may be placed incorrectly or could move within the eye. This may result in less improvement or a reduction in vision, or it may cause visual symptoms. The **Clareon® Aspheric Toric, Clareon® PanOptix® Toric, and Clareon® Vivity® Toric IOLs** correct astigmatism only when placed in the correct position in the eye. There is a possibility that these Toric IOLs could be placed incorrectly or could move within the eye. This may result in less improvement or a reduction in vision because your astigmatism has not been fully corrected, or it may cause visual symptoms. With the **Clareon® PanOptix® and Clareon® Vivity® IOLs**, there may be a loss of sharpness of your vision that may become worse in dim light or in foggy conditions. There is also a possibility that you may have some visual effects such as rings or circles (halos) around lights at night. You may also have trouble seeing street signs due to bright lights or glare from oncoming headlights.

**ATTENTION:** As with any surgical procedure, there are risks involved. Prior to surgery, ask your eye doctor to provide you with the Patient Information Brochure for the lens to be implanted. This Brochure which will inform you of the risks and benefits associated with the IOL. Discuss any questions about possible risks and benefits associated with your eye doctor.





# SEE THINGS DIFFERENTLY

EVERYWHERE YOU LOOK.

 Clareon® PanOptix® Trifocal IOL

Did you know that people with the **Clareon® PanOptix® Lens** rely less on glasses?<sup>1</sup> The **Clareon® PanOptix® Lens** delivers an outstanding range of vision, with clear, complete focus. Invest in your vision—and your future—with the first and only trifocal lens available in the U.S.

FIND OUT MORE AT [MYCATARACTS.COM](https://mycataracts.com)



Please see Important Product Information about the Clareon® PanOptix® Lens on page 15.

Reference: 1. Clareon® PanOptix® Trifocal Hydrophobic Acrylic IOL 2021 Directions for Use.