



Monthly Educational Topic

Each month our newsletter will provide you with information from one of our clinicians on a topic we hope you will find useful and informative. The topic this month is on Ophthalmology written by Vinod Gangwani our Ophthalmologist.

Editors:
Mr Josh Jacob & Dr Ashwin Unnithan

Welcome

Welcome to the new **Surrey Total Health** newsletter for our local GP's. **Surrey Total Health** are a consortium of clinicians working in the Surrey and outer London region to support GP practices with educational events, talks within your practice, materials and referrals for your self-paying and insurance patients.

Our aim is to ensure we can provide care for almost any condition. With some of the UK's leading clinicians at our disposal, we're almost certainly able to help you and your family. The practice areas we cover are wide and varied - from head to toe and from old to young.

Vinod Gangwani

Consultant Ophthalmic Surgeon

Mr Gangwani is a highly experienced Consultant Ophthalmologist and Corneal/Cataract Surgeon with special interest in modern bespoke cataract surgery, refractive lens surgery, Glaucoma and complex cornea/ocular surface diseases.

He is a consultant eye surgeon at the Ashford & St Peter's NHS Foundation Trust, where he is also the Clinical Lead for cataract micro-surgery. He completed a fellowship in cataract surgery at Moorfields eye hospital, where he gained extensive experience in complex cataract surgery and premium intra-ocular implants (multifocal/ trifocal and toric).

As an Ophthalmologist he is able to diagnose and manage a wide range of conditions including **Cataract surgery including trifocal/multifocal and toric implants, Glaucoma, Dry eyes, Keratoconus, Corneal cross linking, Corneal transplants, Pterygium surgery, Refractive lens exchange to reduce dependency on glasses.**



Educational Support

We are in the process of delivering our September Educational Conference. All of the presentations from this event will soon be available on our website.

If you have any queries about a particular condition a patient may have that you would like advice on then please go to the 'Contact' section of our website and fill out the form. This will be passed to the appropriate speciality and a member of our team will reply to you within 5 working days.

www.surreytotalhealth.co.uk

Cataract Surgery

Update on Modern Cataract Surgery: Reducing the dependency on glasses

Cataract Basics

Cataract is the most common eye disease and part of the normal aging process. After the age of 50, it is quite probable that the human eye starts to develop some form of cataract. Cataract surgery is the only effective method to treat cataracts nowadays and it is widely regarded as safe and reliable. This procedure, called phacoemulsification or "phaco," can be performed with smaller incisions than previous surgical techniques for cataract removal, promoting faster healing and reducing the risk of cataract surgery.

During surgery, the natural clouded lens is permanently replaced with a very small artificial lens - a so-called intraocular lens (IOL). This procedure is well-established and constantly evolving with new technology: for example, new types of intraocular lenses, and more precise devices for diagnosis and imaging during surgery. It is no more just a surgery to restore sight but it also gives us an option to reduce the dependency on glasses by using premium IOLs.

Intra-ocular Lens

Intraocular lenses represent a highly innovative technology – both in terms of corrective power and the quality of vision provided. Different types of intraocular lenses are available today, enabling good vision at one, two or all three distances:

- **Near:** Approx. 40 cm (Reading)
- **Intermediate:** Approx. 80 cm (Computer work)
- **Far:** Beyond 100 cm (Spatial orientation)

There are different types of intraocular lenses available today. Generally, there is a distinction made between standard and advanced intraocular lenses, also known as premium intraocular lenses.

Monofocal IOL

Standard intraocular lenses are the most commonly used intraocular lenses in cataract treatment. They have one focal point and can improve vision at one distance: far or near. These lenses are called monofocal lenses. For the remaining distances, the patient may still need to use glasses.

Premium IOLs

Advanced IOLs are lenses that offer additional advantages on top of treating the cataract. They provide the possibility of being less dependent on glasses for different activities. Advanced IOLs include so-called multifocal lenses, EDoF (Extended Depth of Focus) lenses and lenses with added functionalities, such as toric IOLs.

Multifocal intraocular lenses have two or three focal points and restore vision at more than one distance, giving the patient a chance of being less dependent of glasses. Multifocal lenses include bifocal and trifocal IOLs, with the latter representing the most advanced technology. Trifocal IOLs allow the highest level of independence from glasses, enabling patients to see clearly at all three distances without them.

EDoF Intraocular lenses also provide some extent of spectacle independence while inducing less visual side effects at night, compared to multifocal IOLs.

Added capabilities in advanced IOLs, such as toric functions, allow the correction of pre-existing vision disorders, such as astigmatism. Due to their special optic design these types of lenses can improve contrast sensitivity and general image quality.

Refractive Lens Exchange

Refractive lens exchange (RLE), also called lens replacement surgery or clear lens extraction, may be a better option than refractive Laser eye surgery for people with presbyopia (which is usually over the age of 50), who seek to reduce their dependency on glasses. The procedure for refractive lens exchange is virtually identical to cataract surgery. The difference is that in RLE, the lens being replaced is clear, rather than a cloudy lens due to a cataract.

Summary

Premium IOLs allow patients to become less dependent on glasses, and are a good option for patients with active lifestyles and for those wanting more freedom from glasses. Since what they offer are additional benefits for patients, cataract treatment with premium lenses is currently not available on the NHS.

Questions

For a chance to win a £50 Amazon voucher answer these questions here - www.surreytotalhealth.co.uk/cataract-competition

- 1) Which of these drugs groups are a significant risk factor for cataract development?
 - a. Antihistamines
 - b. Analgesics
 - c. Corticosteroids
- 2) Which one of these is a known complication of cataract surgery?
 - a. Iridiocular endothelial syndrome
 - b. Ocular ischaemic syndrome
 - c. Posterior capsular tear and vitreous loss
- 3) Which is not a symptom of developing cataract?
 - a. Glare and Haloes
 - b. Pain
 - c. Frequent changes in eye glasses or contact lenses
- 4) What is the current visual acuity criteria for cataract surgery on the NHS in Surrey?
 - a. Monofocal IOL
 - b. Trifocal IOL
 - c. Toric IOL

