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## Lenses for Patients with Developing Cataracts

Our doctors and staff are pleased to be able to provide you the latest technology in eyeglasses. Summarized below are new improvements in technology and the benefits available to you.

During the course of your examination we discovered that you are showing cataract changes. Today's lens technology allows us to prescribe glasses that will slow the development of your cataracts as well as improve your remaining vision. You may recall from the explanation given by the doctor that the lens inside the eye tends to become cloudier with age. This prevents the lens from properly focusing light on the retina at the back of the eye, resulting in a loss of vision. The clouding results from chemical changes within the lens. Ultraviolet (UV) light and visible light can cause the lens to "tan," much like tanning your skin. We replace our skin cells every 26 days, but the lens inside the eye must last throughout our lives.

### Sun Lenses

The lens technology we have prescribed for you will block 100% of the most damaging light in the atmosphere. The tint recommended for you will block from 60% to 85% of the visible light necessary to see during daylight hours. Some tints are prescribed to allow normal color perception, and others are designed to increase contrast. The appropriate tint depends on the extent of your cataract changes and your personal needs. New lens technology also reduces the glare off surfaces such as roadways or reflections off water.

Lenses specifically designed to inhibit the progression of cataracts are manufactured from high-technology polymers, which are the least likely to break in case of an accident. The lens material is lighter, thinner, and the safest available.

### Indoor Lenses

The clouding of the lens of the eye causes less light to reach the retina. New lenses allow nearly 10% more light to enter the eye. Thinner lens designs also result in more light reaching your retina. Newer lenses eliminate irritating reflections and improve contrast with high-technology tints and coatings. The additional light, loss of glare, and improved contrast will allow you to read more comfortably and see better when driving at night.

These indoor lenses and sun lenses have properties that will provide you with better vision as well as protect you from the light rays contributing to the cataracts. Remember to wear your special sunglasses during all outdoor activities in the daylight. Try them on cloudy days and you may discover after a minute or so that you will adapt and see well with the sun lenses.

Our doctors and staff will continue to monitor new changes in lens technology that will benefit you. With today's new lens technology and adherence to your doctor's prescriptions, you can expect to see well the rest of your life. Thank you for the opportunity to provide you with your vision care. We look forward to seeing you in the future.

