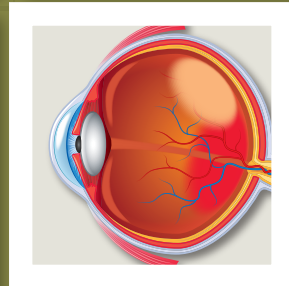
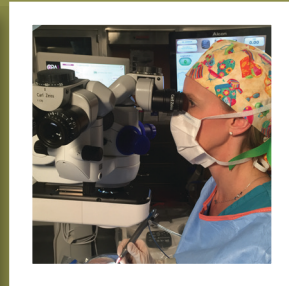
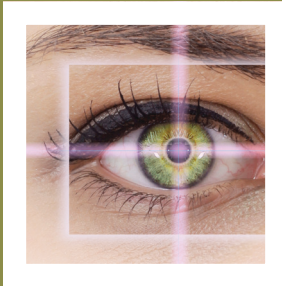


# Fairbanks' Center for Premium Cataract Surgery



## Katherine Johnson, M.D., F.A.C.S.



A certified Diplomate of the American Board of Ophthalmology, Dr. Katherine Johnson began her education by graduating with honors from Harvard University. She received her medical degree from the University of California, San Diego School of Medicine, and completed her specialty training in Ophthalmology at the renowned Bascom Palmer Eye Institute in Miami, Florida—an institution which continues to be ranked the #1 eye hospital in the nation by US News and World Report. Dr. Johnson has established herself as a highly motivated and caring physician, dedicating six months to treating patients in rural Mexico,

and additionally working with the Seva Foundation to perform cataract surgery in rural Nepal. In 2013, Dr. Johnson co-founded the Prevention of Global Blindness Fellowship, which sends an ophthalmologist around the world to treat eye diseases and train doctors in the developing world. Dr. Johnson has been accepted as a Fellow into the American College of Surgeons, and has received the Visionary Award for her tireless dedication to the cause of treating and curing preventable blindness around the world. She has also been named one of Alaska's Top Forty Under Forty, and most recently, has immersed herself into the formation of a new non-profit called Gift of Sight, a platform designed to further assist the cause of treating preventable blindness across the globe.

You can learn more at [www.gift-of-sight.org](http://www.gift-of-sight.org)



2555 Phillips Field Road • Fairbanks, Alaska 99709 • 907.328.2920  
[www.mountainvieweyes.com](http://www.mountainvieweyes.com)

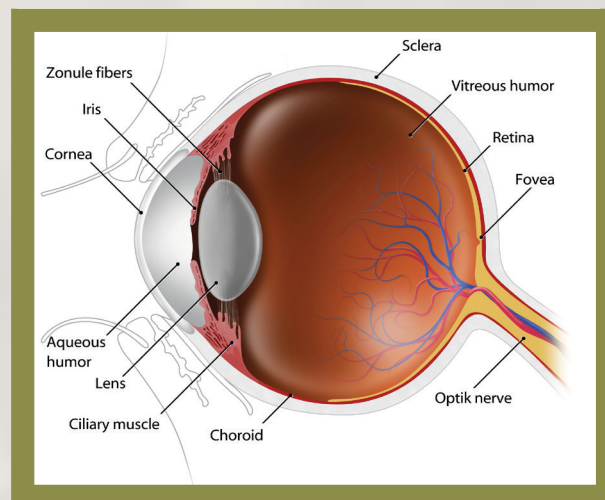
# Things you should know about Cataracts and Glaucoma

## What is a cataract?

A cataract is a clouding of the eye's naturally clear lens. The lens focuses light rays on the retina — the layer of light-sensing cells lining the back of the eye — to produce a sharp image of what we see. When the lens becomes cloudy, light rays cannot pass through it easily, and vision is blurred.

## Common symptoms of a cataract include:

- Cloudy or blurry vision
- Difficulty seeing and driving at night
- Colors appear faded
- Glare, specifically from headlights, lamps, or sunlight
- Frequent changes in glasses and/or contact lens prescription
- Double vision or multiple images in one eye
- Difficulty reading small print
- Difficulty reading a newspaper or book
- Difficulty reading traffic signs
- Difficulty doing fine handwork
- Difficulty watching television
- Difficulty shooting/sighting your gun



## Can cataracts be prevented?

Although there are multiple studies looking into possible factors to the development of cataracts, ranging from the impact of genetics to the dangers of sun exposure, there is no definite way to prevent cataracts from forming in the eye. The accepted rule at this time is that if you live long enough, you will eventually develop cataracts. The good news is that they are straightforward to treat.

## What is cataract surgery?

Cataract surgery is the process by which an eye surgeon removes the clouded lens from the eye and replaces it with a synthetic intraocular lens, commonly referred to as an IOL. This IOL lasts for the duration of the patient's life, becoming part of the eye. Patients will not be

able to see or feel the IOL once it is in place. Because cataract surgery is a procedure that is performed only once in a person's lifetime, it is important to choose the IOL type that best fits your individual vision needs.

During surgery, the doctor makes a small incision in the eye and inserts a tube attached to an ultrasound device. This attachment gives off ultrasonic waves that break the clouded lens into small pieces that are then easily removed by suction through the tube. This leaves an open capsular bag where a folded IOL is inserted. Once inside the eye, the IOL unfolds and is moved into place by the doctor. The incision is then sealed with an injection of saltwater; no stitches are needed. On average, over 3 million cataract surgeries are performed in the United States each year, making it the most common surgery in the country.

## What are the risks?

Cataract surgery is an extremely low-risk, outpatient procedure. That said, the potential for complications does exist. Your doctor will go over these risks with you prior to surgery. It is important to follow all instructions provided to you by the doctor, hospital, and clinic to insure the best possible outcome for your vision and your health.

## What is Glaucoma?

Glaucoma is a potentially blinding condition associated with high pressures in the eye. There are no symptoms until the very late stages of the disease and any damage is irreversible. While most patients with glaucoma are well controlled with drops, it is very important to be closely monitored by your eye doctor.

## Treating your glaucoma during cataract surgery with iStent®

If you suffer from mild to moderate open-angle glaucoma, you most likely take 1 to 3 medications each day to help control the pressure build up in your eyes. iStent, the world's smallest surgical implant approved by the FDA, is designed to help relieve this eye pressure and possibly allow patients to become less reliant on current glaucoma medications. The iStent can only be inserted at the time of cataract surgery.

Actual size of iStent



iStent® is a registered trademark of Glaukos Corporation.