

WEBVTT Kind: captions Language: en

00:00:10.720 --> 00:00:13.433 The lens is a structure that's inside the eye.
00:00:14.199 --> 00:00:16.363 It focuses light onto the retina
00:00:16.363 --> 00:00:18.170 to allow for a clear image.
00:00:31.841 --> 00:00:34.872 A normal lens should be clear like a windshield.
00:00:34.872 --> 00:00:37.160 However, if you start to develop a cataract,
00:00:37.160 --> 00:00:40.348 it starts becoming a little yellow or even brown.
00:00:40.348 --> 00:00:42.469 When a cataract is forming,
00:00:42.469 --> 00:00:45.602 the proteins of your lens are starting to degrade.
00:00:45.602 --> 00:00:47.192 They change in consistency
00:00:47.192 --> 00:00:50.320 and so they're no longer able to maintain the clarity.
00:00:51.840 --> 00:00:54.726 Cataract can cause blurry vision or glare,
00:00:54.726 --> 00:00:56.323 especially at night.
00:00:56.323 --> 00:00:59.235 Most patients complain of difficulty driving at night
00:00:59.234 --> 00:01:03.539 or severe decline in their vision with oncoming car headlights.
00:01:05.156 --> 00:01:07.950 The most common cause for a cataract is age.
00:01:07.950 --> 00:01:10.915 Over time light and UV exposure
00:01:10.915 --> 00:01:13.513 cause the lens to become more cloudy.
00:01:14.290 --> 00:01:15.706 In an early cataract,
00:01:15.706 --> 00:01:19.049 most patients can improve their vision just with an update in their glasses
00:01:19.049 --> 00:01:20.911 or contact lens prescription.
00:01:20.911 --> 00:01:23.671 However, cataracts do get worse with age.
00:01:26.299 --> 00:01:30.169 Cataract surgery is one of the most common surgeries that we do here.
00:01:30.169 --> 00:01:33.141 In cataract surgery, we remove the lens
00:01:33.141 --> 00:01:34.987 that has become cloudy

00:01:34.987 --> 00:01:38.955 and we replace it with a synthetic lens that has a prescription in it.

00:01:39.593 --> 00:01:42.237 The newest advancements in cataract surgery include

00:01:42.237 --> 00:01:44.574 laser-assisted cataract surgery.

00:01:44.574 --> 00:01:49.819 There's also a technology called intraoperative aberrometry or ORA.

00:01:50.372 --> 00:01:53.165 This machine takes an extra measurement of your eye

00:01:53.165 --> 00:01:54.839 during the cataract surgery,

00:01:54.839 --> 00:01:57.246 which allows for more accurate measurement

00:01:57.246 --> 00:01:59.312 of the lens that's being placed inside.

00:01:59.918 --> 00:02:01.544 Other advancements include

00:02:01.544 --> 00:02:02.938 design of the lens.

00:02:02.938 --> 00:02:05.812 So, every year there's newer and newer lenses

00:02:05.812 --> 00:02:07.940 that give you better visual outcomes.

00:02:09.866 --> 00:02:12.868 Additionally, here, we can do cataract surgery

00:02:12.868 --> 00:02:16.576 in combination with glaucoma surgery or with retina surgery.

00:02:16.576 --> 00:02:20.121 Some patients who have glaucoma and are on a lot of drops,

00:02:20.121 --> 00:02:22.850 they can actually lower their eye pressure

00:02:22.850 --> 00:02:24.644 at the same time as cataract surgery.