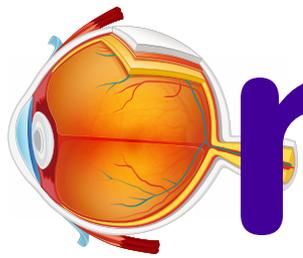


SingVision®

ISSUE 2 : 2013 / 2014

A PUBLICATION OF SINGAPORE NATIONAL EYE CENTRE



An Eye for the Community
Lions World Sight Day

THE BOND 'EYE-DENTITY'
SNEC's Dinner & Dance 2013

What's Your EyeQ?
Eye Infections

Pearls from the Orient
26th APACRS Annual Meeting

FOR YOUR EYES ONLY
REFRACTIVE SURGERY TREATMENTS

Image: Anterior chamber of eye (An award-winning image from the Ophthalmic Imaging Department of the Singapore National Eye Centre)

Tomorrow's Eye Care, Today®



Singapore National Eye Centre
SingHealth
www.snec.com.sg

Much more than meets the eye

For your eye health, stay up to date with SNEC's mobile apps

Your Eye Matters

Learn more about your eyes and get a tip or two about eye care at your convenience. The MyEyeMatters app offers educational videos and information on various eye conditions, their symptoms, prevention, treatment as well as advice on post-operative care after an eye surgery. You can even find information about SNEC's specialists. The app is available for iPhone, iPad and Android.



Track Your Medication

If you have glaucoma, and often forget to apply your eye drops, help is at hand! The MyEyeDrops app allows you to select your medications from a list with accompanying photographs for easy identification. You can then set reminder alerts to apply the correct drops to the correct eye, at the right time. There are also additional functions for appointment reminder and medication top-up. The app is available in English and Chinese for iPhone and Android.



Singapore National Eye Centre
SingHealth

SINGAPORE NATIONAL EYE CENTRE
11 Third Hospital Avenue, Singapore 168751
Tel: (65) 6227 7266 Fax: (65) 6227 7290
Email: appointments@sneec.com.sg | Visit us at: www.sneec.com.sg

'We are sure that we have a way to treat myopia'

By POON CHIAN HUI

FOR 16 years, doctors at the Singapore National Eye Centre (SNEC) have been trying to find a way to stop myopia in its tracks.

used because of the side-effects caused by eyedrops with 1 per cent atropine, the normal available dose.

As the drug dilates the eye's pupil, letting in more light, children

the least decline

The findings v an international er this week.

Dr Lam Pin M ologist at KK W



For 16 years, doctors at the Singapore National Eye Centre (SNEC) have been engaged in the clinical ATOM studies to understand myopia progression. The team finally showed that the ultra-low dose of 0.01 per cent atropine eye drops can reduce myopia progression by about 50 to 60 per cent with no side effects and no safety issues. There is minimal dilation of the pupil and almost no effect on the near vision ability for the children.

For decades, it has been known that atropine can be used to counter myopia. But it has not been widely used because of the side effects caused by eye drops with 1 per cent atropine, the normal available dose. As the drug dilates the eye's pupil, children needed to wear sunglasses before going out in the day. Atropine also blocked the near focus, which meant that children needed to wear bifocal eyeglasses when reading. There was a risk that myopia would 'rebound' when atropine was stopped.

In a five-year study conducted by SNEC and the Singapore Eye Research Institute which began in 2006, 400 short-sighted children were put on daily eye drops with three different concentrations: 0.5 per cent, 0.1 per cent and 0.01 per cent. In this study, 0.01 per cent atropine was found to be almost as effective as higher doses in slowing myopia with much less side effects (no glare or near blur). Children treated with 0.01 per cent atropine were also less likely to 'rebound' when treatment was stopped.

Eyes May Hold Clues to Stroke Risk

With an increasing elderly population prone to debilitating health conditions, the link between the eyes and stroke risk cannot be ignored, according to studies recently published by the Singapore Eye Research Institute (SERI).

In fact, Professor Wong Tien Yin, SERI's Executive Director and co-author of the studies, said the eyes provide "a window" to study early signs of stroke damage.

In the first study, the institute found that changes in the retinal blood vessels were seen in stroke patients. Changes in the retina are usually a late manifestation of damage to the blood vessels, but advances in digital retinal photography and computer image analysis have enabled the assessment of healthy retina to help quantify early and subtle changes in the structure and pattern of the retinal blood vessels.

According to Dr Mohammad Kamran Ikram, Assistant Professor at SERI and National University Health System, these associations are independent of effects of age, other factors such as blood pressure and diabetes, and even visible signs such as small bleedings and narrowing of vessels.

In the second study, researchers tracked damage in the retinal blood vessels in more than 2,600 Singapore Malay adults aged between 40 and 80. Results validated "the increasing evidence" that signs of retinal blood vessel damage are associated with an increased risk in stroke in the Asian Malay population.



Fostering Medical Exchanges with the World

Beyond patient care, the Singapore National Eye Centre (SNEC) promotes active collaborative learning and sharing of our eye care model and best practices. Each year, we welcome healthcare partners from overseas to visit SNEC, to exchange knowledge on innovations in areas such as patient flow, models of care, service excellence, use of technology and educational approaches. These are stimulating and exciting exchanges, which also represent important learning opportunities for SNEC.



When: 10 October 2013

Who visited: A team of administrative executives, optometrists and nursing staff from Kim's Eye Hospital, led by its Chief Operating Officer, Mr Lee Gyu Jin. Kim's Eye Hospital is the largest eye hospital in Korea with 112 beds and 17 ophthalmology operating theatres.

Objective of visit: A thriving culture of clinical and academic excellence at SNEC attracted the group to visit the SNEC facilities and learn about our organisation set-up, work processes and clinical services.

SNEC Showcase: SNEC fielded questions about Ophthalmology Academic Clinical Program (EYE ACP), quality service initiatives and our successful Joint Commission International (JCI) journey. The group also toured some of our key facilities including the SNEC Laser Vision Centre and Ophthalmic Imaging Department.



When: 6 June 2013

Who visited: A delegation from HAN University of Applied Sciences, Nijmegen, Netherlands, led by its Senior Lecturer, Mr Floris Kraan.

Objective of visit: Netherlands is a country striving to revamp its health care system and improve its quality of patient care. The group came with a keen interest to exchange knowledge and learn about SNEC's Total Quality Management approach, as part of the MBA Health Management study.

SNEC Showcase: The Dutch delegation was impressed with SNEC's quality and safety initiatives, in particular, our clinical outcome audit system, operating room recording system and Human Resource Management (HRM). The 8-member team spent an afternoon with SNEC leadership, understanding patient safety and HRM strategies, and touring our eye facility. While in town, they also visited the Ministry of Health, the National University of Singapore and some private hospitals.

Professor Wong Tien Yin Awarded Prestigious Eisenhower Fellowship and Ranked as World's Top Eye Disease Researcher



“ I am very honoured to receive this Fellowship. On my return, I hope to bring back new ideas and innovative strategies and programmes that will enhance the care for patients, improve the professional standards of healthcare, strengthen academic medicine, and impact on the broader Singapore community. ”

Professor Wong Tien Yin, Deputy Medical Director (Research) of the Singapore National Eye Centre (SNEC), and Executive Director of the Singapore Eye Research Institute (SERI), has been selected for the Eisenhower Fellowship to the United States - a prestigious international programme of which notable past recipients include several current and former Permanent Secretaries.

This fellowship, which commenced from 28 September 2013 to 15 November 2013, allows Professor Wong to extend his professional career covering translational medicine and biomedical science development. Professor Wong will meet key players at Harvard University (Boston), Stanford University (Silicon Valley), National Institutes of Health (Washington), as well as major pharmaceutical firms such as GlaxoSmithkline (GSK) and Novartis.

“I am very honoured to receive this Fellowship. On my return, I hope to bring back new ideas and innovative strategies and programmes that will enhance the care for patients, improve the professional standards of healthcare, strengthen academic medicine, and impact on the broader Singapore community;” says Professor Wong.

Eisenhower Fellows are outstanding leaders around the world who have the potential to make important contributions to societies. This fellowship not only represents a momentous accomplishment for Professor Wong, it also adds to the international repute of SNEC and SERI.

Most recently, Professor Wong has achieved top ranking in a global assessment of eye disease experts. He also ranks top in his field of specialty, diabetic retinopathy. Conducted by ExpertScape, the ranking looks at the number, type and authorship of publications indexed on PubMed, the central database for scientific journal articles.

As further validation of his international standing and expertise, Professor Wong, who is also Group Director, Research, SingHealth, will be awarded the 2014 Arnall Patz Medal by the Macula Society. This prestigious award is given for outstanding contributions in the study of retinal vascular and macular diseases. He will receive the medal in February 2014.

Pearls from the Orient



SNEC Medical Directors

(From left): Professor Donald Tan (2008-present); Professor Ang Chong Lye (2000-2008); Dr Vivian Balakrishnan (1999-2000); and Professor Arthur Lim (1989-1999)



Guest-of-Honour, Dr Vivian Balakrishnan, Minister for Environment and Water Resources, touring the APACRS exhibition



**26th APACRS Annual Meeting :
11 - 14 July 2013**

The 26th APACRS Annual Meeting held in Singapore saw the attendance of more than 2,000 delegates from 52 countries.

Graced by Guest-of-Honour, Dr Vivian Balakrishnan, Minister for Environment and Water Resources, the 4-day event brought about an educational and stimulating scientific programme as well as an outstanding trade exhibition.

As the permanent secretariat of the APACRS, SNEC has been actively supporting the development of APACRS, in particular the annual conferences which promote the exchange of knowledge, training and research in cataract and refractive surgery in the Asia Pacific. For the first time, the Asia Cornea Society and the Cornea Society were brought together to collaborate with APACRS to present the Cornea Day in the programme with tremendous success.



Friends of SNEC



On the sidelines of the 26th APACRS Annual Meeting, SNEC also welcomed about 200 faculty and delegates at a special reception in SNEC on 11 July 2013, and an appreciation dinner at The Halia @ Singapore Botanic Gardens on 13 July 2013.

SNEC Reception, 11 July 2013

Close to 100 faculty and delegates visited our centre, the Singapore Eye Research Institute (SERI) and the Singapore Eye Bank facilities for the very first time. Many expressed that it was an eye-opening experience going through SNEC/SERI's care and research processes as well as the focus given to quality and clinical outcomes.

Appreciation Dinner, 13 July 2013

During the networking dinner, senior clinicians of SNEC had the opportunity to catch up with partners and friends from Indonesia, Malaysia, Vietnam, the Philippines, China, Myanmar, Brunei, India and Bangladesh, fostering closer ties and collaborations.



Advancing the Quality of Children's Eye Care



Dr Vivian Balakrishnan, Minister for Environment and Water Resources, at the Welcome Reception

The Singapore National Eye Centre (SNEC) hosted the AAPOS-SNEC Joint Meeting in Singapore from 14 to 16 July 2013, which is the first-ever meeting of AAPOS (American Association for Paediatric Ophthalmology and Strabismus) outside the United States. The local committee comprised senior doctors from SNEC Paediatric Ophthalmology and Adult Strabismus Service: Dr Quah Boon Long (Head & Senior Consultant, and Head, SNEC Paediatric Ophthalmology Service, KKH), Dr Audrey Chia, Dr Sonal Farzavandi, Dr Yvonne Ling and Dr Zena Lim.

The event was a great success with the participation of more than 800 delegates, leading international speakers and industry partners from different parts of the world. The diverse programme offered an excellent platform for fostering closer interaction and collaboration in the areas of research, training and education among paediatric ophthalmologists and related fields. Professor Donald Tan, Medical Director, SNEC delivered the keynote address and spoke on the successful clinical ATOM studies and the ultra-low dose 0.01 per cent atropine eye drops for treating myopia progression.

Distinguished guest, Dr Vivian Balakrishnan, Minister for Environment and Water Resources also joined the world community of paediatric ophthalmologists at the welcome reception held at The Fullerton.

SNEC's New Mobile App Achieves Gold

Singapore National Eye Centre (SNEC) clinched a Gold Award at the Asian Hospital Management Awards 2013 for the MyEyeDrops mobile application in the 'Marketing, PR or Promotional Project' category.

The Asian Hospital Management Award recognises and honours hospitals in Asia that implement best hospital practices. This year, 300 entries from 78 hospitals entered for the awards in various categories.

The MyEyeDrops app, launched in February 2013, helps glaucoma patients track their medication. It also allows users to set up medication lists and appointment reminders for different people, a convenient feature for those who are taking care of more than one patient. Video clips are also included to educate users on proper eye care and common eye conditions.



Mr Lee Kai Yin (right), SNEC Chief Projects Officer, receiving the award at the award ceremony in Bangkok



SNEC Mobile App Team

Front row (from left): Lai Hwei Ching, Belinda Toh, Margaret Tan, Dr Jocelyn Chua, Rosalie Lim, Wendy Wong, Tang Jia Yng, Cindy Tan, Oh Chin Guan (TechStudio)
Back row (from left): Dr Daniel Su, Lee Kai Yin, Sylvester Lee (TechStudio)
Not in photo: Ang Cheng Hian, Chiang Fi Li, Ngo Lay Harn, Priscilla Lim

SNEC Receives SingHealth Age-Friendly Award



SNEC team with Professor Ivy Ng, Group CEO, SingHealth (centre) at the award presentation ceremony

Singapore National Eye Centre (SNEC) was recognised by SingHealth for its sustainable age-friendly initiatives for patients in an award ceremony held on 19 November 2013.

Elderly patients suffer from physical weakness and reduced visual, hearing, and cognitive acuity, besides their medical conditions. Age-friendly features are hence essential in ensuring safety and creating a pleasant patient care experience for the elderly.

At SNEC, some of the key services commonly needed by the patients have been identified and arranged in close proximity so that patients can get from one point of service to another to reduce walking distance, effort and time.

Other elderly-friendly features in the centre include handrails along walking areas, non-slip flooring, distinctly-coloured signs with large font, hot beverage option for the elderly in waiting areas and wheelchair-friendly counselling rooms.

An Eye for the Community



Dr Edmund Wong, SNEC Deputy Medical Director, Clinical Services (second from left) with Guest-of-Honour, Mr Gan Kim Yong, Minister for Health (third from left) and members of the Lions Clubs of Singapore touring the eye screening station



Some 600 elderly received free eye screening at Eunos Community Club, as part of the Lions World Sight Day on 6 October 2013.

The annual event, organised by the Lions Clubs of Singapore, Singapore National Eye Centre (SNEC) and other voluntary welfare organisations, was graced by Minister for Health, Mr Gan Kim Yong.

With an aim to increase awareness among the public through general and diabetic eye screening to prevent blindness, the event also included a lecture on 'Translational Clinical Research in Ophthalmology in Singapore' by Professor Aung Tin, Head (Research, Education & Development) & Senior Consultant of Glaucoma Service at SNEC, as well as an exhibition on vision care services. Grassroots organisations such as Eunos, Bedok Reservoir-Punggol, Changi-Simei and Kaki Bukit community centres also played a role in making the event successful.

SNEC's community programmes include reaching out to the community in various aspects of eye care, through eye screening and educational talks held locally and regionally with SingHealth and other non-governmental organisations (NGOs).

What's Your EYEQ?

Do you have a mind-boggling eye condition? Or some burning questions related to your eye health?

Email feedback@sneq.com.sg with your full name, using 'What's Your EyeQ?' as the subject header, and we will get your questions answered.



Dr Allan Fong

Consultant

General Cataract & Comprehensive Ophthalmology Service

What is an eye infection?

Eye infections are eye conditions caused by microbiological agents such as viruses and bacteria that may cause your eyes to become red and swollen.



There are many different types of eye infections, including:

- **Conjunctivitis (pink or red eye)** is the most common eye infection. It is an inflammation of the conjunctiva and the inner surface of the eyelids, usually due to a viral or bacterial infection. Sometimes, it can also be due to underlying allergic condition.
- **A stye** (pictured on top) occurs when an infection occurs in the hair follicle of your eyelashes. They normally look like a small pus-filled boil or a pimple. If the infection of your eyelid is more severe, the condition is known as blepharitis, or an eyelid infection.
- **Cornea Ulcer (Keratitis)** is a serious eye infection of the cornea that can lead to scarring and vision loss. Improper contact lens care increases the risk of this condition.

How do I know if I have an eye infection?

You may experience one or more of the following symptoms:

- Red eyes
- Eye discharge (watery, mucus, pus)
- Eye discomfort / pain
- Eye swelling or swelling of tissue surrounding the eye
- Persistent itching
- Blurring vision
- Flaking of the eyelids

How do I avoid an eye infection?

To prevent pathogens from entering your eye:

- Wash your hands before and after touching your eyes or face
- Avoid sharing eye makeup and change eye makeup every six months
- Practise good contact lens care and never share contact lens containers or solutions
- If you have an existing eye infection, avoid using any eye makeup or wearing contact lens until the infection clears up
- Do not share towels, linen, pillows or handkerchiefs
- Avoid exposing your eyes to contaminated water

What kinds of treatments are available for eye infections?

You should see your eye doctor to determine the cause of your eye infection and get advice on the recommended course of treatment. Treatment usually includes antibiotic eye drops or ointment treatment.

A Celebration of Success

SNEC 23rd Annual Dinner & Dance



James Bond is back... with an "Eye-dentity"!

The celebration of the Singapore National Eye Centre's (SNEC) 23rd Annual Dinner & Dance on 28 September 2013 was a night of suspense, glamour and festivity all rolled into one.

Over 700 guests comprising SNEC, Singapore Eye Research Institute (SERI) and SingHealth staff, our Board of Directors and corporate partners attended the event held at Swissotel The Stamford Ballroom. True to its stellar "The Bond Eye-dentity" theme, the event dazzled right from the start as guests sashayed their way to the ballroom in suits and shimmering gowns from the world of James Bond.

Of course, who can forget the spectacular opening display of lights and fanfare, the entertaining music video by our senior management, the surprise appearance of our very own "James DT Bond" - our Medical Director, Professor Donald Tan, on stage and the enchanting performance from the SNEC 'Bond talents'!

As the night progressed, we honoured two senior doctors - Dr Si Hoe Kok Chun and Dr Aliza Jap - who have demonstrated true passion and devotion in the caring for patients, and exemplary commitment to teaching over a period of 30 years.

We also welcomed our deserving long-service colleagues on stage for their award presentations amidst heartening cheers all around. The night drew to a close as our Group CEO of SingHealth, Professor Ivy Ng, presented the top 10 lucky draw winners with attractive prizes.

All in all, it was a star-studded night filled with good food, amazing entertainment and great company. We thank the organising committee led by Ms Lim Mui Huang (Director, Human Resource) and everyone for their active participation in making this event a resounding success!





Sitting (from left): Mrs Lely Chin, Board Member, Lions Savesight Centre (LSSC); Ms Irene Tan, Immediate Past District Governor, Lions Clubs of Singapore; Ms Charity Wai, Chief Operating Officer, SNEC; Prof Donald Tan, Medical Director, SNEC; Prof Ivy Ng, Group Chief Executive Officer, SingHealth; Mr P Selvadurai, President, General Council, Singapore Eye Foundation; Dr Liok Yew Ai, Vice President, General Council and EXCO Member, Singapore Eye Foundation; Dr Dominic Leung, Chairman, EXCO, Singapore Eye Foundation

Standing (from left): Mr S G Chin, 1st Vice Chairman, LSSC; Mr Henry Tan, Lions Clubs of Singapore; Mr Han Thien Fong, Secretary, LSSC; Dr Edmund Wong, Deputy Medical Director (Clinical Services), SNEC; Ms Brenda Cheung, EXCO Member, Singapore Eye Foundation; Prof Chee Yam Cheng, Group Chief Executive Officer, National Healthcare Group; Mr Lim Soon Hock, EXCO Member, Singapore Eye Foundation; Ms Ang Beng Choo, Director, Health Services Research (Nursing) Division, Ministry of Health; Dr Ian Yeo, Deputy Medical Director (Education), SNEC; Dr Joseph Wee, Chairman Medical Board, National Cancer Centre Singapore; Dr Aliza Jap, Senior Consultant, SNEC Ophthalmology Service, Changi General Hospital; Dr Lim Suet Wun, Executive Vice President (Singapore Operations), Parkway Pantai Limited

Engaging Our People



From May to August 2013, the Singapore National Eye Centre (SNEC) Human Resource (HR) Department led by its Director, Ms Lim Mui Huang, held a series of employee lunch engagement sessions at the branches of SNEC.

Attended by different cross-functional supervisors and managers, the objective of employee engagement is to promote cross-functional understanding, teamwork and appreciation for our fellow colleagues. At the lunch sessions, Ms Lim also updated on the Staff Referral Scheme and shared HR's objective to promote collaborative relationship through cross-functional projects.

The staff engagement sessions were co-hosted by the managers in-charge of the branches. A word of thanks to:

- Ms Jacqueline Tay
- Ms Tay Li Kheng
- Ms Cheryl Ong

Also present at the sessions to dialogue with the staff were Deputy Medical Director (Clinical Services), Dr Edmund Wong, and senior managers from HR, Nursing, Operations and Quality Service.



Employee Engagements:

- 1 & 2: SNEC Call Centre Team (located at Surbana One)
- 3: SNEC Eye Associates @ Gleneagles
- 4: SNEC Balestier Branch
- 5 & 6: Staff Appreciation Lunch at SNEC Main Centre

A Good Clear Picture

On the walls of the Singapore National Eye Centre's (SNEC) clinic areas are photographs that could be mistaken for shots of landscapes of the sun, moon or distant planets. They are, however, clinical images of diseased eyes, all shot by Principal Ophthalmic Imaging Specialist Joseph Ho and his team.

Resembling works of art, these images (called Fundus Fluorescein Angiography) are used by eye doctors to diagnose eye diseases and prescribe the right treatment.

They are not x-rays, but magnified images taken by digital fundus cameras. Sometimes a dye is used to highlight affected areas of the eye for the camera to capture subtle signs.

"We have to use the right amount of dye and direct light into the patient's eye to give the doctor the best images. Based on these images, the doctor can analyse the patient's condition and prescribe the appropriate treatment," explains Joseph.

Joseph has taken thousands of shots and seen all kinds of eye conditions in his 18 years with SNEC. He joined the unit as a photographer with no experience in ophthalmic imaging. But his passion was sparked after SNEC sent him to London for training.

Back home, Joseph is instrumental in improving the department's ability to produce accurate, high-quality images.



Principal Ophthalmic Imaging Specialist, Joseph Ho, explains why he finds his work to be both science and art

The other three ophthalmic imaging specialists in his team are Kasi Sandhanam, Jackson Kwok and Paul Chua, and together they handle about 30,000 patients a year.

The unit is equipped with nine digital-based imaging systems, and occasionally has new machines that are sent to SNEC for evaluation. "This keeps us abreast of new technology in the field," he says.

The quality of his team's work has not gone unnoticed. The team has won major awards at prestigious international medical meetings such as the American Society of Cataracts and Refractive Surgeons. But to him, this is secondary to their primary task of producing good photographs for diagnosis.

"An ophthalmic imaging specialist is an extension of the doctor's eye - his right-hand man. So, my first priority is to record the pathology and produce an image the doctor needs," he adds.

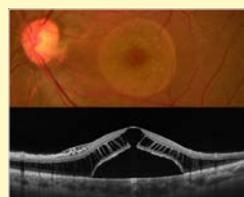
Another feather added in its cap: Joseph and team recently won major awards at the American Academy of Ophthalmology/Ophthalmic Photographers' Society (AAO/OPS) Meeting held in New Orleans, Louisiana in November 2013. Here's a showcase of some of the recent award-winning eye images.



1st Place, Stereo Division
Polypoidal Choroidal
Vasculopathy



1st Place, Print Division
Optic Disc Pit Associated
Retinal Dehiscence



2nd Place, Print Division
Optic Disc Pit
Associated Retinal
Dehiscence



Honorable Mention,
Print Division
Pigment Deposition on
Anterior Capsule

For Your Eyes Only



LASIK isn't the only option to help you see better. Dr Mohamad Rosman, Consultant of Refractive Surgery Service at the Singapore National Eye Centre (SNEC) walks you through other forms of surgery available at the SNEC Laser Vision Centre that can help.

If you are short-sighted, far-sighted or have astigmatism

GO FOR: LASIK

This laser procedure changes the shape of the cornea - the transparent dome-shaped part at the front of the eye - so that light entering the eye can hit the retina in the right spot, giving you clearer vision. To do this, a tiny flap is made on the cornea's surface, before the exposed cornea is gently reshaped. The flap is then closed.

Many patients can get very good vision a day after surgery.

If you have relatively dry eyes

GO FOR: RELEX SMILE MAY BE BETTER

This relatively painless procedure can correct short-sightedness from 100 to 1,000 degrees and astigmatism of up to 500 degrees. Instead of creating a corneal flap, like with LASIK, ReLEx smile removes a small amount of corneal tissue through a tiny cut to help reshape the cornea.

There are no flap-related complications, which may happen after LASIK, says Dr Rosman. "Since there's no flap, there are no flap-related problems - when the LASIK flap doesn't heal nicely, it may get dislodged if you rub your eyes too much or accidentally poke them. Also, because the incision is so small, which may reduce the risk of myopia or astigmatism recurring. There may also be less incidence of dry eye."

However, it may take three to four days longer - compared to LASIK patients - for you to regain some form of normal vision. There may be mild discomfort too, although this usually lasts four hours. Most patients can get clear vision after one week to a month.

"If a patient tends to get dry eyes and we don't want it to worsen, or if he has a high-risk job and there's a higher risk of 'traumatising' his eyes post-surgery, ReLEx smile would be better for him than LASIK, as there won't be a flap on the cornea."

If you have thin cornea and mild myopia

GO FOR: ADVANCED SURFACE ABLATION

This is another flapless technique. Your doctor uses a chemical to remove the cornea's superficial layer before using a laser to reshape it. "You can go for this if your cornea is too thin for LASIK - we cannot thin the cornea too much. But your degree cannot be too high - it should be less than 600 degrees - or the healing process will take longer and there may be scarring on the eye," says Dr Rosman.

Recovery is slower, compared to the other procedures - about a week, as it takes time for the surface to heal. "You'll also need to use antibacterial and steroid eye drops for a few months, instead of the usual one week," adds Dr Rosman.



If you have a thin cornea and moderate to high myopia

GO FOR: IMPLANTABLE CONTACT LENSES

In this type of surgery, your doctor inserts a lens into the eye, behind the iris and in front of your natural eye lens, explains Dr Rosman. "We don't touch the cornea. You won't feel the lenses or need to take them out - they're permanent insertions." However, your doctor will still be able to remove them if necessary - for example, if you develop a cataract when you are older. "We'd have to remove the lenses to perform cataract surgery," says Dr Rosman.

The lenses are customised for you, and can correct myopia as high as 2,000 degrees, which LASIK and ReLEx smile can't fix. The procedure takes about 15 minutes for each eye.

You may experience side effects like high pressure on the eyes or poor night vision. "We also have to size the lenses properly or they may not fit nicely and have to be changed," notes Dr Rosman. But if all goes well, you should get very good vision three to four days after surgery.



The SingLASIK Centre has been newly branded as SNEC Laser Vision Centre to better reflect the variety of refractive surgery treatments the centre offers. In addition to LASIK and ReLEx®smile, it offers Advanced Surface Ablation (ASA) - LASEK, LASIK Xtra and Implantable Contact Lenses.

Call SNEC Laser Vision Centre at 6227-7266 or 6322-8891 for an evaluation appointment or find out more at www.sneclaservisioncentre.com.sg.

CONGRATULATIONS!

PROMOTIONS



Dr Boey Pui Yi
Consultant
Glaucoma Service, SNEC
With effect from 1 November 2013



Dr Desmond Quek
Consultant
Glaucoma Service, SNEC
With effect from 1 November 2013



Dr Elaine Huang
Consultant
Vitreoretinal Service, SNEC
With effect from 1 November 2013



Dr Yvonne Chung
Associate Consultant
Oculoplastic Service, SNEC
With effect from 7 November 2013



Dr Melissa Wong
Associate Consultant
Cataract Service, SNEC
With effect from 27 November 2013

EISENHOWER FELLOWSHIPS 2013 SOUTHEAST ASIA REGIONAL PROGRAM SINGAPORE TRANSLATIONAL RESEARCH (STAR) INVESTIGATOR AWARD THE MACULA SOCIETY 2014 ARNALL PATZ MEDAL



Professor Wong Tien Yin
Deputy Medical Director (Research), SNEC
Senior Consultant, Vitreoretinal Service, SNEC
Executive Director, SERI
Group Director (Research), SingHealth

PRESIDENT'S SCIENCE AND TECHNOLOGY AWARDS

Category : Young Scientist Awards



Dr Khor Chiew Chuen
Clinician Scientist, SERI
Senior Research Scientist, Genome Institute of Singapore
Associate, Centre for Quantitative Medicine, Duke-NUS Graduate Medical School Singapore

APAO DISTINGUISHED SERVICE AWARD



Dr Cordelia Chan
Head & Senior Consultant, Refractive Surgery Service, SNEC
Senior Consultant, Cornea & External Eye Disease Service, SNEC
Adjunct Senior Clinician Investigator, SERI



Dr Carol Cheung
Research Scientist, SERI
Assistant Professor, Centre for Quantitative Medicine
Office of Clinical Sciences, Duke-NUS Graduate Medical School Singapore

MARK YOUR DIARY

FOR PUBLIC

Check out www.snec.com.sg for more details.

LASIK and ReLEx smile

When 27 February 2014
Time 6.30pm - 8pm
Where Auditorium, Level 4, Tower Block, SNEC
 To register:
 Call 6322 8822 (office hours)
 Email: events@snec.com.sg

FOR OPHTHALMOLOGISTS/ OPHTHALMOLOGY TRAINEES

Check out www.snecmeetings.org for more details.

Advanced Corneal Surgery ALK / DSAEK Course

When 22 - 24 February 2014
Where Auditorium, Level 4, Tower Block, SNEC

Intermediate Phacoemulsification Course

When 14 - 15 March 2014
Where Auditorium, Level 4, Tower Block, SNEC

FOR NURSES AND ALLIED HEALTH STAFF

Check out www.snecmeetings.org for more details.

The Essentials of Glaucoma

When 1 March 2014
Where Auditorium, Level 4, Tower Block, SNEC

Ocular Emergencies and Management

When 29 March 2014
Where Auditorium, Level 4, Tower Block, SNEC



Appointment Booking

Tel: (65) 6227 7266
 Fax: (65) 6227 7290
 Email: appointments@snec.com.sg
 Website: www.snec.com.sg

GP Hotline

Tel: (65) 6322 9399

SNEC Laser Vision Centre Hotline

Tel: (65) 6322 8891
 Fax: (65) 6226 3403
 Email: laservisioncentre@snec.com.sg
 Website: www.sneclaservisioncentre.com.sg

Opening Hours

Mondays to Fridays
 8.30am to 5.30pm
 Saturdays, Sundays & Public Holidays
 No clinic sessions

CONSULTATION IS
 BY APPOINTMENT ONLY

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Prof Aung Tin
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Dr Chan Tat Keong
Assoc Prof Chee Soon Phaik
Dr Gemmy Cheung
Dr Audrey Chia
Dr Choo Chai Teck
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Dr Allan Fong
Dr David Goh
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Dr Loo Jing Liang
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Dr Daniel Su
Dr Eugene Tay
Dr Morgan Yang

Associate Consultants

Dr Marcus Ang
Dr Yvonne Chung
Dr Gavin Tan
Dr Livia Teo (on HMDP)
Dr Melissa Wong

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Assoc Prof Chee Soon Phaik

Senior Consultant

Dr Ti Seng Ei

Associate Consultant

Dr Melissa Wong

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Dr Lim Li

Head (Research) & Senior Consultant

Adj Assoc Prof Jodhbir Mehta

Senior Consultants

Dr Cordelia Chan
Prof Donald Tan
Dr Ti Seng Ei
Adj Assoc Prof Louis Tong

Consultants

Dr Anshu Arundhati
Dr Khor Wei Boon

Associate Consultant

Dr Marcus Ang

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Dr Ho Ching Lin

Head (Research, Education & Development) & Senior Consultant

Prof Aung Tin

Senior Consultants

Dr Aliza Jap
Dr Shamira Perera
Adj Assoc Prof Tina Wong

Consultants

Dr Boey Pui Yi (on HMDP)
Dr Jocelyn Chua
Dr David Goh
Dr Desmond Quek
Dr Rahat Husain (Head, SNEC CGH Ophthalmology Service)
Dr Daniel Su

NEURO-OPHTHALMOLOGY SERVICE

Head & Senior Consultant

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Senior Consultant

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Consultant

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Senior Consultant

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Consultant

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Dr Audrey Looi

Head & Senior Consultant (Aesthetic Eyeplastic Service)

Dr Choo Chai Teck

Senior Consultants

Assoc Prof Chee Soon Phaik
Adj Assoc Prof Seah Lay Leng

Consultants

Dr Lim Lee Hooi
Dr Sunny Shen
Dr Morgan Yang

Associate Consultants

Dr Yvonne Chung
Dr Livia Teo (on HMDP)

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Senior Consultants

Dr Audrey Chia
Dr Sonal Farzavandi
Dr Yvonne Ling

Consultant

Dr Zena Lim

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Dr Cordelia Chan

Senior Consultants

Dr Chan Tat Keong
Dr Lim Li
Adj Assoc Prof Jodhbir Mehta
Prof Donald Tan
Dr Ti Seng Ei
Dr Peter Tseng
Dr Wang Jenn Chyuan

Consultants

Dr Anshu Arundhati
Dr Allan Fong
Dr Daphne Han
Dr Khor Wei Boon
Dr Mohamad Rosman
Dr Eugene Tay

VITREO-RETINAL SERVICE

Head & Senior Consultant

Dr Doric Wong

Senior Consultants

Clin Prof Ang Chong Lye
Dr Gemmy Cheung
Adj Assoc Prof Lee Shu Yen
Dr Ranjana Mathur
Dr Edmund Wong
Prof Wong Tien Yin
Dr Ian Yeo

Consultants

Dr Chan Choi Mun
Dr Chan Jin Hoe
Dr Elaine Huang
Dr Laurence Lim
Dr Loh Boon Kwang

Associate Consultant

Dr Gavin Tan