Bye-bye blades

The innovation of laser-assisted cataract surgery

Feast your eyes

Carrots aren’t the only food that can boost ocular health

A site to see

Why Marfa, Texas, should be your next vacation destination
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What do you know about cataracts?
Cataracts have been around about as long as eyes have. And because our sense of sight is such an integral part of who we are, people have been trying for just as long to find a way to put their cataracts behind them and get back to doing the things they love.

Luckily, we live in the era of the LenSx® Laser.

“I never thought I’d be so happy to read a book without a pair of glasses,” says Stephanie R., who underwent cataract surgery. “I can drive at night again, too. I’d gotten used to such a limited lifestyle, it’s the little things I used to take for granted that I’m most excited about doing now.”

Traditional cataract surgery and laser-assisted cataract surgery can both be effective for removing cataracts when performed by a skilled surgeon. In fact, about 95 percent of patients who undergo cataract surgery report improvement in their vision after their surgery.1 But for a procedure that’s performed in a space as small as the human eye, there may be room for enhanced precision, predictability and surgical outcomes — and that’s where the LenSx® Laser excels.

There are several factors that make the LenSx® Laser an innovative addition to the world of cataract surgery. For one thing, the laser-assisted surgery is bladeless. For another thing, the system uses advanced technology to map your eye, automate certain challenging steps of the procedure and help your surgeon perform a cataract surgery that’s uniquely personalized to your eye. It brings that extra degree of precision and predictability that’s unattainable through traditional methods.

“I was a little overwhelmed at first when my doctor and I talked about my options for cataract surgery,” says patient Kurt H. “I didn’t really know the difference. But the more we talked, the more it became clear...
that I would be the most happy with my results if I went with the LenSx® Laser. I wanted a personal procedure, and that’s what I got.”

Cataracts are essentially inevitable. As we age, the natural lenses in our eyes become cloudy. At first, the condition just obscures or blurs our vision, but if left untreated, cataracts can lead to blindness. During cataract surgery, the natural lens is removed and replaced with an artificial lens, or intraocular lens — more succinctly known as an IOL.

According to the National Eye Institute, more than half of all Americans have cataracts or have had them removed by the age of 80. Each year in the United States, more than 3 million patients undergo cataract surgery, making it one of the country’s most common surgeries.² There’s no way to avoid cataracts — the best we can do is get the most advanced treatment available. The alternative is to have slowly worsening vision. One reason the technology behind the LenSx® Laser is so exciting is because it has the potential to benefit so many people.

“The LenSx® Laser has revolutionized cataract treatment, something mankind has been interested in for more than 2,000 years.

The first known cataract treatment was implemented in the fifth century B.C. The method, known as “couching,” involved no incisions but rather blunt force to the head, and it restored limited but unfocused vision to sufferers of cataracts. As you can imagine, it wasn’t a very pleasant or rewarding experience.

(Continued on next page)
You’ve got options when it comes to cataract surgery

Cataracts occur naturally as you age. The natural lenses in your eyes become cloudy, obscuring or blurring your vision. It can become a problem if left untreated, but cataract surgery is commonplace and has a very high success rate.1,2 During cataract surgery, the affected lens is removed and replaced with an artificial lens known as an intraocular lens, or IOL.

You’ve got a variety of options when it comes to cataract surgery. In addition to choosing your surgeon, you can pick between a manual procedure or one assisted by a laser system like the LenSx® Laser, and you can even decide what type of IOL you’d like. This simple chart breaks down the different kinds of IOLs in order to help you have an informed conversation with your doctor about the best option for you.

(Cover Story, continued) It wasn’t until 1748 that the first surgical removal of the natural lens took place in Paris, aided by the recent invention of anesthesia. The method was still unrefined; some patients recovered some of their visual acuity, while others weren’t so lucky.

In the following years, physicians developed a technique for fine sutures that helped patients’ incisions heal. Cataract surgery saw continued improvement as technology improved. Smaller and smaller incisions meant less invasive procedures and faster recoveries. Then, in 2001, the femtosecond laser was introduced for LASIK surgery.

Today, Alcon Laboratories Inc. brings this technology to cataract surgery in the form of the LenSx® Laser.

“I don’t want to think about what people must have gone through before today’s technology became available,” Stephanie R. says. “I can’t imagine anyone having a more satisfying experience than the one I had.”

Just twenty years ago — much less 2,500 years ago — the revolutionary capability of the LenSx® Laser was unimaginable. But today, the future of cataract surgery is here, and it’s helping patients regain their eyesight and return to the activities they love.

“My golf buddies will be the first to tell you,” says Kurt H., “that my procedure has made a world of difference.”

REFERENCES

LENSX® LASER IMPORTANT PRODUCT INFORMATION
CAUTION: The LenSx® Laser is restricted by law to the sale and use by, or on the order of, a physician.
DESCRIPTION: The LenSx® Laser is for use in patients undergoing cataract surgery. The laser is used as a tool to break up a cataract and to create incisions in the cornea. The LenSx® Laser uses accessories called Patient Interfaces to hold the eye steady during a procedure.
WARNINGS/PRECAUTIONS: The LenSx® Laser Patient Interface and the LenSx® Laser SoftFit™ Patient Interface hold an eye by applying light suction. Some bleeding and foreign body sensation may occur. As with any cataract surgery, there are risks involved. These risks may include but are not limited to infection, pain, corneal abrasion and capsular tear. Surgery with the LenSx® Laser is not for everyone. Conditions such as corneal opacity, glaucoma, a poorly dilating pupil and previous corneal surgery may preclude use of the LenSx® Laser. Your doctor can determine if the LenSx® Laser is right for you.
All surgery has risks. Talk with your doctor to learn more about the risks and benefits of cataract surgery.
### Basic Lens

<table>
<thead>
<tr>
<th>Monofocal Lenses</th>
<th>Multifocal Lenses</th>
<th>Astigmatism-Correcting Lenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can correct cataracts</td>
<td>Can correct both cataracts and presbyopia</td>
<td>Can correct both cataracts and astigmatism</td>
</tr>
<tr>
<td>Can be satisfactory for patients who don’t mind wearing glasses or contacts for everyday activities</td>
<td>Ideal for cataract patients who want the opportunity for spectacle independence for activities at all distances — near, far and everything in between</td>
<td>Ideal for cataract patients who wish to reduce the need for glasses and contacts for distance vision</td>
</tr>
<tr>
<td>Medicare and private insurance typically cover monofocal lens and implantation costs; there will be co-pay expense for monofocal lenses</td>
<td>Medicare and private insurance typically cover the cost of basic cataract surgery; there will be an out-of-pocket expense for multifocal lenses</td>
<td>Medicare and private insurance typically cover the cost of basic cataract surgery; there will be an out-of-pocket expense for astigmatism-correcting lenses</td>
</tr>
</tbody>
</table>

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“My golf buddies will be the first to tell you that my procedure has made a world of difference.”

—Kurt H.
See the mystery lights
There’s more than meets the eye to a tiny town in the Texas desert

It’s a big planet, and it’s time for you to explore it. As spectacular as the photos may look, the views are even better in person.

Marfa, Texas

Despite its remote location in the Texas desert, Marfa has become a popular destination for travelers, thanks to a blossoming art scene — not to mention the mysterious Marfa Lights.

The town of about 2,000 people is home to a variety of luxurious boutique hotels, delicious restaurants and modern art galleries. While you’re there, you can visit a number of prominent art installations, such as the famous Prada Marfa (pictured above), along with the sites where movies like Giant and There Will Be Blood were filmed. The Marfa Film Festival brings screen legends, popular musicians and big crowds to the town each year. In addition, the natural beauty of Big Bend National Park is just an hour and a half south of town.

Meanwhile, the Marfa Lights are truly a 21st-century mystery. The red, blue and white lights that dance on the horizon have drawn visitors to West Texas for years, but scientists are still working on an explanation for them. The spectacular light show happens at night, regardless of the weather or the time of year.

Marfa is located three hours southeast of El Paso, Texas, via Interstate 10 and about eight hours southwest of Dallas via Interstate 20.
Cataracts affect over 24 million people in the United States. Do you know if you’re one of them? Cataracts are as much a part of life as aging. Like aging, the development of cataracts happens slowly, so they may not be something you notice. Knowing the symptoms of the naturally occurring clouding can help you notice the changes in your vision before they become problematic.

One of the telltale signs of cataracts is blurry or foggy vision. Colors may appear dull or washed out. Living with cataracts has been described as seeing life through a cloudy window.

Many patients with cataracts also experience poor night vision, with halos appearing around lights. Sensitivity to sunlight or bright lights is also common.

Symptoms of cataracts may also begin to interfere with the everyday activities you enjoy. The sensitivity to sunlight makes outdoor hobbies like playing tennis more difficult. Meanwhile, reading requires more light, and although you keep changing your prescription, glasses don’t seem to help your vision anymore.

If you’re experiencing one or more of these signs, cataract surgery could be the way to improve your vision and return to the daily activities you used to enjoy. In addition to monitoring for symptoms, regular visits to the eye doctor are important in detecting the formation of cataracts.
Eat your way to healthier eyes
These recipes prove carrots aren’t the only eye-friendly foods out there

Diet and exercise are the keys to a healthy lifestyle, and while you might not be able to give your eyes a workout at the gym, there’s plenty you can do between visits to your optometrist and your eye surgeon to help keep them in good shape.

It’s not just carrots, either. Foods rich in vitamins and nutrients like omega-3 fatty acids, zeaxanthin, lutein, zinc, and vitamins C and E can help fight age-related macular degeneration. These foods include spinach, grapefruit, oysters, pecans and sardines.

Read on for recipes that will make your eyes and your dinner guests happy.

Orange Salmon with Almonds
Try out this recipe to see how delicious eye health can be! Oranges are rich in eye-friendly antioxidants, salmon is rich in omega-3 fatty acids (which help with retinal function and visual development), and almonds help fortify the cells in our eyes and slow macular degeneration.

Prep time: 30 minutes   |   Serves: Four

Ingredients:
1/3 cup sliced almonds
4 boneless 6-ounce salmon fillets
1/2 teaspoon grated orange peel
3/4 cup orange juice
1/2 cup white wine
2 teaspoons chopped fresh thyme leaves

Instructions:
1. Lightly brown almonds in a large frying pan over medium heat. Remove from pan.
2. Set the frying pan over medium-high heat. Add salmon, skin up, and cook four minutes, or until brown on the bottom.
3. Flip pieces and cook three to four minutes, or until salmon is opaque outside but still moist in the middle.
4. Remove salmon from pan and cover to keep warm.
5. Add orange peel, orange juice and wine to pan. Boil until reduced to 1/2 cup. Stir in thyme.
6. Spoon orange sauce over salmon, sprinkle with toasted almonds and serve.
Curried Kale and Coconut Salad
The main ingredient in this gluten-free salad is kale, which is full of the antioxidants lutein and zeaxanthin. These nutrients can help protect your eyes from the damaging effects of sunlight, smoke and air pollution.

Prep time: 15 minutes  |  Cook time: 40 minutes  |  Serves: Four

Ingredients:
- 1 fennel bulb, sliced, with core and stem removed
- 1 red onion, sliced
- 2 cups sweet potato, cubed
- 1 tablespoon coconut oil
- 1 tablespoon curry powder
- Fresh-squeezed juice from 1 lemon
- 1 bunch kale, chopped
- 2/3 cup fresh coconut meat, cubed
- 2 tablespoons fresh mint, chopped
- 2 teaspoons extra-virgin olive oil
- 1/6 teaspoon sea salt

Instructions:
1. Preheat oven to 400 ° F.
2. Toss fennel, onion, sweet potato, curry powder, olive oil and half the lemon juice in a bowl. Spread onto a baking sheet. Roast 35–40 minutes.
3. Meanwhile, add kale, coconut meat and mint in a salad bowl.
4. Whisk together coconut oil, remaining lemon juice and salt for dressing.
5. Remove baking sheet from oven and let sit for 10 minutes. Transfer contents to the salad bowl and drizzle with dressing.
6. Serve warm or chilled.

Cottontail’s Delight
Carrot juice is rich in beta-carotene — which helps to strengthen nighttime vision — and it’s a tasty part of this drink, too.

Prep time: 5 minutes  |  Serves: Two

Ingredients:
6 ounces carrot juice
2 ounces apple juice
2 ounces club soda
4 thin slices of fresh ginger
2 orange wheels for garnish

Instructions:
1. Muddle the ginger slices in the bottom of a shaker.
2. Pour in carrot juice, apple juice and club soda.
3. Shake well.
4. Pour over ice in two cocktail glasses.
5. Garnish with an orange wheel and enjoy.
1 Hiking
Cascade Mountain, Lake Placid, New York
The 2.4-mile trail to the top of Cascade Mountain is considered a “fairly moderate” hike, and it’s well worth it for the panoramic views of the Green Mountains and Lake Champlain.

2 Kayaking
Lady Bird Lake, Austin, Texas
With a light current and a smooth surface, kayaking on this lake (which is actually a river that runs through town) is more about seeing the skyline light up at sunset and watching 1.5 million Mexican free-tailed bats venture out from their roost under the Congress Avenue Bridge.

3 Biking
Tidal Basin, Washington, D.C.
Take a guided or self-guided bike tour around this manmade inlet that’s home to the stunning beauty of countless cherry trees and the majesty of many of our nation’s most iconic monuments.

4 Yoga
Grace Cathedral, San Francisco, California
People of all faiths, ages and experience levels are invited to join this weekly meeting of peaceful minds and balanced bodies in one of the West Coast’s most historic and scenic cathedrals.
5 Driving
Going-to-the-Sun Road, Glacier National Park, Montana
This scenic route covers a lot more ground than your average 52-mile stretch: You’ll cross the Continental Divide and see alpine tundra, cedar forests, lakes, valleys and glaciers. And there’s an abundance of turnouts where you can pull over and admire the views.

7 Swimming
Blue Spring State Park, Volusia County, Florida
In the summer, the crystal clear waters of Blue Spring are popular with swimmers, snorkelers and scuba divers. In the winter, the park is still a great place to visit, but the water is off-limits to humans to make room for the multitude of manatees that spend the colder months here.

6 Jogging
Terwilliger Trail, Portland, Oregon
Both segments of this paved route have their charms, but for our money, you can’t beat the stretch that begins at Terwilliger Boulevard just north of Interstate 5 and ends just south of downtown Portland. On the way to one of the cultural hubs of the Pacific Northwest, you’ll enjoy the scenic woods of George Himes City Park and the beautiful lilacs of Duniway Park.

8 Fishing
Lake Monona, Madison, Wisconsin
This lake boasts a variety of catches, including bluegill, bass, lake sturgeon and walleye, but perhaps its best features are the mild summer weather and the views of the Madison skyline and state capitol dome.
The facts about cataracts
You’ve probably heard of cataracts, but how much do you really know about them? Test your knowledge with this quick quiz!

1. True or false: You can take steps to avoid cataracts.
That’s false! Cataracts are a natural part of the aging process. Over time, the lenses in our eyes simply become cloudy and obscure our vision.

2. How many cataract surgeries are performed in the U.S. each year?
A) More than 50,000
B) More than 200,000
C) More than 1.5 million
D) More than 3 million
Answer: D) More than 3 million Americans undergo cataract surgery every year, making it one of the country’s most commonly performed procedures.¹

3. True or false: You can have cataracts and not realize it.
That’s true! You might not notice any changes in your vision at first because cataracts develop gradually. But cataracts distort light as it enters your eye, eventually causing cloudy vision, trouble seeing at night and rings or halos around lights.²

4. Cataract surgery:
A) Can keep you off your feet for weeks
B) Requires a few days of observation in the hospital
C) Is an outpatient procedure
Answer: C) After cataract surgery, you can expect to spend about an hour in the post-op room. After that you’re free to go, though you should arrange to be picked up, as you may not be able to drive right away.

5. How many patients say they’re so pleased with the outcome of their cataract surgery that they’d recommend the procedure to others?
A) 27%
B) 56%
C) 79%
D) 88%
Answer: D) In a random telephone survey of 1,000 AARP members, 88% said they’d definitely recommend cataract surgery to their friends and family.³

6. True or false: Cataract surgery can help you get back behind the wheel.
That’s true! In the telephone survey, 93% of participants said they could see distant road signs better after they’d fully recovered from cataract surgery. And 82% said that driving in general became easier after cataract surgery.³

References
See More of Your World

AcrySof® IQ Toric IOLs Can Give You Renewed Vision

When first diagnosed with cataracts, Bob had a lot of fear — and a lot of questions*:

Will I be able to see?

Will I be able to drive?

It wasn't until his doctor recommended AcrySof® IQ Toric lenses to replace his cataractous lenses that Bob realized he could return to the activities he loves.

Toric lenses are designed to treat the astigmatism I’ve had my whole life and my cataracts, all in the same procedure.

Now Bob is back on the road and seeing the world anew.

I’m driving without glasses for the first time ever, and it feels amazing.

*Inspired by real-life experiences. Actual results may vary.
Ask your doctor about the precision and customization of blade-free cataract surgery with the LenSx® Laser.

Also ask about lens options that could reduce your need for glasses.