

# Dr. Daniel Hutter: Ask Me Anything About Cataracts

June 29th, 2016



**Moderator** Hello everyone. We'll start our chat in approximately 15 minutes

**Dr. Hutter** Dr. Daniel Hutter, M.D. is online from India

**Linda** very looking forward to this chat

**Danielle** Looking forward to this online chat.

**Matthew** Good morning Dr. Hutter!

**Moderator** Thanks for joining everyone. We'll begin in a few moments.

**Dr. Hutter** Good morning to those in the AM and good afternoon or evening to those in those in PM.

**Moderator** Good morning everyone just a few more minutes

**Sirley Vidal Claros** Good morning to all

**Moderator** Welcome to our first chat for I'm Daniel Hutter, MD – Ask Me Anything About Cataracts and good morning everyone.

**Matthew** Hello Dr. Hutter, thanks for taking time to answer our questions today!

**Moderator** We have some questions that were submitted before hand we can cover. In the meantime please feel free to chime in and ask any you may have

**Dr. Hutter** I am happy to participate as part of Cataract Awareness Month

**Moderator** Dr. Daniel Hutter: His interest in blindness prevention began when he served with Orbis's Flying Eye Hospital Dr. Hutter is a board-certified ophthalmologist obtaining his medical degree from the Jefferson Medical College at Thomas Jefferson University. Before coming to HelpMeSee Dr. Hutter was a Visiting Scientist at the National Library of Medicine and a comprehensive ophthalmologist and cataract surgery expert at the Mid-Atlantic Permanente Medical Group. Welcome Dr. Hutter!

**Dr. Hutter** Thank you for the introduction.

**Moderator** No problem. Let's go to our first question. We have a question from Brigitte. Does cataract surgery also correct myopia? How does this work?

**Dr. Hutter** Cataract surgery can correct myopia (near sightedness). Before having surgery measurements are taken of the eye which allow your doctor to implant an artificial lens which can correct a prior refractive error.

**Caity** Hi Dr. Hutter - Should someone's vision be clear right after cataract surgery? If not, does it mean there's complications?

**Dr. Hutter** Many times the vision is clear one day after surgery, but it is not uncommon for there to be swelling in the eye which can reduce the vision. This swelling improves over a short time with the use of anti inflammatory drops.

**Matt** Hi Dr. Hutter- I know someone that received cataract surgery, and now every time I look at either one of their eyes, it give off a reflective glare. What is that, and is it possible to get rid of?

**Dr. Hutter** Some intraocular lenses (IOL's) do have a reflection when seen by another person. Usually it is easier to notice when the pupil is dilated. There is no treatment for this.

**Moderator** We have another question submitted via the form

**Dr. Hutter** Great!

**Moderator** A question from Paula: Should someone's vision be fairly clear after cataract surgery? If it isn't does this mean there may be a complication?

**Dr. Hutter** Cataract surgery usually results in excellent vision afterwards. Sometimes glasses need to be worn to get the best possible vision after the surgery. There are many causes for decreased vision after cataract surgery, but luckily they are uncommon.

**Kelly Tang** Is cataract surgery as successful in a wrinkled eye?

**Dr. Hutter** I am unsure what is meant by a wrinkled eye.

**Moderator** ok. thanks anyways

**Leticia** Why do some people who are born blind, for whatever reason, unable to see even if the condition in the eye can be fixed?

**Linda** Can a middle age person have cataract? I know only old and children have cataract

**Dr. Hutter** Leticia, there are many causes for congenital blindness. One big is is that the eye problem, if correctable, needs to be fixed at an early age, otherwise the part of the brain which handles vision does not develop properly.

**Leticia** @Dr. Hutter - Ahh thanks!

**Dr. Hutter** Linda, Cataracts can be present at all ages, most commonly it is a problem of advanced age. Younger onset can be seen in people with medical issues (like diabetes), genetics, medications (like steroids) or injuries. Great question and a common one!

**Linda** @Dr. Hutter - thank you

**Moderator** A question that I see coming in through email. What is MSICS and why does HelpMeSee use that? Do we ever use that in the US?

**Dr. Hutter** MSICS is a cataract surgery technique which gets excellent results, but is also low technology. It uses a small incision into the eye, and does not require stitches. It is an great operation for those with very advanced cataracts, and it is done in the U.S. although less commonly than a high tech and more costly operation called phacoemulsification which uses ultrasound

**Danielle** Could having surgery such as PRK or Lasik have an effect on the likelihood of getting cataracts?

**Dr. Hutter** Refractive surgery like PRK or LASIK do not cause cataracts.

**Kristin** How do cataracts cause blindness and why? Is this a big problem?

**Dr. Hutter** Cataracts are when the lens inside the eye becomes cloudy and opaque. Sometimes they can become so advanced that they can cause blindness, and this is actually a significant cause of world blindness (although treatable with surgery).

**Justin** @Dr. Hutter I have a 3 part question: How safe is cataract surgery? Can cataracts return? Are there alternatives to surgery?

**Dr. Hutter** Cataract surgery is an excellent and safe procedure which provides great vision results. It is very rewarding for me to perform as an eye surgeon as my patients are almost always very happy! Cataracts cannot return, although the bag in which the cataract sits ni the eye can become cloudy. This can then be remedied with an in office laser procedure which takes only a few minutes. Once the vision becomes poor there is no treatment except surgery.

**Matthew** Why is poor vision and blindness NOT considered a public health issue like Ebola or Malaria?

**Dr. Hutter** Poor vision and blindness are public health issues, it is just that blindness from cataract surgery requires a long term solution, which is what HelpMeSee is proposing with our simulator based training program.

**Moderator** We will be wrapping up shortly. I have 2 more questions that have been presubmitted.

Question from Mr. Banaerjee: What can be done to improve the vision of a child that was born with cataracts? This went undiagnosed for many years. Even after corrective surgery it seems as if they never fully developed the visual cortex of their brain. Are there exercises to fix this?

**Dr. Hutter** This is known as amblyopia, and regrettably if the visual part of the brain does not develop properly, there are no exercises (with current medical knowledge) to fix this. But research is always ongoing.



**Moderator** Another question from email, can you feel a cataract in your eye? Once it's replaced can you feel the IOL lens?

**Dr. Hutter** Cataracts affect the vision, so there are visual symptoms but a patient can't feel a cataract in the eye, nor can you feel the artificial lens.

**Moderator** Before we sign off any more question from our viewers? Well thank you Dr. Hutter for your questions and a special thank you to everyone who participated. If you signed up for a reminder, you'll receive an email within the next 48 hours that includes a link to page with a copy of this transcript.

**Dr. Hutter** It was my pleasure.

**Moderator** If you didn't sign up for a reminder and still want to receive this complete the form at the bottom of the page. You can also follow us on our social media sites: Facebook, Twitter or LinkedIn. Be well! Thank you again Dr. Hutter and good night!

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## About HelpMeSee

HelpMeSee is a non-profit social enterprise committed to ending the global health crisis of cataract blindness. With a focus on surgical training, HelpMeSee has introduced market viable products and services to be affordable within the neediest populations to eliminate the leading cause of blindness.