SNU Eye Clinic Explains the Right Timing for Cataract Surgery in Patients Over 50

SNU Eye Clinic explains when patients over 50 should consider cataract surgery and how eye condition, lifestyle, and lens selection can affect outcomes.



Dr. Chung Eui Sang, Chief Director of SNU Eye Clinic, specializes in cataract and refractive surgery and provides personalized treatment based on each patient's eye condition and visual needs.

SEOUL, SOUTH KOREA, September 11, 2026 /EINPresswire.com/ -- As more international patients travel to Korea to seek medical care, interest is growing not only in vision correction procedures but also in examinations and treatments for presbyopia and cataracts. In particular, because presbyopia and cataracts commonly occur together after the age of 50, overseas patients considering cataract surgery in Korea should understand the appropriate timing for surgery and the key factors involved in selecting an intraocular lens in advance.

Cataracts are a common age-related eye condition that occurs when the natural lens inside the eye becomes cloudy, resulting in blurred or hazy vision. Symptoms may include reduced visual acuity, glare, halos around lights, and double vision.

Presbyopia often develops around the same period, making it difficult to distinguish between the two conditions based on symptoms alone. In some cases, patients may notice that they can temporarily see nearby text more clearly without reading glasses and assume that their presbyopia has improved. However, this may actually be a form of "index myopia," which can occur when changes in the refractive power of the natural lens are caused by cataract development. Regular eye examinations are particularly important for individuals with risk factors such as high myopia, diabetes, uveitis, previous eye trauma, excessive ultraviolet

exposure, or long-term steroid use.

Being diagnosed with cataracts does not necessarily mean that surgery is required immediately. In the early stages, the progression of cataracts can be monitored through regular examinations, and medication may be used when appropriate. However, medication cannot restore transparency to a natural lens that has already become cloudy.



SNU Eye Clinic's modern clinical environment in Gangnam, Seoul, where patients receive comprehensive eye examinations and personalized ophthalmic care.

Therefore, the timing of cataract surgery should not be determined solely by age or the time of diagnosis. Instead, the progression of the cataract and the degree to which it affects daily activities should be considered together. Surgery may be considered in consultation with an ophthalmologist when reduced vision begins to interfere with activities such as driving, reading, or work, or when other issues, such as lens displacement, inflammation, or increased intraocular pressure, are present.

At the same time, unnecessarily delaying surgery may also require caution. If a cataract progresses significantly and reaches an advanced or hypermature stage, the natural lens can become increasingly hard, potentially making surgery more technically challenging. In some cases, swelling of the lens may interfere with the flow of aqueous humor and lead to increased intraocular pressure, raising the risk of complications. This is why regular examinations are important for monitoring cataract progression and determining an appropriate time for surgery.

> Regular eye examinations are important for determining the right timing for cataract surgery based on each patient's condition."
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> *Dr. Chung Eui Sang*

For patients undergoing presbyopia and cataract surgery, the choice of intraocular lens is also an important factor that can affect visual quality and convenience after surgery. Different types of intraocular lenses, including monofocal and multifocal lenses, have different optical characteristics. Lens selection should therefore take into account not only factors such as high myopia, astigmatism, retinal health, and the degree of dry eye, but also the patient's occupation,

lifestyle, preferred viewing distances, and frequency of night driving.

For overseas patients traveling to Korea for cataract surgery, the availability of effective communication with the medical team is another factor worth considering. Patients need to clearly understand their examination results, surgical options, the characteristics of different intraocular lenses, and precautions before and after surgery in order to make informed decisions about their treatment.



Dr. Chung Eui Sang of SNU Eye Clinic participates as a speaker at the Clareon PanOptix Pro & Unity Launch Symposium, highlighting his ongoing academic and professional activities in cataract surgery.

Located in Gangnam, Seoul, SNU Eye Clinic operates an interpretation support system for overseas patients. Interpretation assistance is available during examinations, consultations, and medical appointments, helping patients better understand their eye conditions, treatment options, intraocular lens selection criteria, and postoperative care.

Dr. Chung Eui Sang, Chief Director of SNU Eye Clinic, explained, “Cataracts do not necessarily require surgery immediately after they are detected. However, if cataracts progress too far, the surgery can become more challenging. Regular eye examinations are therefore important for determining the appropriate timing for surgery based on each individual’s condition.”

He added, “Intraocular lens selection should also be based on a comprehensive assessment of the patient’s eye condition, lifestyle, and visual needs. Choosing an appropriate lens based on these factors may help improve visual quality and satisfaction after surgery.”

Meanwhile, SNU Eye Clinic provides ophthalmic care for both domestic and overseas patients, including vision correction procedures as well as treatments for presbyopia and cataracts. The clinic operates an interpretation support system to facilitate communication throughout the medical process for overseas patients.

Dr. Chung Eui Sang, Chief Director of SNU Eye Clinic, completed his bachelor's, master's, and doctoral degrees at Seoul National University College of Medicine and received his clinical training at Seoul National University Hospital. He subsequently served as a professor at

Samsung Medical Center and as a research professor at Schepens Eye Research Institute of Harvard Medical School in the United States. He has continued clinical and academic activities in the fields of cataract and refractive surgery.

He was also named to The Ophthalmologist's 2026 Power List Top 50, reflecting his continued involvement in international academic exchange and ophthalmic research. Based on the clinical experience of its medical team, SNU Eye Clinic has established a care environment designed to help overseas patients fully understand their treatment journey, from examination and consultation through surgery and postoperative care.

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