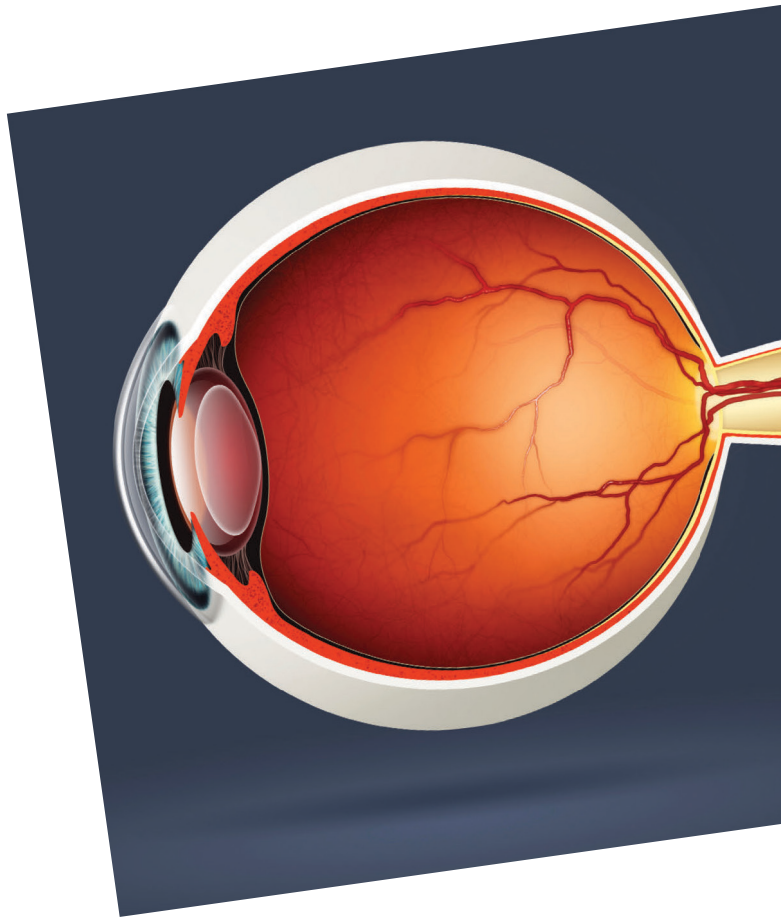


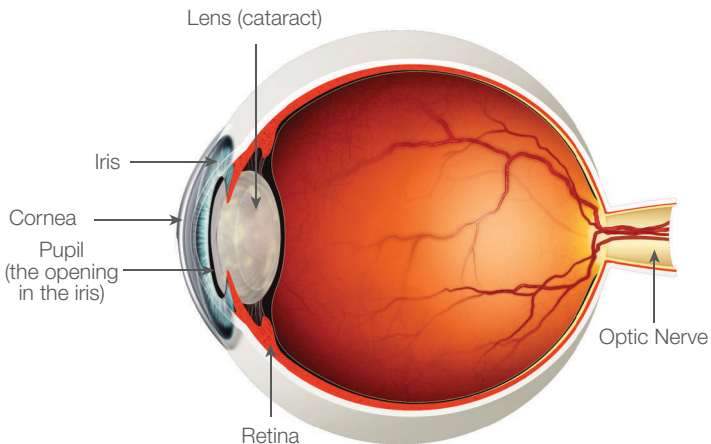
Cataract



The Ophthalmology service offers the latest and most comprehensive eye care for patients. With a dedicated team of eye surgeons and consultants, we treat vision problems ranging from age-related macular degeneration, cataracts, corneal disease, diabetic retinopathy, glaucoma as well as other conditions affecting the eye.

What is a Cataract?

Behind the iris* of our eye sits a coloured part known as the lens. This is a transparent disc that makes use of light to help us see. When cataract occurs, this lens becomes cloudy and prevents light from entering. This causes an impaired vision to take place. Having a cataract can therefore make things around us appear cloudy, blur or foggy.



Anatomy of an eye

Most cataracts develop gradually and over time. Other causes include diabetics injury to the eye and congenital (i.e. babies born with cataract). Cataracts do not impair vision permanently. An operation may restore sight.

*The iris is a thin, circular structure in the eye, responsible for controlling the amount of light that reaches the retina.

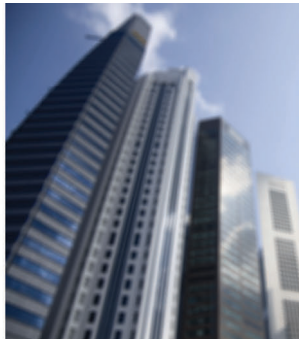
How do I know I have cataracts?

Depending on the severity, the following may take place:

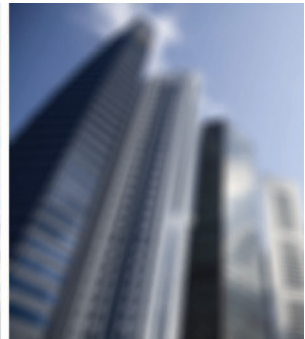
- Blur or unfocused vision
- Changes in the quality of your vision
- Difficulty in reading even with your spectacles on. You may feel the need to change the prescription of your spectacles if you have advanced cataracts
- Difficulty looking at bus numbers or faces across the road (occurs more on sunny days)
- Difficulty looking at things around you, especially in places with bright lights or harsh sunlight
- Discomfort experienced from the glare of vehicle headlights
- Double vision



Normal vision



Early cataract vision



Advanced cataract vision



Typical cataract vision

How will my eye be examined?

A sight test and full eye examination will be conducted to determine if you have cataract in the eye. Your ophthalmologist will instill drops into your eye to enlarge the pupils for a clearer examination. This eye drop may cause your vision to blur temporarily. You are advised not to drive because of this.

How are cataracts treated?

A small operation will be done to replace the cloudy lens in your eye. If cataract is in the early stages, changing your spectacles, using stronger bifocals, or magnifying glasses can help improve vision. It will not remove the cataract, but it can postpone the need for surgery. If cataract is at the advanced stage, an operation will be advised.

What lenses are available as replacements?

The lens implants used in a cataract surgery are silicone or acrylic in material. There are many kinds of lenses used.

Common ones include:

- **Monofocal Lenses**

These are standard lenses that allow you to enjoy clear vision from a distance. Spectacles will still be required to perform close work like sewing or reading.

- **Multifocal Lenses**

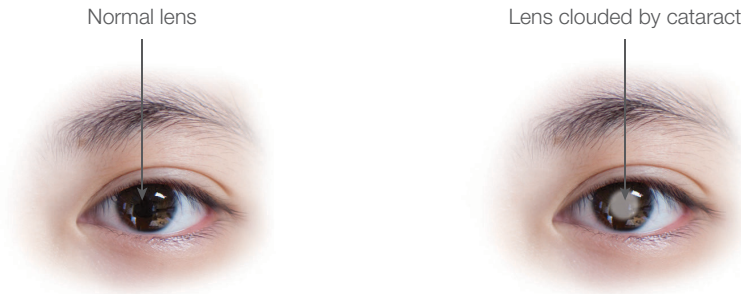
The use of such lenses will allow the eye to focus from various distances, near and far.

- **Torie Lenses**

These can be used to correct astigmatism.

What happens during a cataract surgery?

Cataract surgery is one of the most commonly-performed surgeries. With a complication rate of less than 1%, it is a safe surgery that allows you to go home on the same day. Cataracts cannot develop again after surgery, but the lens capsule holding the intraocular lens can get cloudy and cause vision to deteriorate. When this happens, an outpatient laser procedure known as YAG capsulotomy can treat it.



Before surgery

An investigation will be done to determine how strong your lens implant should be. To do so, you may be required to undergo blood tests, chest X-ray and ECG (electrocardiogram) to assess your suitability before the operation.

During surgery

Before surgery, eyedrops will be used to enlarge your eye's pupil with local anaesthetic. The operation itself is painless and performed using a microscope under what is known as the Phacoemulsification or Extracapsular (ECCE) method.

Phacoemulsification

A modern technique that involves a keyhole procedure, this method of removing cataract breaks up the cataract through the use of ultrasonic waves. No stitches are required. It can be performed on almost all cataracts.

Extracapsular (ECCE)

This is an established method of cataract extraction and stitches are required. It is often used in the removal of cataracts that are harder to extract. After ECCE, an artificial intraocular lens will be inserted into the eye before a pad/shield is placed over it.

After surgery

It is common to feel mild inflammation and some discomfort for up to a few days after your operation. Eye drops will be given to reduce inflammation and prevent any eye infection. Follow-up appointments will be scheduled in the next four to six weeks to allow your doctor to make checks on your eye and remove any stitches.

Your vision may improve as early as one to two days after the surgery, but the greatest improvement will be felt after four weeks.

Avoid: - Rubbing or touching your eye
- Lifting heavy things or doing strenuous exercise

When can I go back to work?

You should be able to return to work approximately two weeks after your operation. This also depends on the nature of your job and the severity of your operation. After surgery, glasses will be prescribed to help you read if you had monofocal lens implanted into your eye.

Like any surgery done to the body, some side effects may occur after operation. While a cataract surgery is very accurate, perfect vision cannot be guaranteed.

For more information, please contact us for a consultation today.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

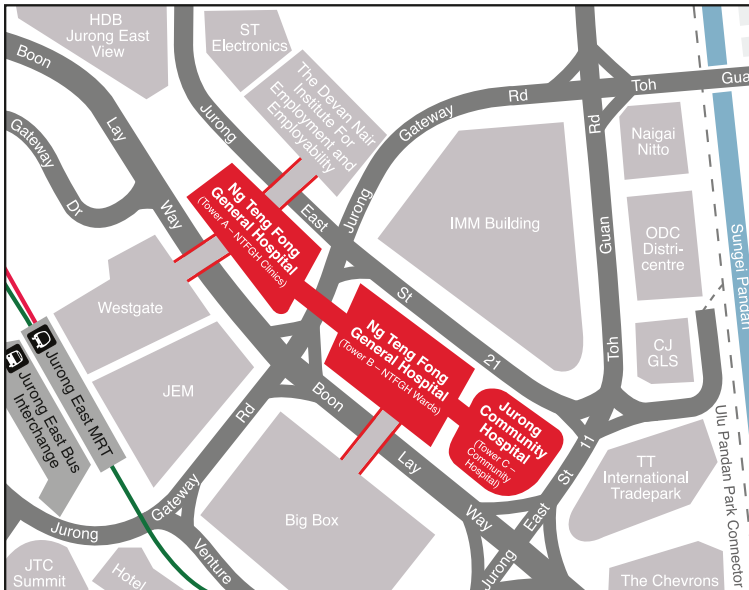
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

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