



Mehta International Eye Institute

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Why Removing a Cataract Early is Much Better

Padmashree
Awardee

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Consultant Ophthalmic Surgeon
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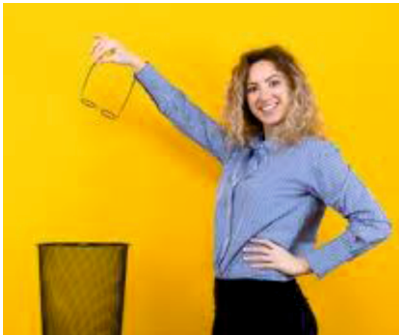
- Breach Candy Hospital & Research Centre
- D. Y. Patil Medical College and Hospital

It is far safer to do cataract extraction before the cataract becomes mature.

- Cataract remains the leading cause of reversible blindness worldwide.
- Historically, surgeons waited for cataracts to "RIPEN" before surgery, largely because early surgical techniques required a firm nucleus for safe extraction.
- With the advent of modern microsurgical methods particularly phacoemulsification and now the advent of Robotic cataract surgery, this paradigm has fundamentally changed.
- Today, strong clinical, surgical, and patient-centered reasons support cataract extraction before the cataract becomes mature.



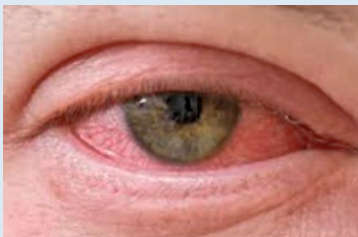
Superior visual outcomes when a soft cataract is done early rather than later



- Visual outcomes are also superior when cataracts are operated at an earlier stage.
- In mature cataracts, coexisting retinal disease may remain undetected until after surgery, sometimes leading to patient dissatisfaction despite technically successful surgery.
- Surgery is done before maturation permits accurate preoperative evaluation of the retina and optic nerve is possible, enabling more accurate results.
- Early intervention therefore aligns surgical success with patient expectations and improves postoperative satisfaction.

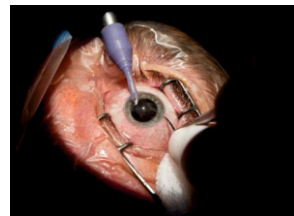
Early cataract surgery eliminates most complications associated with Hard Cataracts

- Another compelling reason to avoid delay is the prevention of cataract-induced ocular morbidity.
- Mature cataracts are associated with serious secondary complications, including glaucoma, and lens-induced uveitis, and cornea problems. These conditions may cause irreversible optic nerve damage or permanent visual loss if not promptly treated.
- Early cataract extraction eliminates these risks entirely and converts a potentially complex emergency into a planned, happy safe procedure.



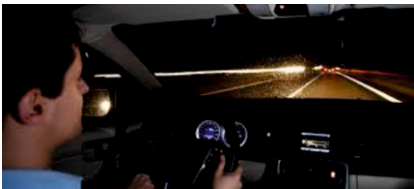
Operating advanced cataracts is always risky despite the new advance medical instruments

- Mature and hypermature cataracts often have hard nuclei, poor red reflex, increased eye pressure, and weakened zonules
- Hard cataracts increase the risk of complications such as posterior capsular rupture, zonular dialysis, and prolonged surgical time.



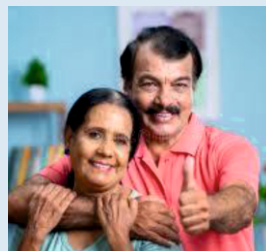
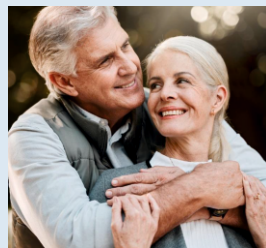
Delaying Cataract surgery has many problems

- Even moderate cataracts can significantly impair contrast sensitivity, depth perception, and night vision functions critical for safe mobility and independence.
- Delaying surgery increases the risk of falls, road traffic accidents, and loss of autonomy, particularly in elderly patients.
- Modern cataract surgery is not merely a vision restoring procedure; it is a quality of life enhancing intervention



In Conclusion : Cataract Surgery is best done when first detected rather than later

- Early cataract extraction is safer, yields better visual outcomes, prevents serious lens-induced complications, and markedly improves patients' quality of life.
- In the era of advanced cataract surgery, the guiding principle should no longer be when the cataract is ripe, but when the cataract first commences, and patient's vision and daily functioning begin to suffer.





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Awarded **PADMASHREE** by the
President of India in 2008

for Exemplary Surgical Skills and his
outstanding Achievements and Research
in Ophthalmology

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Knowing Prof. Dr. Keiki R. Mehta

- ◆ Prof. Dr. Keiki R. Mehta is India's foremost Consultant Ophthalmic Surgeon, and is The Surgical Chief & Medical Director of The Mehta International Eye Institute, Colaba, Mumbai, considered to be Asia's most advanced and foremost Ophthalmic Institute, and specializes in Cataract, LASIK, Glaucoma, Squint, Lazy Eyes, Keratoconus, Retinal surgeries and treatment. An outstanding researcher and clinician, he has extensive experience of Excimer Laser, PRK and LASIK techniques which he has done on over 11000 patients over the last 15 years.
- ◆ Received the "ASCRS Honored Guest Award", the highest recognition award by the American Society of Cataract and Refractive Surgeons, (ASCRS), the world's largest ophthalmic society, at the ASCRS Annual Symposium held in Boston, USA this April, 2014 by the President of the Society, Prof. Dr. Eric Donnenfield.
- ◆ Awarded the Antonio SCARPA Medal and Oration of the Italian Ophthalmic Society, which is the highest honor given by the Italian Ophthalmic Society for outstanding Work, Research, Outstanding Surgical Skills in Ophthalmology by the President of the Society, Prof. Matteo Piovella in Milan, Italy, May 2014.
- ◆ He has been honored by the Swiss Eye Research Foundation, by the President of the Swiss Ophthalmic Society, Prof. Bojan Pajic at the recently concluded Congress EyeAdvance Focus conference, June 2014.
- ◆ He is the only Indian to be elected a Member of the Legion d' Honor of the Instituto Barraquer, Barcelona, Spain
- ◆ Prof. Dr. Keiki Mehta is the only distinguished Indian Ophthalmic surgeon to be ever invited to Operate Live at Video Cataracta in Milan, Italy, where only the best of the best are invited, at Europe's biggest Live Surgery Conference
- ◆ Prof. Dr. Keiki R. Mehta is considered India's foremost Ophthalmic surgeon, and has conducted Live Surgical workshops in every major city in India, and has trained thousands of doctors in Intraocular implant surgery and Phacoemulsification and Laser refractive surgery including Lasik

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Knowing Prof. Dr. Keiki R. Mehta

- ◆ The American Implant Society awarded him its Appreciation Award, at San Francisco for pioneering Soft Intraocular implants for the first time in the world.
- ◆ He has received Grand Honors Award from the National Eye Research Foundation, Chicago, USA, the only Indian to be ever awarded.
- ◆ Presented the prestigious Lim International Award from the Asia Pacific Intraocular Implant Association for outstanding work in Ophthalmology in the Asia Pacific Region, the only Indian to be presented this award.
- ◆ Awarded the Triple Ribbon Award of the American Society for Cataract and Refractive Surgery, USA, for Outstanding Research presentations in Ophthalmology.
- ◆ Presented the Outstanding Recognition Award by International Council of Cataract Surgeons for Outstanding Research & Development in Cataract Surgery, award presented at Barcelona, Spain. Presented advanced research papers on Lasik Internationally and won the Outstanding Presentation Award at San Diego, USA.
- ◆ He is the winner of 11 Gold Medals in India, having received virtually all the Honors possible, has been the President of the All India Ophthalmologists Association and President of the Intraocular Implant and Refractive Society among many others.
- ◆ Chairman and Organizing Secretary of the very successful EyeAdvance Congresses for the last 26 years 1996-2023 These have now reached an iconic status and are recognized worldwide.



Prof. Dr. Keiki R. Mehta

receives the Grand Honors award from the ASCRS in Boston at the hands of the President Prof. Eric Donnenfield



Prof. Dr. Keiki R. Mehta

receives Leading International Ophthalmological Award from Swiss Eye Research Foundation Award



Prof. Dr. Keiki R. Mehta

presented the Prestigious Antonio Scarpa Medal in Italy.



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