

A journey to clearer vision

# FOCUS™

magazine

*From Cataracts to*  
**CRYSTAL-  
CLEAR** *Vision*

Follow a Pilot's Journey  
to a Clear Future

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*Destinations*  
**UNLIMITED**

See Where a Life Without  
Cataracts Could Take You

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*The*  
**PANOPTIX®**  
**LENS** *Difference*

How Your Lens Choice Could  
Transform Your Daily Life

Focus™ magazine is an educational publication brought to you by Alcon, the global leader in eye care. Profiles feature real cataract surgery patients who have received modest compensation for their participation. Actual experiences will vary. For Important Product Information about the cataract replacement lenses discussed in this magazine, see page 15.

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





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I SEIZE LIFE  
WITHOUT CATARACTS

I'M A  
**PANOPTIX** Optimist

ASK FOR THE  
**PANOPTIX®** LENS  
FOR CATARACTS

Seize your once-in-a-lifetime opportunity to gain clear, complete vision with the **PanOptix®** Lens, the first and only trifocal cataract replacement lens in the US.

TALK TO YOUR EYE CARE PROFESSIONAL  
ABOUT THE **PANOPTIX®** LENS

➤ FIND OUT MORE AT [CATARACTSURGERY.COM](http://CATARACTSURGERY.COM)

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

**Alcon**

Not an actual patient.



# From Cataracts to Crystal-Clear Vision

How Bill Got His Fighter-Pilot Eyes Back



**B**ill, 73, loves all things land, sea, and air—whether biking along the beach, sailing through the ocean, or flying planes in cloudless skies. When he's not adventuring outdoors, this former commercial pilot works full-time as the editor for his own aviation magazine. But everything changed when a routine check-up revealed an unexpected diagnosis.

"I've got cataracts? Are you kidding?" Bill recalls thinking. "I was shocked, to be honest. The doctor said, 'Bill, everyone over 60 has cataracts. If it bothers you, we can do something about it.'"

**Cataracts, a clouding of the eye's lens that happens naturally over time, did bother Bill.** In college, he had crystal-clear vision. Over time, Bill started to need glasses. Eventually, his vision was blurry across all distances. It was only going to get worse.

Bill's doctor explained that monofocal intraocular lenses—the lenses that typically replace clouded lenses during cataract surgery—may restore distance vision, but they still leave most patients in need of reading glasses.<sup>1</sup> Luckily, there was another choice: the **PanOptix®** Lens, which allows people to see clearly up close,



**"It's as if I [were] going back 40 years. Back to my fighter-pilot eyes."**

at arm's length, and far away. Bill signed right up.

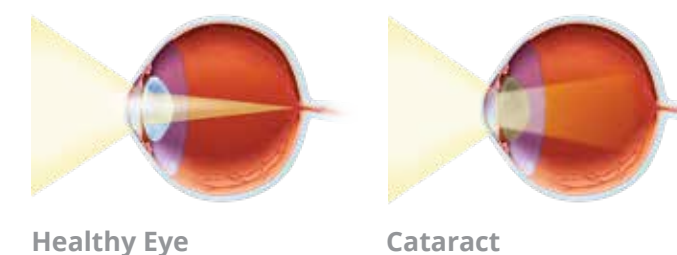
Surgery took almost no time, and Bill was thrilled by the results. "It was so startling in terms of the acuity," he says. "It's as if I [were] going back 40 years. Back to my fighter-pilot eyes."

Bill has 15 pairs of glasses in his office, but the **PanOptix®** Lens has reduced his need for them.\* Even his wife is jealous of his full, brilliant vision. Free from the burden of cataracts, Bill has regained confidence in his visual ability. His advice to others in a similar situation? "Follow my lead. The **PanOptix®** Lens frees you [from] compromise. Your full vision will be restored. Why choose anything else?"

**Watch Bill's video to learn more about life after cataract surgery. Visit [cataractsurgery.com](https://www.cataractsurgery.com)**

\*As with other multifocal IOLs, patients may need glasses when reading small print or looking at small objects.

**References:** 1. Alcon data on file. 2. Cataract. Kellogg Eye Center website. <https://www.umkelloggeye.org/conditions-treatments/cataract>. Accessed April 23, 2019. 3. 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.



## What's a Cataract?

### What is it?

A cataract is a build-up of proteins within the lens of your eye.

### Who gets cataracts?

Cataracts happen to almost everyone.<sup>2</sup> They form gradually as our eyes get older, and 9 in 10 Americans develop them by the time they're 65.<sup>2</sup>

### What happens?

You may not notice it at first, but eventually, a cataract will cloud your natural lens. This means light cannot pass through, which causes your vision to blur. Left untreated, cataracts can cause a complete loss of vision.<sup>2</sup>

### How do I fix it?

Cataracts can be removed through a safe, common surgery and replaced with an intraocular lens, also called an IOL.<sup>3</sup> There are many different types of lens options available, and the one you choose can greatly impact your vision—and your future.

### What happens once my cataracts are removed?

Without cataracts, your vision will appear less hazy and much brighter. There are many intraocular lens options that can help reduce your need to wear glasses, even if you have astigmatism. Ask your eye care professional which IOL is right for you.

# Mapping Out Cataract Surgery

Cataracts happen to almost everyone.<sup>1</sup> The good news is that cataract surgery is an opportunity to enhance your vision for greater, clearer focus. If you're thinking of setting out for a life without cataracts, use this guide on your journey.

## 1

### Consultation

Your first stop. Here you'll:

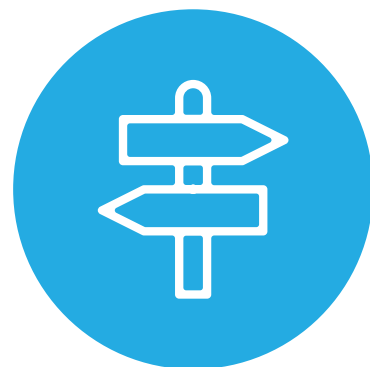
- Be checked for cataracts.
- Talk to your eye care professional about your options. You can find a conversation guide in the back of this magazine or at [cataractsurgery.com](http://cataractsurgery.com).



## 2

### Lens Selection

The lens you choose can change the route of your cataract journey—and everything you'll do in the future. Options include monofocal lenses, multifocal lenses, trifocal lenses, and toric lenses that correct astigmatism.



## 3

### Take Inventory

Make sure you're prepared for surgery day.

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

Download the complete surgery day checklist at [cataractsurgery.com](http://cataractsurgery.com) to make sure you're all squared away.



## 4

### Surgery Day

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

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



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**References:** 1. Cataract. Kellogg Eye Center website. <https://www.umkelloggeye.org/conditions-treatments/cataract>. Accessed April 23, 2019. 2. Kohnen T. First implantation of a diffractive quadra-focal (trifocal) intraocular lens. *J Cataract Refract Surg.* 2015;41(10):2330–2332. doi:10.1016/j.jcrs.2015.11.012. 3. Canadian Association of Optometrists. The eye exam. <https://opto.ca/health-library/the-eye-exam>. Accessed May 18, 2017.

## 5

### 1-2 Days After Surgery

Expect a follow-up appointment on the first or second day after surgery. If both eyes were treated, you may find you have good vision across distances within a few days of surgery. You may notice some glare with bright lights or halos around lights at night. These will become less noticeable over time.<sup>2</sup>



## 6

### 1 Week 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 may be able to more easily enjoy activities like reading, ordering from menus, and doing your makeup or shaving without having to reach for your glasses.



## 7

### 1 Year After Surgery

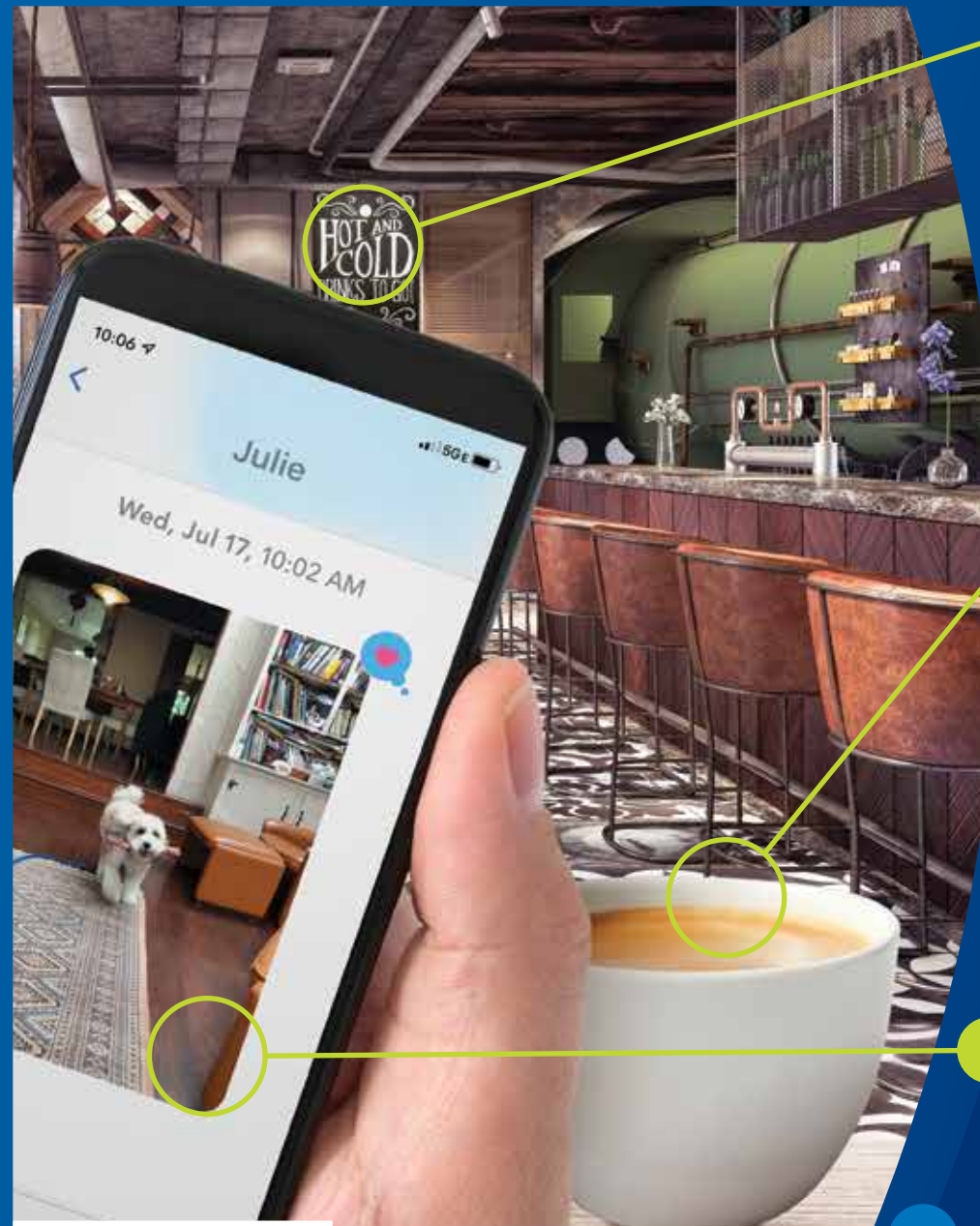
Your vision shouldn't change at this point, but you should visit your eye doctor at least every 2 years if you are under 65, at least annually if you are 65 and over, or if you notice any changes in your vision.<sup>3</sup>





# See the *Difference*

Simulated images.



## Which Lens Will Let Me Be Me?

The lens you choose can have a big 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.

### See Far Away with clear distance vision

- Spot a familiar face
- Go see a show
- Drive a car
- Watch TV

### See at Arm's Length with enhanced intermediate vision

- Use a computer
- Read a menu
- See the mirror

### See Up Close with excellent near vision

- Read a book
- Take up crafting
- Use a cell phone

**Cataracts**  
Cloudy

**Monofocal Lens**  
Distance Only

Monofocal lenses are designed for distance vision. You will likely still require glasses to see up close and at arm's length.

**PanOptix® Lens**  
Distance and Details

With the **PanOptix®** Lens, you can see clearly at a distance. It also enhances vision up close and at arm's length, giving you clear, complete focus.



## Investing in Your Vision

When you invest in your vision, you invest in your future.

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 **PanOptix®** 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 an advanced-technology lens using those pre-tax funds. Talk to your eye care professional about options.



# The Future Is Bright

How Barbara Seizes Life Without Cataracts



**E**very day brought something new for Barbara, 70.

Waking up to the sight of mountains near her Salt Lake City home, she often found herself planning a day of hiking, getting her hands dirty in the garden, or catching up with friends. Even though she had worn glasses since third grade, nothing could stop her—until cataracts threatened her lifelong passion for art.

Barbara had found success as a commissioned artist, and she loved painting portraits of her 6 children and 19 grandchildren. This was more than just a hobby.

“I’ve never had good eyes,” Barbara says. “Then the colors were fading. I was fearful that I would go blind.”

She spoke with her eye care professional, who told her about the **PanOptix®** Lens. Hope flooded over her as the doctor explained that her vision would soon be clear and complete, from up close to far away.<sup>1</sup> This was something Barbara never had, so she signed up without hesitation.

After surgery, Barbara went for her first checkup feeling “fantastic.” She had reason to be. She had 20/20 vision at each tested distance.



“I was just thrilled,” she says. “I couldn’t quit thinking about it. I’m just so happy to be free.”

**“I couldn’t quit thinking about it. I’m just so happy to be free.”**

For the first time since third grade, Barbara has stopped wearing glasses.\* There’s no need to tip her head up and down to find the sweet spot because “it’s all sweet—for reading, for my phone, for sewing, for threading a needle.” Her new vision even gave her

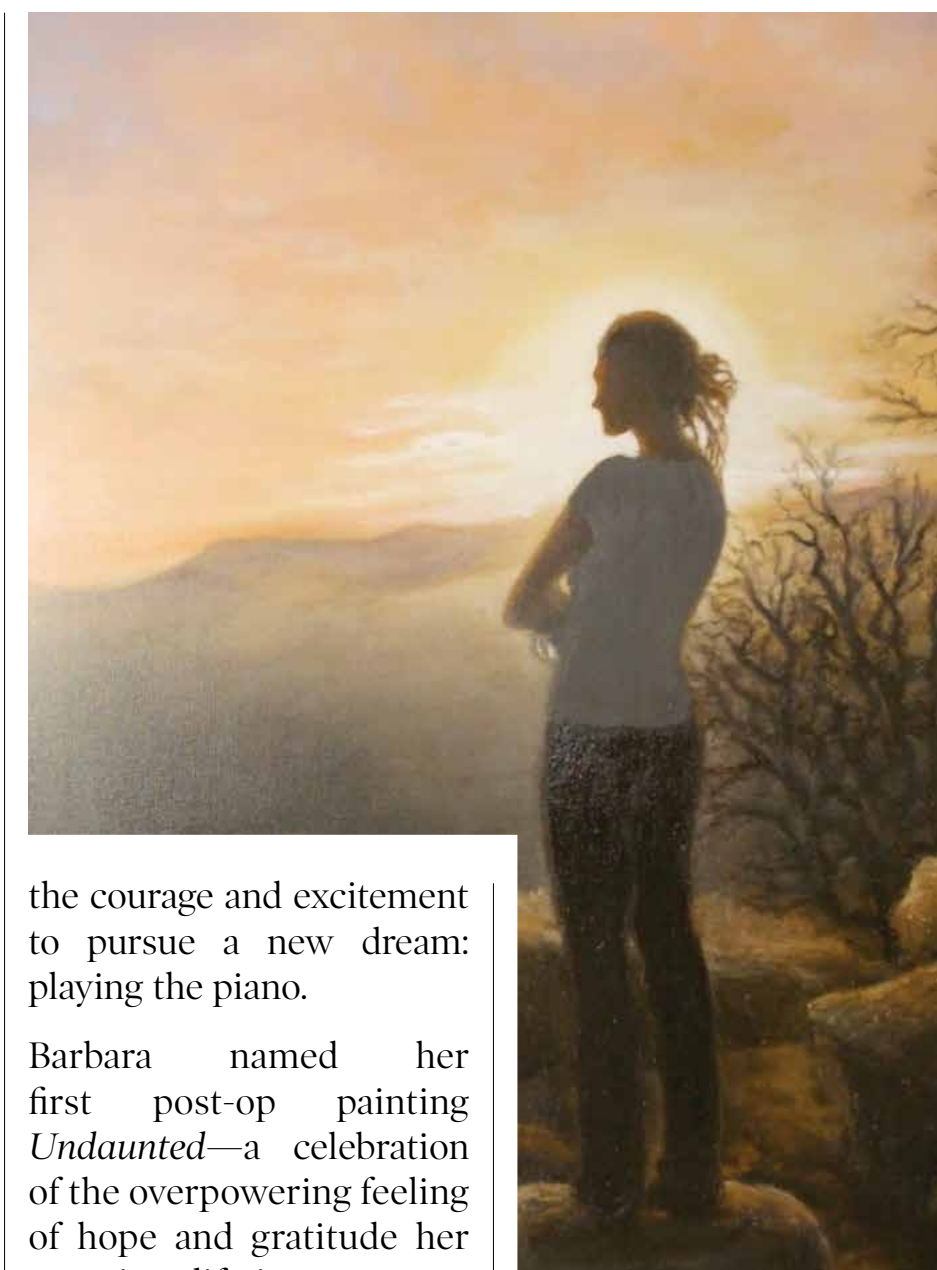
the courage and excitement to pursue a new dream: playing the piano.

Barbara named her first post-op painting *Undaunted*—a celebration of the overpowering feeling of hope and gratitude her once-in-a-lifetime surgery gave her.

**Watch Barbara’s video to learn more about life after cataract surgery. Visit [cataractsurgery.com](http://cataractsurgery.com)**

\*As with other multifocal IOLs, patients may need glasses when reading small print or looking at small objects.

Reference: 1. Alcon data on file.



*Undaunted*, a self-portrait painted by Barbara



Find Yourself on

# the Streets of Paris

## Discover a City for the Senses

Your vision should add richness to your life. With the **PanOptix**® Lens, your new favorite travel accessory, you can wander where you please. The possibilities of life after cataract surgery are yours to explore.

## The Eiffel Tower at Night

There's something special about the tower sparkling against the night sky.

*People with the **PanOptix**® Lens reported that they were less bothered by glare around bright lights.<sup>1</sup> That means you can take in the scenery at its best.*



## The Louvre

See the details that made the Louvre Museum's collection famous, and read about the incredible artists behind the work.

*Something catch your eye? With clear focus at closer distances, you'll be able to see the brush strokes that make each masterpiece unique.*



## The Palais Garnier

Explore the secret spaces of the iconic opera hall. Leave the binoculars behind.

*You'll be able to see the theater with ease—and spot some hidden corners along the way.*



## The Catacombs

See history—even in the shadows.

*The **PanOptix**® Lens allows you to see in a variety of lighting conditions.*



## Palace of Versailles

Get out of the city and relax like royalty with sweeping, panoramic views of the gardens.

*With the **PanOptix**® Lens, you can take in the bright colors<sup>2</sup> of the storied grounds.*

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**References:** 1. Kohnen T. First implantation of a diffractive quadrafocal (trifocal) intraocular lens. *J Cataract Refract Surg.* 2015;41(10):2330-2332. doi:10.1016/j.jcrs.2015.11.012. 2. Groessl EJ, Liu L, Sklar M, Tally SR, Kaplan RM, Ganiats TG. Measuring the impact of cataract surgery on generic and vision-specific quality of life. *Qual Life Res.* 2013;22(6):1405-1414. doi:10.1007/s1136-012-0270-Z.





## Questions to Ask Your Eye Care Professional

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.

### Cataract Surgery

- Can you walk me through the basics of cataract surgery?
- Can you help me understand my intraocular lens options?
- How long do intraocular lenses last?

### Getting Ready

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

### Your Options

- Which intraocular lens do you recommend for me?
- What makes the **PanOptix**® Lens different?
- Will the **PanOptix**® Lens correct my astigmatism?

### Life After 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?

## AcrySof® IQ PanOptix® Family of Trifocal IOLs

### Important Product Information

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

**DESCRIPTION:** The AcrySof® IQ PanOptix® Trifocal IOL is a type of multifocal IOL used to focus images clearly onto the back of your eye (retina) to allow clear vision after the cataract removal. In addition, the center of the AcrySof® IQ PanOptix® Trifocal IOL allows for better near (reading) vision and intermediate (computer work) vision versus what a monofocal lens would provide.

There is a chance that you still may need glasses for distance, intermediate, and/or near vision. You will get the full benefit of the AcrySof® IQ PanOptix® Trifocal IOL when it is placed in both eyes. Please discuss with your eye doctor whether this is the right IOL for you.

**POTENTIAL SIDE EFFECTS:** Due to the design of multifocal IOLs, there are some side effects that can be associated with the AcrySof® IQ PanOptix® Trifocal IOL models. These may be worse than with a monofocal IOL, including visual disturbances such as glare, rings around lights, starbursts (rays around light sources), and reduced contrast sensitivity (decrease in ability to distinguish objects from their background, especially in dim lighting). These side effects may make it more difficult to see while driving at night or completing tasks in low lighting conditions, such as at night or in fog or in a dimly lit room, after surgery as compared to before surgery.

Further, a toric IOL corrects astigmatism only when it is placed in the correct position in the eye. There is a possibility that the toric IOL could be placed incorrectly or could move within the eye. If the toric lens is not positioned correctly following surgery, the change in your astigmatism correction by the IOL, along with any necessary correction with glasses, may cause visual distortions. If the lens rotates in your eye, you may need additional surgery to reposition or replace the IOL.

**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 proposed AcrySof® IQ PanOptix® Trifocal IOL to be implanted. This document will further inform you of the risks and benefits associated with this IOL. Discuss any questions about possible risks and benefits with your eye doctor, as well as your medical condition and any eye disease you may have.

## AcrySof® IQ IOL

### Important Product Information

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

**DESCRIPTION:** The AcrySof® IQ Intraocular Lenses (IOLs) are artificial lenses implanted in the eye of adult patients following cataract surgery. These lenses 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.

**WARNINGS / PRECAUTIONS:** You may experience and need to contact your eye doctor immediately if you have any of the following symptoms while using the antibiotic eye drops prescribed by your doctor: itching, redness, watering of your eye, sensitivity to light. The safety and effectiveness of the AcrySof® IQ IOL has not been established in patients with certain 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 ocular structures: lining (inner surface) of the cornea, damage to the iris (the colored diaphragm around the pupil), 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, an increase in eye pressure that may not be controlled by medicine and secondary surgical procedure. There is a possibility that this IOL could 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.

**ATTENTION:** As with any surgical procedure, there are risks involved. Prior to surgery, discuss any questions you may have about possible risks and benefits with your eye doctor.





AcrySof IQ PanOptix®  
TRIFOCAL IOL

*I SEIZE LIFE  
WITHOUT CATARACTS*

I'M A  
**PAN** *Optimist*

*Not an actual patient.*

ASK FOR THE  
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FOR CATARACTS

Seize your once-in-a-lifetime opportunity to see the vibrant details of your life—without straining to focus and with less reliance on glasses.<sup>1</sup>

TALK TO YOUR EYE CARE PROFESSIONAL  
ABOUT THE **PANOPTIX®** LENS

➤ FIND OUT MORE AT [CATARACTSURGERY.COM](https://www.cataractsurgery.com)

Reference: 1. Alcon data on file.

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