

from blur to clear™

No-Blade
LASIK
since 2003

Now **No-Blade**
CATARACT
SURGERY

 **VISTA**™ 眼科
eye specialist

The pair of hands that gave
hope, shelter, love...

They've worked hard to give you the best you deserve when you were young.
Now, it's time to give back the best for their eyesight...
when they need it most

Cataract Surgery Revolutionized

- Better Safety • Better Visual Results • Simpler Surgery
- Faster Surgery Time • Faster Recovery

The Cataract Surgery Evolution

Year: 600 B.C
Couching

A needle was used to push the lens out of the field of vision. Complication rates were horrendous and most patients remained blind.



Year: 1750's
ICCE
Intracapsular
Cataract Extraction

Removal of the cataract lens and the surrounding capsular bag through a large wound. Due to the size of the wound (10mm) and pressure placed on the eye, this procedure has a relatively high rate of complications, with many becoming blind later as there were no stitching done.

“ Still performed in some under developed countries ”

Year: 1860's
ECCE
Extracapsular
Cataract Extraction

The removal of the Cataract lens while the capsular bag is left intact. To restore vision, an artificial lens is implanted through the large wound (usually 8-10mm) and stitches it back. However, the surgery is painful, healing takes up to 2-3 months and there is a higher risk of infection and inflammation.



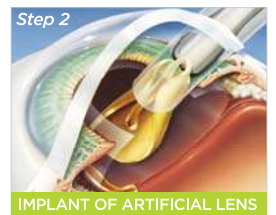
Year: 1960's
Phaco
Phacoemulsification



Step 1: This involves the surgeon using a blade (knife) to make entry wounds, then manually tear the capsular bag before breaking and removing the cataract using ultrasound or phaco (also commonly known as the “laser”).



Step 2: An artificial lens is implanted to restore the vision.



Year: 2009

Now No-Blade
CATARACT
SURGERY

A femtosecond laser (used in No-Blade LASIK) is used to replace many of the steps performed manually by a surgeon, such as making incisions (wounds); creating the capsular bag opening and breaking apart the cataract.

Aided by advanced guidance and real-time imagery technology, the No-Blade Cataract Surgery automates some of the most challenging steps in a Cataract Surgery - resulting in a greater level of precision, safety and results.



What is Cataract?

Cataract is the clouding of your eye's natural lens, which causes your vision to go blurry or foggy. It is a common symptom of ageing, but can severely inhibit a person's ability to enjoy a better quality of life.

how would I know if I have Cataract?

- Objects look blur or cloudy, bright colours appear dull, night vision is affected.
- Yellow or brown tint to your vision.
- Glare or halos around bright light.
- Glasses no longer seem to work as well as before.
- Loss of contrast sensitivity - differences in distances, contours, colours and brightness are less obvious than before.



Normal Vision



Vision Deteriorates



Blindness Can Result

What can I do about it?

If you suspect that you have a problem, seek professional advice from a qualified ophthalmologist. The only way to correct cataract is have surgery done to remove the cataract and implant an artificial lens.

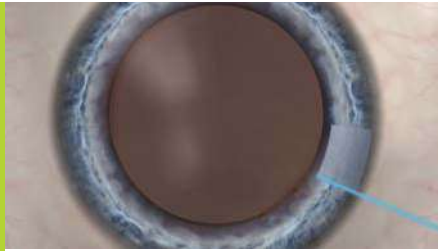
Do I need to wait for the Cataract to mature?

The longer you wait, the higher the risk of losing your vision and the more the risks of health problems or other eye problems affecting the outcome.

Decision 1

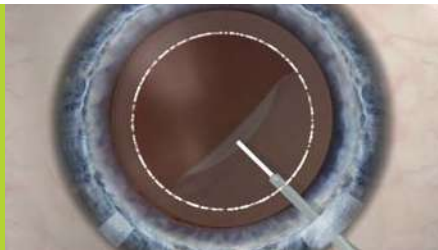
No-Blade

INCISION MAKING



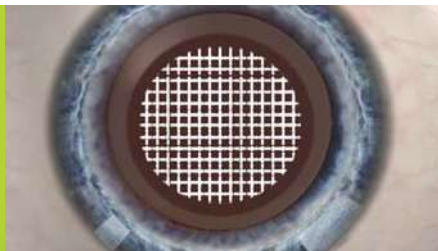
- More accurate
- Faster healing - Less infection risk
- Stronger - Less leakage risk

CAPSULE OPENING



- Perfect circular hole: Better results
- Faster surgery
- Offer more stability when implanting a new lens

CATARACT BREAKING



- Using a laser to break the cataract
- Faster & safer surgery
 - Better visual results
 - Quicker recovery

NO-BLADE

No-Blade
CATARACT
SURGERY



LenSx[®] No-Blade Cataract Surgery



Better Safety and Reliability

Reduced risk of complications including blindness and less stress to the cornea (less endothelial cell loss).



Better Visual Results

Better positioning of lens to maximize the visual outcome, while less phacoemulsification ('phaco') energy reduces haze.



Making Surgery Simpler

Replacing some manual steps and the use of a blade (knife) during surgery.



Faster Surgery Time

Pre-breaking apart of the cataract using the femtosecond laser reduces surgery time and risk.



Faster Recovery

Less phaco energy used results in faster recovery and produces better results.

Source: Laura Straub, Cataract & Refractive Surgery Today Europe April 2011, p36-46

“ **VISTA** introduced the **No-Blade LASIK** using the **IntraLase Femtosecond Laser** technology in 2003. Currently the majority of LASIK cases performed worldwide used the **No-Blade LASIK** technology. Now, VISTA employs the same **Femtosecond Laser technology** in the **No-Blade Cataract Surgery**.

”



Decision 2

Type of Lens

What are IOLs and why are they important?

Artificial intraocular lenses (IOLs), replace the eye's natural lens that is removed during cataract surgery, to help you restore your distance vision.

However, most patients still had to wear glasses even after an IOL lens was implanted as astigmatism and presbyopia (reading vision) problems weren't corrected with the standard monofocal lens.

New IOLs have been introduced that solve more vision problems than ever before. The type of lens you choose to implant determines the quality of vision you get. Now patients can choose the type of lens that fits their lifestyle – be it for reading, astigmatism or night vision needs to once again get glasses free vision they once had for many years to come.

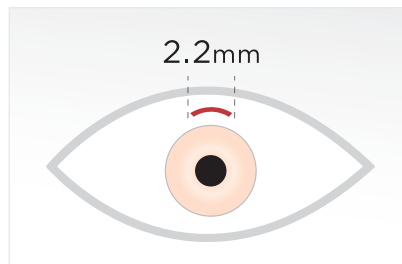
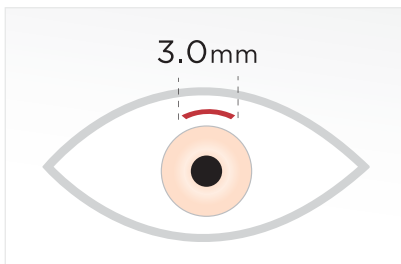
Traditional vs Modern Lens

LENS:

MONO 3.0

MULTIFOCAL ASTIG

Incision Size



- Faster healing
- Less infection & leakage risk
- Better results

Night Vision



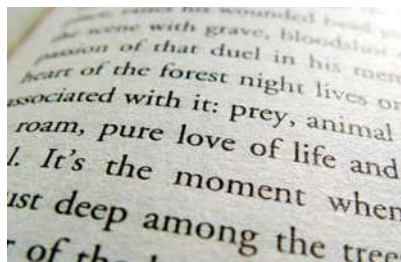
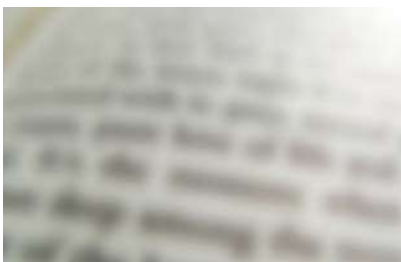
- Better overall vision quality with improved contrast & sharpness, especially at night
- Less glare & brighter vision

Astig Correction



- Clear distance vision

Reading



- Clear near vision

* Note that even with the best lens, glares and haloes may still exist. Results will vary between individuals.

Planning your Procedure

Step 1 **SPECIALIST CONSULTATION***

Duration : 3 hours

Transport : You are advised not to drive for about 2 hours after the check as your vision may be blurry. A pair of sunglasses may be helpful.

Contact Lens : Please lay off your contact lens for
Soft Lens - 2 weeks
Other Lens - 4 weeks

** Doctor consultation fees apply*

- Specialist consultation must be completed at least 1 day before your procedure.
- Complete diagnostic tests and dilated eye examination.
- Set realistic vision goals.
- Get honest straight forward answers and fees.
- One-to-one session with our specialist on your queries and condition.
- Review the Informed Consent, Before and After Care and Medication Instructions for your procedure.

Step 2 **PROCEDURE**

Duration : 3 hours

Transport : You are advised not to drive immediately after the procedure.

- No make-up, perfume & deodorants.
- Relax.
- Follow post operative instructions and return the next day.

Step 3 **FOLLOW - UP**

Duration : 1 hour

- 1 day, 1 week, 1 & 12 months routine follow-up eye check after the procedure.

Modern Cataract Surgery Patient FAQ

- 1 How is cataract surgery performed?**

Firstly, the surgeon using a blade (knife) to make entry wounds and to manually tear the lens capsule before removing the cataract using phacoemulsification (also commonly known as the 'laser'). Next, an artificial lens is then implanted to restore your vision.
- 2 When should be the right time to remove cataracts? Do I have to wait until it is "matured"?**

When it starts to affect vision and interfere with daily activities such as driving at night, reading, watching TV etc. The longer you wait, the higher the risks of doing the surgery and probably the chance you may become blind due to the cataract.
- 3 Will my cataract come back after the surgery?**

No. However, your natural capsular bag holding the lens in place develops cloudiness that looks like a recurrence of cataract. This can be easily removed permanently by a YAG procedure.
- 4 Will my health insurance cover the cost of cataract surgery?**

In most cases - Yes. Please refer to the terms and conditions of your health insurance policy or contact your insurance provider for exact details.
- 5 What is the success rate? Can I go blind?**

Success rate varies between Cataract centers. At VISTA, we enjoy a success rate of over 99%. Serious complications from Cataract surgeries are possible but are extremely rare - typically less than 1%. One of the most serious complications is an infection (which may lead to blindness) after the surgery, occurring in about 0.1% of patients. There are currently no eye drops, vitamins, or medications that can reverse or cure Cataracts, which if left untreated, can lead to blindness. Thus, the benefit of having the surgery done is more than the risk.
- 6 What if there is a power failure?**

At VISTA, our equipment is equipped with online Uninterrupted Power Supply System (UPS) which allows for sufficient time to finish the procedure without any interruption.
- 7 What about my other pre-existing eye conditions?**

If you have other eye problems such as Age-Related Macular Degeneration (AMD), Glaucoma or Diabetes, these may limit your vision after cataract surgery. However, the majority of patients found Cataract surgery to be beneficial even if they have these pre-existing conditions.

Bear in mind though, a Cataract surgery only corrects Cataract. However, some people with problems like Age-Related Macular Degeneration (AMD) have achieved better vision after Cataract surgery.
- 8 What is the recovery process like and what are the risks?**

Over the next 1-3 months, you may experience the following:

Recovery Process

 - Post-op discomfort
 - Fluctuation of vision
 - Light sensitivity and photophobia
 - Temporary corneal haze
 - Increase in eye pressure
 - Adjustment period

Risks

Patient who chooses to undergo Cataract surgery must understand that like any other surgical procedure, it carries risks including blindness as well. However, worldwide surgeons have regarded Cataract as one of the safer procedure among many surgical procedures. Among the risks are:

Complications associated with surgery:

 - Haemorrhage
 - Retained pieces of cataract in the eye
 - Retina detachment
 - Glaucoma
 - Posterior capsule rupture
 - Loss of corneal clarity
 - Infection
 - Uncomfortable or painful eye
 - Double vision

Complications associated with the IOL:

 - Increased night glare and halo
 - Double vision
 - Dislocation of the lens

At VISTA, as a result of our experience and expertise, coupled with the utilization of the latest technology, this risk is kept at an absolute minimal. Please speak to our doctor for any specific risk regarding your conditions.
- 9 What does the patient desire to achieve from a modern cataract surgery?**

Patients are looking for safety as well as the ability to see without glasses after cataract surgery with multifocal lens.

[Source: Laura Straub, When will Laser Cataract Surgery be a routine procedure? Cataract & Refractive Surgery Today April 2011, p36-46]

GLASSES FREE VISION

- 10 My friends who did cataract surgery still need to wear reading glasses to be able to read. Can that be avoided?**

Traditionally, monofocal IOLs are implanted into the eye. However, a pair of astigmatism or reading glasses may be required if you have residual astigmatism or reading problems. Fortunately, new "Toric & Presbyopia correcting" lenses can help to correct these problems, allowing you freedom from glasses, unlike your friends.
- 11 I have heard about glare problems resulting from implanting Multifocal IOLs. Is that true?**

The main advantage of Multifocal IOLs is the opportunity to see both near and far without glasses. However, a small percentage of patients can have postoperative glare as a result of the lens design. However, recent developments in IOL technology has seen the introduction of Aspheric Multifocals that have significantly reduced glare. Even so, there may still be the presence of minor glare or haloes that your eyes will eventually get used to.
- 12 If I have a monofocal implanted but would like to read without glasses, can I change to a multifocal lens?**

Yes, however it is a more difficult or risky procedure to remove the monofocal lens that is already implanted in the eye. Another option may be to use a piggyback lens, which however would be costly, difficult to implant and has higher risk. Therefore, it may be best for the patient to make the right decision the 1st time round.
- 13 Which type and brand of Multifocal lenses should I implant after cataract surgery?**

Currently, there are a few FDA approved presbyopia correcting IOLs. Tens of thousands of cataract patients have had these IOLs implanted, which gives them both distance and near vision without glasses. Your surgeon chooses which type to use based on a number of factors including your eye's anatomic suitability and refractive error, your reading requirements and your personal preference.

WHY VISTA?



Our Surgeons

Our highly experienced surgeons undergo stringent training and certification processes in advanced technologies. Our surgeons have also presented multiple clinical papers and shared their experiences to international congresses, including the ASCRS and ESCRS among them.



Stringent Patient Selection

We practice a zero compromise policy when it comes to patient suitability. Your safety comes above all else. All patients undergo highly comprehensive tests before any procedures are recommended.



Safety

We perform your treatment in Class 10K Certified clean rooms – one of the highest & most stringent standards worldwide – equipped with True HEPA (High Efficiency Particulate Air) systems. We maintain a strict schedule for maintenance and servicing of our equipment by certified experts and employ single-use surgery disposables.



Modern Technology: No-Blade Cataract Surgery

We constantly upgrade our equipment and software to the modern in technology and safety standards to seek for improvement and higher precision in our treatments. VISTA is among the first center in ASIA to have the No-Blade Laser Cataract Surgery and one of the center in Malaysia currently to offer this technology for much improved safety and outcomes.



Service Experience

VISTA offers not only world class eye correction procedures here in Malaysia but pair that with a pleasant and comfortable environment, and customer service that starts and ends with a smile.



0% EzyPay up to 24 months

VISTA believes that visual freedom should be affordable for everyone and as such, we have introduced ZERO Interest installments via major banks in Malaysia (absolutely no fees & hidden charges), making the path towards a better eyesight – that much easier.



MOST Choices for Visual Freedom

At VISTA, we offer the widest range of lenses to help you achieve the visual results and the freedom from glasses that you have always wanted. Our doctors will carefully select and recommend the lens most suitable for you from the best lens manufacturers: Abbot, Alcon, Bausch & Lomb, Zeiss, Oculentis etc.

MAJOR AWARDS



Business of The Year &
Best Employer of The Year
2011

F R O S T & S U L L I V A N

Malaysia Frost & Sullivan Vision Care Centre of the Year 2010



Best LASIK Center
2006 & 2011

Alcon®

Multifocal Champion
Centre Award 2006 - 2009



Highest Usage of ICL and Toric
ICL in South East Asia 2009



SME Best Employer
Grand Award 2015 &
Silver Award 2013



HR Asia™
BEST COMPANIES
TO WORK FOR
IN ASIA 2013
HR Asia
(Best Companies To Work
For In Asia)
2013



Best CSR 2011
(Small Company CSR)



2009 - 2012



2005
Celebrating Malaysia's
Enterprising Spirit
2003 & 2005



2003 & 2005

A **globalEYES** MEMBER
AN ALLIANCE OF LEADING EYE CENTRES

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