



CATARACT & LENS REPLACEMENT

Improve your vision. Enhance your quality of life.



EYE & LASIK CENTER

GREENFIELD • GARDNER • WEST SPRINGFIELD
ATHOL • FITCHBURG • HOLYOKE



Why can I not see
as well up close as
I did when I was
younger?

understanding vision changes

How will I know if I have a cataract?

Symptoms that could indicate the presence of a cataract include; difficulty reading in low light, blurred or double vision, a gradual dulling of colors, halos around lights, glare when driving, or simply the frequent need to change your glasses prescription. A cataract can progress until eventually there is a complete loss of vision in your eye. Surgery is the only treatment for a cataract. You should consider surgery when cataracts cause enough loss of vision to interfere with your daily activities.

What's happening with my vision?

Presbyopia

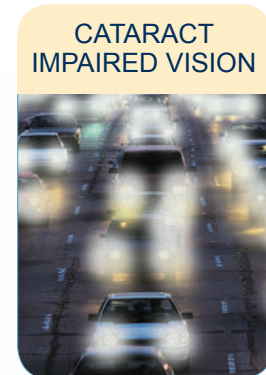
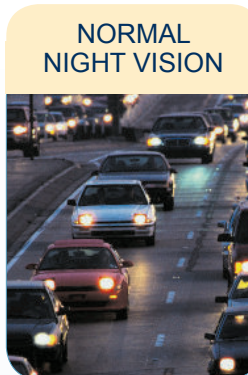
All of us notice a significant change in our vision sometime around the age of 45. It seems like we wake up one day and can't focus up close, and reading glasses become a constant companion.

This condition is called presbyopia and comes from the gradual hardening of the lens in the eye. As we age, the lens doesn't flex as well, losing its ability to shift focus between distance and near, and reading becomes difficult without magnification. Presbyopia afflicts everyone over the age of 45.

Cataract

At birth, our natural lens is clear, but as we age it yellows and hardens. In addition, the lens may become cloudy and vision becomes more blurred.

This condition is called a cataract, and is usually a result of the natural aging process. Everyone will at some point develop cataracts, usually after age 60. Since a cataract affects the clarity of the lens, it prohibits light from passing through easily, causing the retina to receive blurred or distorted images.



Why does my vision
seem cloudy, and
why do I have more
trouble with glare?



don't wait ... enjoy your life now!

Gone are those days of waiting until you fail your driver's license test, or you don't feel comfortable walking around your own home. At the Eye & Lasik Center, we take a proactive approach to vision care, detecting and treating vision problems early. Our doctors can diagnose your vision condition and make treatment recommendations to dramatically improve your vision and immediately put confidence back in your life.

What are my treatment options?

Whether it's freedom from glasses, or the desire to eliminate your cataract, the great news is there are many options available to renew your vision and regain control of your lifestyle.

Lens Replacement is the most frequently performed surgery in the United States and is one of the safest as well. If you suffer from presbyopia or cataracts, you may be a good candidate for lens replacement.

Cataract Removal

Cataract surgery is a routine, virtually painless outpatient procedure that replaces your clouded lens with a clear intraocular lens implant. Cataract removal is performed through a procedure called phacoemulsification. In this procedure, high-energy ultrasound waves are used to gently remove your cataract. In most cases, we use only eye drop anesthesia, allowing our patients the fastest possible recovery. Once the cataract is removed, a permanent, artificial lens is inserted. It is not uncommon for our patients to have the benefit of dramatically improved vision within a few hours of their procedure.

Clear Lens Exchange

For those with presbyopia that are not yet candidates for cataract removal, your surgeon may offer an elective procedure known as clear lens exchange. This procedure uses the same successful techniques as modern cataract surgery by replacing your natural lens with an intraocular lens designed to reduce or eliminate your need for readers, bifocals or even trifocals.

Lens Replacement Steps



Step 1 – The first step is to make a small hole in the front of the capsule that holds the natural lens or cataract.



Step 2 – The next step is to insert the small ultrasonic probe into the eye. The probe breaks up the lens into tiny pieces and removes them.



Step 3 – A permanent, artificial lens is then folded and inserted into the eye.



Step 4 – The new lens then unfolds and is positioned permanently into place.

what are my lens implant options?

What is an IOL?

An intraocular lens (IOL) is the lens that is surgically implanted in the eye to replace the existing natural or clouded lens during a cataract or clear lens exchange surgery.

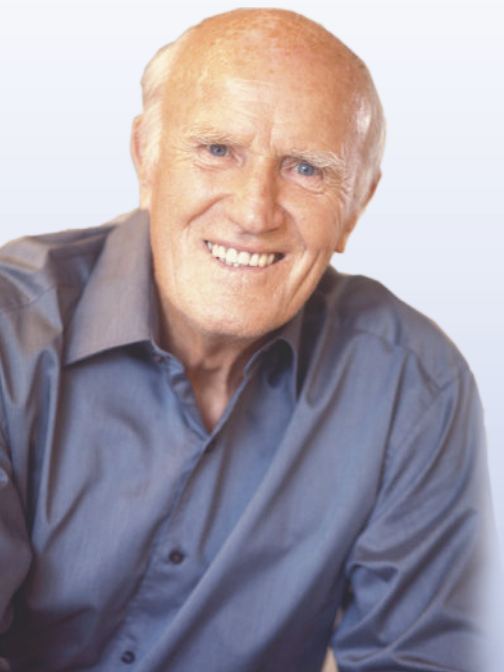


Which lens is best for me?

Vision correction decisions are among the most important you will ever make.

Our doctors are proud to offer many intraocular lens (IOL) options, including traditional monofocal, multifocal, and accommodating IOLs to provide patients with the best possible vision.

During your visit, our doctors will consider all aspects of your eye health, as well as your lifestyle, personality, and expectations. For example, how much reading or computer work do you do? And what do you hope to achieve? From what they learn, our doctors will discuss all of your options and recommend the IOL that is best for you.



Correcting Distance Vision

Monofocal IOL

Traditionally, the lens implant used for cataract surgery is a monofocal IOL which provides for one improved focal point. In most cases, the lens provides reasonably good distance vision for driving, walking, and some everyday activities. However, many will still require glasses to obtain their best vision after surgery.

Enhanced Vision Option

This option combines the optics of an advanced wavefront-designed monofocal IOL with modern surgical planning and techniques to provide a higher quality and overall enhanced vision. These techniques will also further reduce or eliminate your need for distance glasses including low levels of pre-existing astigmatism.

In a clinical study, these more advanced optics provided improved visibility, better contrast sensitivity, and reduced glare.

Correcting Distance Vision with Astigmatism

Toric IOL

Approximately 20% of cataract surgery patients have a significant degree of astigmatism. Astigmatism creates distortion in vision and is not corrected by traditional cataract or lens replacement surgery. The unique design of the Toric IOL makes it possible to provide quality distance vision and reduce or eliminate astigmatism at the same time.

greater freedom from glasses

Correcting for a Full Range of Vision

Multifocal IOLs

Advances in lens technology now make it possible to improve vision at all ranges, near through distance, with increased freedom from glasses or contact lenses.

Tecnis®

The Tecnis lens is a multifocal IOL proven to provide excellent vision at both distance and near, under all lighting conditions - day and night. For example, if you play golf, you may be able to see where your drive lands, sink your putt, and write down the score without wearing glasses!

Nine out of ten patients enjoy freedom from glasses after receiving the Tecnis IOL.

ReSTOR®

The ReSTOR lens is an advanced multifocal IOL that also corrects both distance and near vision. The ReSTOR IOL is designed

to provide excellent reading vision and a high level of glasses independence.

Four out of five patients reported never wearing glasses following their procedure.


Crystalens®

Crystalens is the first and only naturally focusing, or accommodating, vision-correction lens implant. This lens is designed with “hinges” that work with your eyes’ muscles, allowing the lens to shift focus, providing the eye a better range of focus.

In clinical trials, Crystalens patients had excellent distance and intermediate vision (24” to 32”) without glasses.

Monovision

Improved range of vision can also be achieved by combining monofocal IOLs, with one eye providing distance vision and the other near. However, not everyone can adapt comfortably to this method as the eyes are less balanced.

	Reading a Newspaper Sewing Detailed Hand Work	Using a Computer Makeup and Shaving Reading a Menu	Driving Golfing Watching Television
	NEAR VISION	INTERMEDIATE VISION	DISTANCE VISION
Multifocal	+++	+	+++
Crystalens®	+	+++	+++
Monovision	++	++	++

frequently asked questions regarding surgery

Is lens replacement right for me?

If you are over 50, struggling with cloudy vision due to cataracts or feel like your readers don't reflect your youthful lifestyle, you may be a great candidate for lens replacement.

Where will my surgery be performed?

Your lens replacement procedure will be performed by one of our surgeons in an outpatient surgery center or hospital facility. You should plan on being at the surgery center for 2-3 hours.

What are the risks to lens replacement surgery?

As with any surgical procedure, there are risks involved. These may include infection, retinal detachment, an increase in eye pressure, reactions to medications, and vision changes. Our doctors will discuss all risks and benefits with you before your surgery.

What can I expect the day of surgery?

Antibiotic, anti-inflammatory, and steroid eye drops will be prescribed to prevent infection to help your eye to heal. In some cases, additional medication is prescribed to control eye pressure or other conditions. You will notice improvement in your vision immediately following your procedure. Most patients can even return to their normal activities the very next day.



What can I expect with my vision after my surgery?

Common side effects include redness, scratchiness, and light sensitivity. Vision tends to fluctuate from day to day, but will gradually improve and typically stabilize within four weeks. Glasses or contact lenses are usually prescribed at this time.

You may also experience glare, halos around lights, and blurred vision which may temporarily make it more difficult to see while driving at night or working in low light.

Some patients may experience a gradual clouding of their vision within the first few months. This condition is referred to as Posterior Capsular Opacification (PCO). The membrane behind the new lens develops a film like appearance, but is easily managed with a laser treatment in the office as needed.

patient testimonials



"We can't believe the difference the surgery has made. Colors are much more vivid, and lights are even brighter. And the best part is that we're doing all of our same activities - reading the paper, driving, and working on the computer - and we're hardly using glasses at all!"

- Brian and Carmen



"After Dr. Warren told me about a lens implant that might mean I didn't have to wear glasses or contact lenses, I thought about it for a few months. I need not have worried. From the beginning, there was an improvement in my ability to see. I wish I had lens implants about five years ago instead of adapting to gradually deteriorating vision. It's hard to believe two tiny lenses made such a difference to my life."

- Pauline



"The staff was the best – the very best. Dr. Alfred treats each individual like you are so special. My vision was 20/20 right after my procedure. I've been wearing glasses since 8th grade so it took me a little while to get used to not needing my glasses. I love it!"

- Diane

meet our doctors

John F. Warren, MD



Board Certified

American Board of Ophthalmology

"My relationship with the patient starts with a meticulous, comprehensive exam. I invest time listening to and understanding your concerns and answering your questions in plain English. I will go out of my way to ensure your satisfaction and comfort. I feel privileged to help people improve their vision and their quality of life through my profession."

Fellowship

Cornea, External Disease, and Laser Refractive Surgery
FI Proctor Foundation, University of California, SF

Education

MD: Stanford University, Stanford
BS: Massachusetts Institute of Technology, Cambridge

Pierre R. Alfred, MD



Board Certified

American Board of Ophthalmology

"I was drawn to ophthalmology because it gives me the opportunity to help people improve, enhance, and protect their vision. But I like the idea that I'm restoring more than patients' vision. I'm restoring their ability to interact and appreciate the world around them – their loved ones and friends, the beauty of nature and the ability to see it all clearly."

Education

MD: University of California, San Francisco
BA: University of California, Berkeley

Aaron Fay, MD



Board Certified

American Board of Ophthalmology

"The pillars of medicine - patient care, teaching, and research - are all important and rewarding. I have been fortunate to work among some of ophthalmology's leading scientists, and also to teach at a remarkable university for nearly 20 years. But nothing compares to the experience of helping individual patients overcome visual disability, and to watch them benefit from the most recent advances in our field."

Fellowship

Ophthalmic Plastic & Reconstructive Surgery,
MEEI, Harvard Medical School, MA
Ophthalmic Pathology, Massachusetts General
Hospital, Harvard Medical School, MA

Education

MD: Columbia University of Physicians
and Surgeons, New York
BA: Tufts University, Boston

Shazia Ahmed, MD



Board Certified

American Board of Ophthalmology

"My interest in Ophthalmology sparked by my mother's experience with cataract surgery. Her ability to go from blurry foggy vision to perfect focus and clarity overnight intrigued me. I derive much joy and satisfaction from helping my patients experience this same transition. There is no greater gift than restoring a person's vision and allowing them to maintain their independence."

Fellowship

Cornea, Baylor College of Medicine, Houston, TX

Education

MD: Medical College of Georgia, Atlanta
BS: Brown University of Providence

Andrew Walkowiak, OD



"Optometry is the perfect fit for me; I was always fascinated with math, science, and biology. To use those skills on a day to day basis and help people at the same time is very rewarding. Nothing is more gratifying to me than giving the patient a new look on life."

Education

OD: New England College of Optometry
Residency: OMNI Eye Service, Baltimore

Thomas Maher, OD



"As a child my grandfather often told me to never speak when I can listen because it's difficult to learn when your mouth is open. Now, many years later, I consider myself fortunate to work in a practice that allows me enough time with each patient to listen to every question or concern they have about their vision."

Education

OD: New England College of Optometry

Kristin Glavine, OD



"I enjoy being an Optometrist because I have the opportunity to help enrich my patients' lives by taking care of their eyes. I can not think of a more rewarding profession than eye care."

Education

OD: New England College of Optometry

Excellence is our goal

We have one goal in mind: giving you the excellent vision you desire with the attentive, personal care you deserve. We pride ourselves on quality surgical outcomes and exceptional visual results. Here are just a few reasons why we are your best choice for complete eye care:

Experience – Dedicated to the highest standards in ophthalmic surgery, each of our surgeons has performed over 10,000 procedures in cataract and laser surgery.

Safety – State-of-the-art technology, a thorough evaluation process, attention to detail, and first-class patient care; these things allow us to minimize complications, increase patient confidence, and improve overall results.

Our staff – Extensively trained, friendly and warm, with a clear focus on personalized care and patient education.

Beyond Cataract

We are truly a comprehensive eye care practice. We offer onsite sub-specialists supported by the most advanced diagnostic technologies and treatments.

- Comprehensive Retinal
- Corneal and ocular surface diseases
- Eye injuries
- Glaucoma management & treatment
- Laser Vision Correction
- Macular degeneration
- Oculoplastic Reconstruction
- Other Medical
- Routine eye care for the entire family

take the next step

Talk with one of our doctors today

If you would like to see as great as you feel, you owe it to yourself to take the next step to better vision. Trust your eyes to the experience and care of our surgeons.

To schedule a cataract consultation, cataract surgery, or if you have additional questions that you would like answered, please don't hesitate to contact the office nearest you.

Greenfield	413-774-7016
Holyoke	413-536-0006
West Springfield	413-452-4111
Athol	978-249-2020
Fitchburg	978-342-8752
Gardner	978-632-4920

Financial considerations

Most health plans will cover the cost of cataract surgery with a monofocal IOL, other than copays and deductibles. There is an upgrade fee for astigmatism correction and/or advanced accommodating and multifocal IOLs.

We accept cash, check, Visa, MasterCard, Discover, and American Express. We also accept a variety of credit cards offering affordable financing plans for qualified patients.

Additionally, many patients choose to utilize their Flexible Spending Accounts (FSA) and Health Savings Accounts (HAS) to pay for their procedure.



Vision Preference Checklist

Date

Name

We want to help you maintain excellent vision. One area of evaluation will be cataracts. The term “cataract” refers to a cloudy lens within the eye. When a cataract is removed, a lens implant is used to replace the cloudy natural lens. If it is determined that a lens implant is appropriate for you, your answers will help us select an implant that best suits the vision demands of your lifestyle. Please fill this form out completely and bring it with you to your appointment.

1. If lens replacement is recommended for you, please rate your vision preferences at the following distances?

Distance Vision: driving, golf, tennis, other sports, watching TV.

- ☐ Prefer no distance glasses
- ☐ Wouldn't mind wearing distance glasses

Mid-range Vision: computer, menus, price tags, cooking, board games, items on a shelf.

- ☐ Prefer no mid-range glasses
- ☐ Wouldn't mind wearing mid-range glasses

Near Vision: reading books, newspapers, magazines, doing detailed handwork.

- ☐ Prefer no near glasses
- ☐ Wouldn't mind wearing near glasses

2. Please check the single statement that best describes you in terms of **night vision**:

- ☐ Night vision is extremely important to me, and I require the best possible quality.
- ☐ I want to be able to drive comfortably at night, but I would tolerate some slight imperfections.
- ☐ Night vision is not important to me.

3. If you had to wear glasses after surgery for one activity, for which activity would you be most willing to use glasses?

- Distance Vision
- Mid-range Vision
- Near Vision

4. If you could have good distance vision during the day without glasses, and good near vision for reading without glasses, but the compromise was that you **might see some halos or rings** around lights at night, would that be OK?

- ☐ Yes ☐ No

5. If you could have good distance vision and mid-range vision during the day without glasses, but the compromise was that you **might need glasses for reading** the fine print at near, would you like that option?

- ☐ Yes ☐ No

6. How many hours per day do you spend:

 On the computer

_____ **Reading** books, newspapers,
typed documents or small print

Driving

7. List your favorite **hobbies or work** activities.

8. Please place an “x” on the following scale to describe your personality as best you can:



Easy Going

Perfectionist



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800-676-5050

201 S. Main Street, Athol, MA 01331	978.249.2020	33 Riddell Street, Greenfield, MA 01301	413.774.7016
33 Electric Avenue #105, Fitchburg, MA 01420	978.342.8752	10 Hospital Drive #205, Holyoke, MA 01040	413.536.0006
354 Main Street, Gardner, MA 01440	978.632.4920	46 Daggett Drive, West Springfield, MA 01089	413.452.4111
13 Walnut Street, Winchendon, MA 01475	978.297.2020	27 Bridge Street, Shelburne Falls, MA 01370	413.625.2370