

# **Cataract Surgery: What are my choices for reducing my use of reading glasses?**

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Cataract surgery is a once in a lifetime opportunity to design your vision. You may choose this opportunity to consider addressing **presbyopia** (the need to use bifocals or reading glasses).

This document will take you through four different strategies for presbyopic correction:

- I. Standard monofocal lens without presbyopic correction**
- II. Micro monovision**
- III. Symfony extended depth of focus lens (\$)**
- IV. ReSTOR multifocal lens (\$)**

Some of these options are covered under your insurance. Others involve personal financial commitments that are not covered by insurance. Choices involving personal financial commitments are noted throughout this document with a **(\$)** sign.

There is no single best solution that fits everyone. When we meet in person I will help you understand which of these four choices will most likely work best for you.

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## I. Standard Single Focus Lens- No Presbyopic Correction

The basic care, covered by insurance, uses the **standard single focus intraocular lens**. This high quality lens focuses light at one distance, called the focal point. Clarity drops off as the target moves in or out from the focal point.

The depth of focus (depth of field) provided by the single focus lens is too low to provide distance and near vision at the same time. This means that if you choose to focus your eyes at distance, you are likely to need glasses to read. Or, if you choose to focus your eyes at near, you are likely to need glasses to drive a car.

You are a good candidate for the standard single focus lens if you are satisfied with the basic high quality lens your insurance provides, and don't mind being dependent on bifocal glasses for daily living.

## II. Micro monovision

**Micro monovision** is a binocular strategy, provided at no charge, that increases the depth of field by using the standard monofocal lens described above, and focusing each eye at similar, but not identical, distances. This strategy allows you to maintain reasonable binocular function (stereo vision) but expands the depth of focus. The main drawback of micro monovision is that it is not quite powerful enough to provide both distance and near vision at the same time. You have to choose which one is more important to you. With micro monovision you can achieve adequate vision for distance while still performing well on low to moderately demanding near tasks such as working on computer or using your smart phone.

You are a good candidate for micro monovision if you do not mind using glasses on occasion for certain activities.

## III. Symphony Lens (\$)

The **Symphony Extended Depth of Focus (EDF) Lens** is an advanced technology Lens. This lens provides depth of field that is greater than that achieved by a standard lens. The Symphony lens has already become popular in Canada and Europe, and has recently become available in the United States.

The Symphony lens focuses light over a much larger distance than the standard intraocular lens. This means a much larger depth of field. This allows you to see well at distance but also perform tasks much closer to you, such as working on a computer and using your cell phone.

The Symphony lens provides the advantage of greater depth of field while minimizing the down sides that have been found to occur with multifocal lenses, such as glare and halos.

You are a good candidate for the Symphony lens if you are an active person who wants to be as free from glasses as possible, and you value crisp vision without side effects such as glare, halos, and contrast sensitivity. You should expect to occasionally need glasses for near reading tasks such as reading a book.

#### **IV. Alcon ReSTOR Multifocal Lens (\$)**

The **ReSTOR multifocal lens** breaks light up into distance and near vision. This lens can provide excellent distance and near vision, but can also cause glare, halos and loss of contrast sensitivity. The ReSTOR multifocal lens can do better than micro monovision and extended depth of focus lenses for near vision, however the side effects are also more prominent.

You are a good candidate for the ReSTOR lens if you value maximum independence from glasses and are willing to experience certain side effects to achieve this, including glare, halos, and loss of contrast sensitivity. Even with the multifocal lens, you may find yourself occasionally using glasses for certain activities.