

BE SMART: GO SMALLER

EVOLUTION OF IOLs WITH PROGRESS IN CATARACT SURGERY

By Dr. Mahipal Sachdev

Cataract surgery has continuously evolved to reduce the incision size with the use of ever improving technology. The early cataract surgeries involved the removal of the entire lens of the eye, along with the lens capsule. This procedure was known as Intracapsular Cataract Extraction (ICC) and required an incision of 12mm. Patients had to undergo stitches and patching of the eye.

ICCE was followed by a technique called Extracapsular Cataract Extraction (ECC), which entailed the removal of the lens while leaving the majority of the lens capsule intact. This procedure brought down the incision size to 7 to 8mm.

Then in 1967, a major breakthrough was made with the introduction of the Phacoemulsification. This technique used ultrasonic waves to remove cataracts and the incision size was brought down a step further to 2.8 to 3.4mm. Phaco was performed using local anaesthesia.

This continuous endeavour to reduce incision size and improve the life and safety of the cataract patients finally led to the advent of the Microincision Cataract Surgery.



The breakthrough cataract removal technology has radically brought down the incision size to a mere 1.6 to 1.8mm.

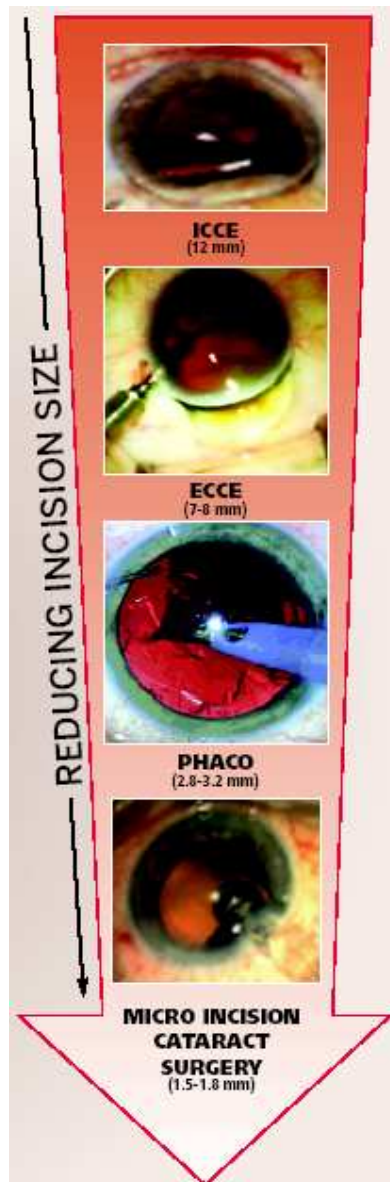
With this technique the cataract (opaque lens of the eye) is removed and replaced with a third generation ultra-thin foldable Intra Ocular Lens (IOL) called Akreos® AO Micro Incision Lens. This lens has been awarded the Medical Design Excellence Award for 1008. The new IOL offers advantages not only in terms of correcting spherical power but also the cylindrical power and aberrations, which translates into sharp and crisp vision and the smaller incision also leads to faster vision recovery. The path breaking treatment is quick and virtually painless and is performed as an outpatient procedure that is sure to change the way people look at cataract in the future.

CATARACT: HARD FACTS

- Cataract is responsible for more than half of the blindness in the world
- 22 million blind eyes in India (WHO Survey)
- 80% blind due to cataract
- Annual incidence of cataract blindness 3.8 million
- Present rate of cataract surgery 1.7 million per year

ADVANTAGES OF MICRO INCISION CATARACT SURGERY:

- Incision size 50% smaller than standard Phaco, this leading to faster wound and vision recovery.
- Good news for diabetic patients; smaller wound means faster healing.
- Early return to normal life.
- Enhanced quality of vision due to improved IOLs such as Akreos® AO MIL.
- The surgery can now be done in all seasons, whether monsoon or summer.



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