

AIM FOR BETTER VISION

Mr Amar Alwitary is an experienced ophthalmic surgeon who practises at Nuffield Hospital and the Royal Derby Hospital in Derby, Woodthorpe Hospital in Nottingham, and Loughborough Community Hospital. Brought up in Jersey, Amar moved to Nottingham to undertake his medical training. He obtained his surgical qualifications from the Royal College of Surgeons of England before moving into ophthalmology, utilising his surgical skills to advance quickly. He completed all of his subsequent training in the Midlands, where he now practises.

'I'm keen to educate the public, GPs and fellow ophthalmologists on how to enhance eye health,' says Amar. 'And I've designed my website to be user-friendly so anyone can find out about their eye condition. GPs have their own area on the site which means I've been able to make patient explanations easily understood. I'm proud to have written two medical text books and have edited a third major text for trainee ophthalmologists.'

'I'm fully aware that it's scary to have your eyes operated on. If I was having eye surgery, I'd be nervous, too. I aim to make the whole experience as comfortable and pleasant as possible and firmly believe that the patient and I are in partnership. I find it truly humbling that patients put their trust in me and leave their vision in my hands. I strive to ensure that I do the best for all my patients.'

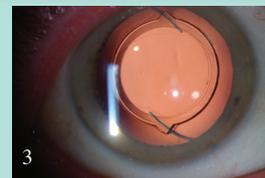
Amar's main speciality is in cataract surgery and glaucoma but he also has an interest in all aspects of ophthalmic surgery and medicine.

WHAT IS A CATARACT?

When light enters the eye, it is focused on the retina by the lens – a Smartie-sized magnifying glass sitting just behind the iris (the coloured part of the eye). As we age, the crystals within the lens begin to cloud, eventually resulting in



CATARACTS: FROM CONSULTATION TO POST-OPERATIVE SUCCESS



(1) During the consultation. (2) The cataract can be seen as the cloudy area in the middle of the picture. (3) After surgery, when the new synthetic lens is in place, you can see that the white opacity is removed.

blurred vision. Sometimes, with early cataracts, the vision is not affected but light is scattered, causing 'haloes' around lights (particularly with night driving) and glare in bright conditions.

I HAVE A CATARACT. WHAT DO I DO?

First, you need to decide whether to do anything at all. When you see the ophthalmologist, discuss the difficulties you are having with your vision and how these affect your daily life and activities.

'We shouldn't try to fix something that's not broken,' says Amar. 'So, if you're happy with your vision as it is, you should probably leave things as they are. Just because you have a cataract doesn't mean you automatically require surgery. Of course, I can discuss this with you face to face and go through the individual pros and cons of surgery.'

If your poor vision interferes with your life, then cataract surgery can be considered.

IS CATARACT SURGERY SAFE?

The procedure is reasonably safe but, sadly, no form of surgery is completely risk free. Some patients can lose vision which is why choosing the correct surgeon is paramount.

'The overwhelming majority of my patients are absolutely delighted by their vision,' says Amar. 'Comments such as, "It's like seeing the world

in high definition for the first time," and "You've opened my eyes to the colours of the world," and "You've given me the best Christmas present ever," bring me immense satisfaction. The patient and I are in this process together and together we can ensure that we achieve the best possible visual outcome.'

For more information about cataracts and cataract surgery as well as other eye diseases, visit Amar's websites, www.eyefinfo.org.uk and www.cataractsurgery.org.uk

TEXTBOOKS WRITTEN



GET IN TOUCH...

MR AMAR ALWITRY
(pronounced *all-wit-ree*)

For appointments at the hospitals, where Amar practises or for more information about cataracts, contact his practice manager, on **07525 062160** or **01332 787515**. Alternatively, log on to www.eyefinfo.org.uk or www.cataractsurgery.org.uk and click 'Contact', or email appointments@eyefinfo.org.uk

