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## Cataract management: What is the Win-Win?

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**Statement of the Problem:** Cataract is the leading treatable cause of blindness worldwide (48%). Its impact on people living in the underdeveloped and developing countries. Here will review the progress in the management of cataract over centuries and the critical milestones. There is no doubt that we are seeking the perfection and we almost there but are we done? Are the solutions cost effective? The current options are so good to the extent that not every cataract surgeon is excellent in it. More than 3-4 decades back; ophthalmology was not too much to tell but now is too much to remember in fact.

**Methodology & Theoretical Orientation:** Literature review of the revolution in cataract management to highlight its major changes and how it became sophisticated is enough to step backward and try to consider what could be the effective change later. Improving the outcomes & reducing the risks is the standard medical before being a quality goal. Pathophysiology, biochemistry, physics, optics, diagnosing, encoding and best affordable management these are pieces of the old puzzle.

**Findings:** Review of literature's & the technology changes pointing with a convincing evidence that we are about to arrive to our goal but its cost going to be up. We moved from couching/needling to femtosecond laser assisted and premium primary or secondary implants; surprisingly looking around in the world, all options are alive.

**Conclusion & Significance:** Cataract is a major health issue that we must work on it targeting probably genetics? Or biochemistry reversing the lens clarity at least for the non-traumatic ones.

### Biography

Sultan E AL-Zaaidi is a Consultant Ophthalmologist in Prince Sultan Military Medical City (PSMMC) in Riyadh, Saudi Arabia. He is Specialized in Anterior Segment, Cornea, Refractive Surgery & Uveitis and had his training and practiced in major tertiary care hospitals. Being involved in governmental, educational and private sector allowed him to build good skills and experience in his field. Currently, Sultan AL-Zaaidi over many years had chances to operate most of the machines, products & microscopes practicing management of anterior segment diseases in both sectors from simple to complicated applying premium solutions. He gave a lectures/courses in cataract management and Uveitis in couple of symposium. He holds the Director of Continuous Education in (PSMMC) and working on establishing the permanent microsurgical ophthalmic surgical skills training center and initiating basic science ophthalmology research project under the research center of PSMMC.

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