

# SingVision™

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2012

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Singapore National  
Eye Centre

SingHealth

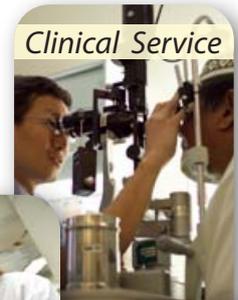
[www.snec.com.sg](http://www.snec.com.sg)

# DELIVERING BETTER RESULTS IN CARE, EDUCATION AND RESEARCH THROUGH ACADEMIC CLINICAL PROGRAM (ACP)

When it comes to patient healing and transforming healthcare, collaboration in academic medicine forms the cornerstone.

At Singapore National Eye Centre (SNEC), the pursuit of Academic Medicine is fundamentally to improve patient care and outcomes, and to transform the delivery of care in Singapore. Collaborations are constantly forged to make it possible for us to deliver better results in care, education and research.

*Clinical Service*



*Research*



*Education*



Launched jointly by SingHealth and Duke-NUS, the Academic Clinical Program (ACP) is a cluster-wide framework for all clinical specialties to advance in Academic Medicine with resources and funding support. Each ACP is designed based on a clinical discipline and brings together all specialists in the discipline across various institutions for greater synergies in clinical care, education and research.

The Ophthalmology Academic Clinical Program (EYE-ACP) was successfully launched in March 2012. Key appointment holders appointed include Professor Donald Tan (Academic Chair), Professor Wong Tien Yin (Academic Vice Chair, Research) and Dr Ian Yeo (Academic Vice Chair, Education).

To ensure the healthcare outcomes are world-class, the EYE-ACP will be focussing on developing a comprehensive framework of existing well-established research capabilities in Singapore Eye Research Institute (SERI) and the training capabilities in SNEC. This EYE-ACP is a timely initiative, which will not only formalise academic medicine in ophthalmology but also serves as an endorsement for the staff to push for greater excellence in clinical care, education and research in the field of ophthalmology.

Additionally, the EYE-ACP will also look into developing programmes that will reach out to the countries where eye care is limited and provide support to develop critical manpower to fill those gaps in these countries.

In the longer term, the various initiatives that are being launched with EYE-ACP are aimed at transforming SNEC / SERI into a world-class leader in the eye-related research, education and patient care.

## **KEY AIMS OF EYE-ACP:**

- Establish a three-pronged mission to deliver excellence in eye care, teaching and research
- Build a sustainable track record of high-quality education and research programmes
- Identify and develop the next generation of academically-focused clinicians, clinician educators and clinician scientists / investigators, who will play leadership roles in the EYE-ACP

# A World's First Discovery at SERI-SNEC links Glaucoma to genetics

Singapore scientists have identified three new genes that are associated with Primary Angle Closure Glaucoma, a leading cause of blindness in Chinese, which affects 15 million people worldwide, 80 per cent of whom live in Asia.



The discovery was a result of a collaboration by scientists from the Singapore Eye Research Institute (SERI), Singapore National Eye Centre (SNEC), the Agency for Science, Technology and Research's Genome Institute of Singapore, National University of Singapore, National University Hospital and Tan Tock Seng Hospital.

Glaucoma occurs when there is nerve damage from pressure in the eyeball. The disease can be divided into two main categories, Open Angle Chronic Glaucoma and Primary Angle Closure Glaucoma (PACG). The angle refers to the area between the iris and cornea, through which fluid must flow to escape via the trabecular meshwork.

PACG is a type of glaucoma where visual loss progresses very quickly. Nine in 10 Asians who have glaucoma suffer from PACG.

The research was published in the prestigious science journal Nature Genetics on 26 August 2012 and could help identify at-risk people earlier and lead to new treatments. The research team said the glaucoma research study is the start of more to come, especially in dealing with the treatment of PACG. The team hopes that future glaucoma-related treatments can be made based on individual genetic profiles.

## SERI-SNEC-NTU collaboration develops special gel for glaucoma patients

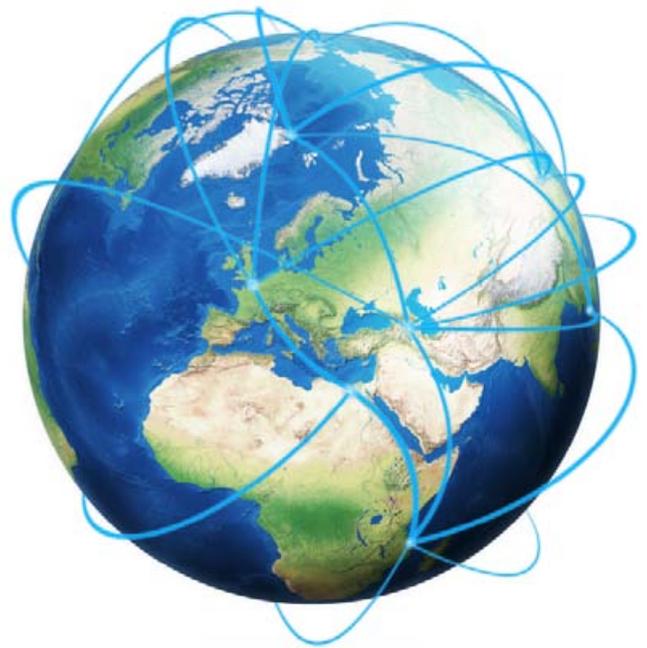
Imagine having a gel that prevents glaucoma postoperative scars. As far-fetched as it might sound, researchers at Singapore Eye Research Institute (SERI), Singapore National Eye Centre (SNEC) and Nanyang Technological University (NTU) have made this possible.

A gel designed by the Singapore team has proven effective in preventing further scarring in the eyes of patients who have undergone glaucoma surgery. This is particularly relevant here as Asian glaucoma patients are more prone to postoperative scarring which requires further interventions. The current treatment for such cases is to inject a liquid drug used in cancer patients which tends to leak out in 15 minutes.

Adjunct Associate Professor Tina Wong, Senior Consultant from SNEC's Glaucoma Service and Head of the Ocular Therapeutics and Drug Delivery Research Group at SERI worked with Professor Subbu Venkatraman, Director of Biomedical Engineering research at NTU to devise a way to mix the drug with a gel to help it stay in the eye longer. A trial found that only 12 per cent of patients given the gel required a second corrective operation, compared with 50 per cent of patients who underwent the normal procedure. Results of the study have been published in the Ophthalmology journal, a renowned eye research publication in the United States. Adjunct Associate Professor Wong and Dr Arun Narayanaswamy, a senior clinical research fellow at SERI and lead author of the study, will work on a second version that is expected to be ready early next year and will potentially be on the market in four years.



(L-R) Professor Subbu Venkatraman, Prof Wong and Dr Arun Narayanaswamy who developed the new glaucoma drug formulation



## SHOWCASING SNEC AND FOSTERING RELATIONS WITH LEADING EYE HOSPITALS IN THE REGION

To enhance Singapore National Eye Centre (SNEC)'s international network and exchange of best practices, we continue to welcome and host visits from our regional counterparts.



### *From the Philippines... Asian Eye Institute*

Doctors and the management team from the Asian Eye Institute visited SNEC on 15 August 2012 to observe the Femtosecond Cataract Surgery platform, and get insights on our operating theatre design and clinic processes for this new form of cataract surgery at SNEC. The Asian Eye Institute is a premier eye care ambulatory facility in the Philippines with international health care accreditation.

### *From India... Aravind Eye Care System*

On 6 July 2012, SNEC hosted a special visit by Aravind Eye Care System, a pioneer and one of the foremost eye hospitals in India. Led by Dr R.D. Ravindran (Chairman and Director of Quality) and Mr G. Srinivasan (Director-Finance), the team came with an objective to learn about 'green building' design concepts as they are in the midst of developing a new hospital. They toured the SNEC facility and even had a chance to be presented with new design ideas with eco-friendly features from the National Heart Centre which is constructing its new building.



### *From Korea... Kim's Eye Hospital*

18 August 2012 marked the 50<sup>th</sup> Anniversary of Kim's Eye Hospital. SNEC's Medical Director, Professor Donald Tan and Chief Operating Officer, Ms Charity Wai were invited guests at the anniversary celebration in Korea. From a clinic set-up in 1962, Kim's Eye Hospital has expanded to become the largest eye hospital with a training centre in Korea, with 420,000 attendances and 23,000 surgeries performed a year. SNEC will continue to develop research collaborations and various benchmarking activities with Kim's Eye Hospital.



# SNEC MEDICAL DIRECTOR HEADS WORLD BODY



Photo courtesy of Medical Grapevine

Professor Donald Tan, Medical Director of the Singapore National Eye Centre (SNEC) and Chairman of the Singapore Eye Research Institute, has been appointed the ***President of The Cornea Society***, the first time for a non-American.

The Cornea Society, a prestigious international organisation advancing knowledge and research about the cornea and the external eye, is a platform for eye specialists globally to exchange information on the latest developments in the field.

Professor Tan, who is also a professor at the Department of Ophthalmology, Yong Loo Lin School of Medicine, National University of Singapore, is a pioneer in clinical, surgical and translational research and education in the field of cornea and refractive surgery. He has contributed significantly to major innovations in corneal and stem cell transplantation, refractive surgery and myopia treatment.

He is among the early proponents to develop the modern techniques of keratoplasty and transplantation that are now widely used around the world. His inventions include surgical instruments to ease and improve procedures for eye surgery. For instance, a device named the Tan Endoglide which Professor Tan jointly designed with Adjunct Associate Professor Jodhbir Mehta, Head (Research), Cornea Service, SNEC has helped decrease the rejection rate of replacing the inner layer of living eye cells from ten per cent to below three per cent. Eighty-five per cent of corneal transplants in Singapore are carried out at SNEC.

Professor Tan established the Asia Cornea Society in 2007 with an aim to reduce corneal blindness in Asia, as well as the Association of Eye Banks of Asia which advocates eye donation and eye banking activities in Asia. He has won multiple international and local awards, including Singapore's inaugural President's Science Award and the Casebeer Award by the International Society of Refractive Surgery and the American Academy of Ophthalmology.

# A TRIBUTE TO OUR ANGELS WITHOUT WINGS

**SNEC Nurses' Day  
celebration on 25 July**



Fun-filled events of gourmet delights awaited our nurses on 25 and 27 July as Singapore National Eye Centre (SNEC) and SingHealth celebrated Nurses' Day 2012!

Taking a well-deserved break from their busy schedule, our SNEC nurses, together with SingHealth nurses, were treated to a sumptuous feast served by the senior management. They were also showered with beautiful flowers and loads of well wishes from colleagues, patients and their caregivers. At SNEC's homeground, our nurses enjoyed the 'New Asian Cuisine' specially arranged by our Human Resource Department, and were presented with lovely cookie lollipops by our SNEC doctors.

Truly, it was a great time to appreciate the amazing work that our dear nurses have done to help improve the quality of life for patients!

**SingHealth Nurses' Day  
celebration on 27 July  
(with Mr Gan Kim Yong,  
Minister for Health,  
gracing the occasion)**



*Nursing can be a stressful profession as we all know. The nurses today assume multiple roles, and are specialists in an array of healing circumstances - they have to deal with different personalities of patients and colleagues, patients' next-of-kin, difficult situations, emergencies, life and death, and disease processes. Just reading this can make you feel overwhelmed. So why would someone choose to go into the nursing profession? We chatted with **Nurse Clinician Audrey Kon** to find out what motivated her to take on a job that many could never imagine performing and what good nursing meant to her.*

## THE ART OF 'HAPPI-NURSING'

“ I'm happy to be publicly recognised with the other 72 recipients. I owe this success to my colleagues and bosses, who are ever so supportive of the ideas and changes that I proposed. I am certainly looking forward to the success and happiness of other people that I may directly or indirectly impact in a positive way. ”

“To me, attaining ‘happi-nurse’ (or happiness in nursing) is crucial to good nursing.” ‘Happi-nursing’ is achieved through optimism, appreciation, believing in people and making a difference. Happiness, as she quoted from author Steve Maraboli, ‘is not the absence of problems, but the ability to deal with them’.

An award recipient of MOH Nurses’ Merit Award this year, Audrey has been a nurse for 12 years. She joined SNEC in 2005, and is now a nurse clinician at the outpatient department involved with both the general eye service and Oculoplastic Service, a subspecialty service of ophthalmology that manages abnormalities of the eyelids, lacrimal (tear) system and the orbit (structures around the eye).

On top of managing the usual eye dressings and procedures for patients, and ensuring the smooth operation of the clinic, Audrey is also a huge fan of change. Her simple and effective ‘Communicating with Pictures’ quality improvement project has won her a commendation prize in the MOH Healthcare Quality Improvement Conference in 2011. Patients can now ‘see’ her project (in the form of an information sheet with larger fonts and pictures) when they are given explanation by the nurses on the effects of pupil dilatation for the first time.

The many challenges that Audrey faces every day keep her interested and motivated to look for ideas and suggestions to enhance patient safety and improve work conditions. Her ‘happi-nursing’ life, as she shared, is made up of engaging moments – anticipating patients’ needs, building rapport with them and constantly providing the best possible patient care.

“Nursing was not my career of choice,” she said very matter-of-factly. She had thought about being a model, teacher, actress, doctor, artist, scientist and even a counsellor! “I needed a job where I could run around and talk to people. I've always been interested in science and medicine, and so it (nursing) seemed like the logical career path to take.” Her true-blue ‘ENTP’ (extraversion, intuition, thinking, and perception) personality, she added, is perfect for nursing practice as it allows her to be “all that she wanted and more”.

To be effective in her daily tasks, Audrey continues to upgrade herself through on-the-job training and extensive reading. When asked what her guiding principle is, the bubbly 33-year-old spontaneously replied: “Study, and read a lot. You can never go wrong with more knowledge!”

In addition to her nursing duties, as the first Chairperson of HSEU (Healthcare Services Employees’ Union) SNEC Branch, she enthusiastically shared about SNEC’s first initiative on promoting workplace safety and well-being. “I’m thrilled that our management is so supportive of our suggestions, and we will be putting in place a structured workflow and training to promote ‘Emotional Safety Programme’ in SNEC.”

So how does Audrey feel about her recent accolade? “I’m happy to be publicly recognised with the other 72 recipients. I owe this success to my colleagues and bosses, who are ever so supportive of the ideas and changes that I proposed. I’m certainly looking forward to the success and happiness of other people that I may directly or indirectly impact in a positive way.”



Audrey at the MOH Nurses’ Merit Award 2012 ceremony with Medical Director, Professor Donald Tan and Deputy Director of Nursing, Ms Lim Mein Chee.

# SNEC Mentor Awards

22<sup>nd</sup> Anniversary Celebration  
1 September 2012



## A TEACHER TAKES A HAND OPENS A MIND TOUCHES A HEART SHAPES A FUTURE



Professor Arthur Lim being presented with the award by Professor Donald Tan, Medical Director and group of Senior Consultants, SNEC

We took the special occasion of SNEC's 22<sup>nd</sup> Anniversary celebration and Teachers' Day on 1 September 2012 to honour our great mentors and teachers. Some may have retired or passed the baton to the next generation of ophthalmologists to carry on in Singapore National Eye Centre (SNEC) but let us never forget how each and every one of them had touched our lives in special ways and made a difference. Their influence endures in SNEC today and in the years to come.

“ *This is a man who gives, a man who gives generously from his heart, unstingily and gives because of a sense of greater mission... he created and built up a great centre, one which allows all of us to go round the world and hold our heads high as professionals.* ”

**Dr Vivian Balakrishnan**  
Minister for the Environment and  
Water Resources  
(SNEC Medical Director, 1999 - 2000)

“ *Almost single-handedly he raised the practice of ophthalmology in Singapore to world-class and the SNEC is a lasting tribute to his far-sightedness, his energy, and his political skill.* ”

**Professor Wallace Foulds**  
Professor of Ophthalmology, University  
of Glasgow



**Professor Arthur Lim**  
Founding Father, Leader, Advocate,  
Teacher and Mentor

Without Professor Lim's vision and selfless dedication to the mission of developing ophthalmology to world-class standards, SNEC would not have come into being. He has left an indelible mark in the history of ophthalmology not only in Singapore but also the region and the world.



**Dr Ang Beng Chong**  
Dr Ang is highly respected as an excellent teacher and mentor who personally trained all our Vitreo-Retinal Senior Consultants in SNEC. He served as Visiting Consultant and Advisor from 1986 to 2003 and played a distinguished role in the development of the Vitreo-Retinal subspecialty, first in the National University Hospital and then in SNEC. He will always be remembered for his quiet and unassuming ways as he groomed and nurtured the younger doctors and honed their skills.



**Professor Wallace Foulds**  
Professor Foulds is world famous for his leadership in ophthalmic research. For the past 30 years, he has made lasting contributions to the development of SNEC and in particular, the Singapore Eye Research Institute (SERI). He was mentor to the late Associate Professor Chew Sek Jin, SERI's first Director during the critical pioneering phase beginning in 1997, which helped shape the early research directions and attract the initial grant funding. Professor Foulds has continued to benefit SERI's current team with his good counsel and advice. His challenging and stimulating questions and hypotheses will always kindle the spirit of discovery and innovation in our researchers.



**Professor Graham Barrett** (Left)

An internationally acclaimed thought leader in Cataract and Refractive Surgery, Professor Barrett is fondly remembered for his special teaching and induction of our surgeons to new advances in Phacoemulsification surgery in the early 1990s. His teaching career is distinguished not only by his generous impartation of knowledge and skills but also his efforts to nurture the enquiring mind to constantly question and rationalise in the relentless pursuit of excellence and the best outcomes for patients. To this day, Professor Barrett has remained a stalwart friend and champion of SNEC.



**Dr Barry Cullen** (2<sup>nd</sup> from left)

Having practised ophthalmology for half a century, Dr Cullen, the doyen of ophthalmology, has forged a long and close association with ophthalmologists in Singapore. Since the days of being the External Examiner for the FRCS(E) Examination in Singapore in 1988, he has been instrumental in the establishment of the conjoint degree of M.Med (Ophthalmology) with FRCS(E) in Singapore. His tireless efforts over decades in elevating the standards of ophthalmology throughout Asia and stimulating interest in his subspecialty, Neuro-Ophthalmology, have won our great admiration.



**Dr Richard Fan** (Left)

As Head of Department of Ophthalmology of Tan Tock Seng Hospital (TTSH) and subsequently Singapore General Hospital (SGH) in the 1990s, Dr Fan provided important impetus in talent development and nurturing of the second generation of ophthalmologists enabling rapid advances and progress to be made. As the founding member of the SNEC Medical Board, he gave unwavering support to the national development of SNEC.



**Dr Khoo Chong Yew** (Left)

Dr Khoo personifies the ethical practice that he has promulgated and fostered throughout his career until today. He has been appointed to many SNEC and MOH Committees responsible for quality assurance, standards and accreditation. He currently serves as Chairman of the SingHealth Institutional Review Board. He has organised numerous seminars to address important issues on medical ethics that affect the practice of every ophthalmologist. Dr Khoo was also responsible for the first fund raising project with the Rotary Club to initiate the Singapore Eye Bank in 1992.



**Dr C P Lee** (Left)

Dr Lee is our consummate master surgeon, dedicated to the teaching and training of many of the accomplished eye surgeons in Singapore and SNEC today. He has demonstrated live surgery extensively and showed his prowess in many advanced surgical skills. Young ophthalmologists have been forewarned not to underestimate the challenges in ophthalmic microsurgery even as Dr Lee makes every surgical move so deceptively simple and effortless.



**Associate Professor Loong Si Chin** (Left)

Associate Professor Loong Si Chin is a teacher's teacher, having devoted his entire life to the teaching of neurology to successive generations of ophthalmologists. He is Visiting Consultant to the National Neuroscience Institute at TTSH and SNEC. He is also Adjunct Associate Professor in the Department of Medicine, National University of Singapore. Associate Professor Loong truly exemplifies the clinician-educator role model so important in the practice of medicine.



**Dr Victor Yong** (Left)

Dr Yong is recognised for his sterling leadership role in ophthalmology for close to three decades since 1980 when he helmed the SGH Eye Department and subsequently the TTSH Eye Department. He went on to serve as founding member of the SNEC Medical Board in 1990 and continued to lend his invaluable support in SNEC's formative years. To all who came to be taught by Dr Yong, they learned the values of discipline and strong work ethics as well as compassion and care for patients.





# EAST MEETS WEST

SNEC 22<sup>ND</sup> ANNUAL DINNER & DANCE

Opening address by Medical Director, Professor Donald Tan



Surprise performance by Dr Quah Boon Long

## 'EAST MEETS WEST' EXTRAVAGANZA

A celebration of SNEC's 22<sup>nd</sup> anniversary, a chance to honour our great mentors and teachers, enjoy a great dinner with long service awards ceremony, speeches, fine wine, fun entertainment and good company. What more could we ask for?

**WHEN:** 1 September 2012

**WHERE:** Marina Mandarin Singapore

**WHO CAME:** More than 550 staff and guests



Special invited guests with SingHealth and SNEC Board Members



10 Years Long Service Award Recipients



20 Years Long Service Award Recipients



5 Years Long Service Award Recipients





And the best dressed winners were.... the bull and the cowboy!



Professor Arthur Lim with Lions Members and guests



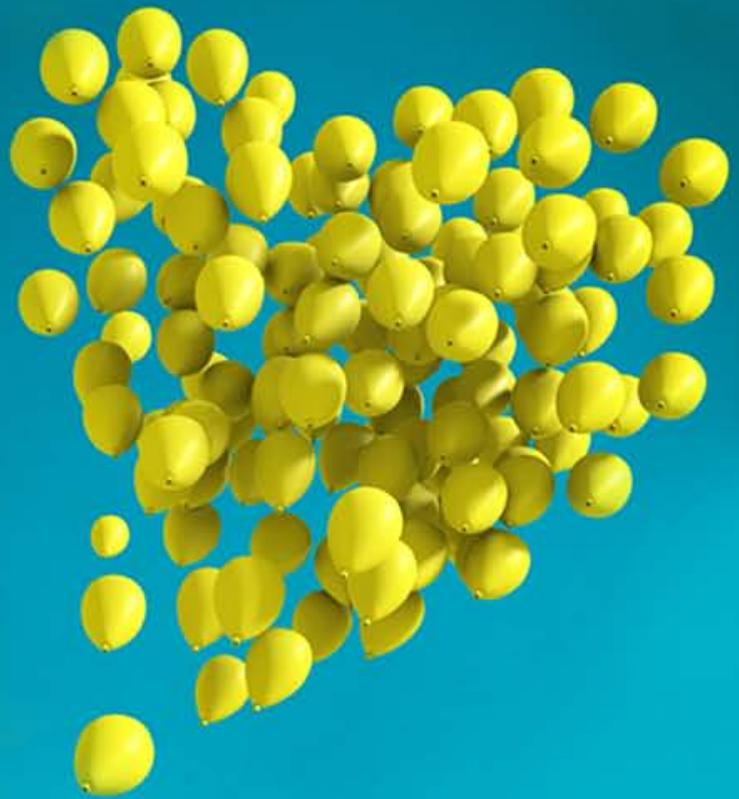
Belles of the Party (Best Dressed Table)



Our SNEC 'Superman'?



# SEE SMILE LIVE



## LASIK or ReLEx<sup>®</sup> smile?

Are eyeglasses or contact lenses holding you back from enjoying the lifestyle you desire? LASIK or ReLEx<sup>®</sup> smile eye surgery may be the answer for you.

### LASIK

LASIK (laser-assisted in situ keratomileusis) is an outpatient surgical procedure used to treat myopia (nearsightedness), hyperopia (farsightedness), and astigmatism. It can be performed both with and without a blade. A thin, circular flap in the cornea is created either by a microkeratome (blade) or femtosecond laser (bladeless). The surgeon folds the flap back, and then removes some corneal tissue using an excimer laser. The flap is then laid back in place. When the cornea is reshaped, it focuses light directly onto the retina, providing clearer vision.

At the Singapore National Eye Centre (SNEC), 99 per cent of LASIK is performed using the femtosecond laser (Femtosecond LASIK). The surgery takes about 20 to 25 minutes to perform for both eyes. LASIK is performed using anaesthetic eye drops so there is no pain during the procedure. However, you may experience some eye discomfort and tearing during the first eight hours after the surgery. Common side effects are dry eyes, light sensitivity, glare and halos during the first few weeks, but most of these symptoms usually subside over time.

LASIK is a painless procedure with rapid visual recovery, and yields excellent visual outcomes for varying degrees of short-sightedness and astigmatism.



## ReLEx® smile

Those who are planning to undergo laser vision correction can now look forward to a new technique beyond LASIK, with the introduction of ReLEx® smile at SNEC.

ReLEx® smile is a new technique of laser vision correction. Unlike conventional LASIK, this procedure creates no flap and involves the use of only one laser (the femtosecond laser). Instead of vaporising cornea tissue to correct the underlying short-sightedness and astigmatism, ReLEx® smile removes a small piece of corneal tissue called a lenticule through a small keyhole incision (about 2.5 to 4mm only). This single-step, all-in-one-laser operation is a day surgery procedure that takes about 25 minutes for both eyes.

ReLEx® smile is able to treat short-sightedness between -1.00 to -10.00DS (that is, 100 to 1,000 degrees), and astigmatism of up to -5.0DC (500 degrees). There are certain cornea thickness requirements for the refractive error being treated. Your eye doctor will advise you accordingly.

The experience is relatively painless. There is no frightening 'blackout', no bleeding (no red eye) during the procedure or swelling of the eye after. Foreign body sensations and mild discomfort may be experienced by some patients after the procedure, but this usually lasts for about four to six hours. The procedure is fast, and the laser odourless and silent.

Due to the smaller wound by minimally invasive surgery, ReLEx® smile results in a much stronger eye and less immediate postoperative discomfort and tearing. The use of a small incision also means that fewer corneal nerves are severed during the procedure, which also means less dry eye. With no flap created, flap displacement or dislodgement is not an issue, and so you will be less susceptible to trauma. ReLEx® smile is a good option for those who are involved in contact sports.

Most patients will experience a dramatic improvement in their vision a day after the surgery, but attaining full visual potential may take some time. ReLEx® smile patients will notice their vision improving over time, with full restoration of their eyesight three to six months after the surgery.

## Which procedure is the right one for me?

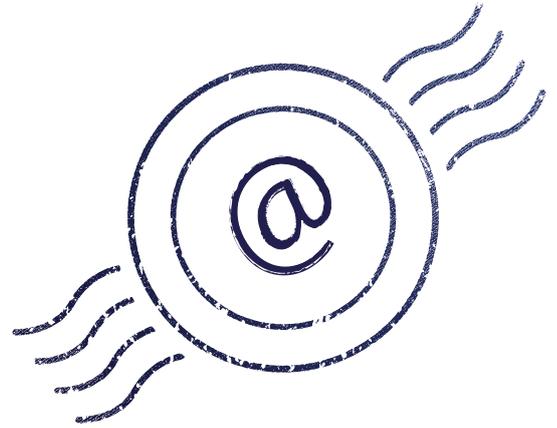
You will need an initial evaluation by your eye doctor to determine if you are a good candidate for LASIK or ReLEx® smile eye surgery. Both procedures are potential treatment options for laser vision correction. Your eligibility will depend on the amount and type of refractive error, the curvature and thickness of the cornea and a number of other factors. Your eye doctor will advise you, but these are some general guidelines:

- You must have healthy eyes — no glaucoma, cataracts, infection, severe dry eye or any other condition that would affect postoperative healing.
- You must be an adult: 21 years of age and above.
- Your vision / degree must be stable for at least a year before surgery.
- You must not be pregnant or breastfeeding.

Remember, choosing laser eye correction to fix your eyesight problems is not a decision you should take lightly. It should be taken only after careful consideration and consultation with experienced eye doctors. To find out which laser vision correction procedure is the right one for you, call SingLASIK Centre at 6227 7266 / 6322 8891, or email to [singlasik@sneec.com.sg](mailto:singlasik@sneec.com.sg).

Femtosecond LASIK (Bladeless)	ReLEx® smile (Bladeless and Flapless)
<ul style="list-style-type: none"> <li>▪ Creates a corneal flap during surgery. This flap may be susceptible to trauma, and there is also a risk of flap dislodgement after surgery.</li> </ul>	<ul style="list-style-type: none"> <li>▪ No flap complications, as no corneal flap is created during surgery.</li> </ul>
<ul style="list-style-type: none"> <li>▪ Vaporises a small amount of tissue beneath the surface of the cornea to reshape the eye.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Removes a small piece of corneal tissue called a lenticule through a small keyhole incision.</li> </ul>
<ul style="list-style-type: none"> <li>▪ Two-step procedure involving two different lasers. Takes about 20 to 25 minutes for both eyes.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Single-step, one laser procedure. Takes about 25 minutes for both eyes.</li> </ul>

# WHAT'S YOUR EYEQ?



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

Email [feedback@sneec.com.sg](mailto:feedback@sneec.com.sg) with your full name, using 'What's Your EyeQ?' as the subject header, and we will get your questions answered.

**Q** I have heard that most people will develop cataract in their fifties or later. What will they experience?

Cataract is a condition when the natural lens in your eye becomes progressively cloudy. It is usually due to the ageing process.

Most people will gradually experience blurring or cloudiness of vision when they develop cataract. You may notice your night time vision getting worse or that colours do not appear as bright. Your myopia or short-sightedness seems to increase and you may find yourself changing glasses. Ultimately an eye doctor has to check your eyes to confirm if you have cataract and also to exclude any other possible causes for the poor vision.

Normal Vision



Vision affected by cataract



**Q** Is it true that surgery is not necessary until the cataract is 'ripe'? Is surgery the only option?

If the cataract is not dense (early stages) and does not disturb your vision or your daily activities, it can be left alone. Glasses may help at this stage to improve vision. However, if your blurred vision is disturbing you and interferes with your daily activities, your surgeon may offer you cataract surgery. You do not have to wait until the natural lens is completely opaque or 'ripe' as this would result in extremely poor vision.

Cataract surgery is a common eye surgery performed by eye doctors, and generally yields highly satisfactory results for the patient. The most common form of cataract surgery today involves a process called phacoemulsification (ultrasonic fragmentation). The surgery is performed as a day surgery procedure. The cloudy cataract lens is removed and replaced with a lens implant. The surgical wound is very small, only 1.8 to 2.8mm and does not require suturing. This facilitates rapid healing.

After surgery, you will need to return for check-ups at one day, within one week and at about a month after your operation. You will need to instill eye drops into the operated eye at regular intervals for up to four weeks.

## QUICK FACTS:

- More than 10,000 cataract procedures are performed in SNEC each year.
- The phacoemulsification technique performed in SNEC has a high success rate of 99 per cent.

Source:  
MOH Information Paper: 2006/012 on Cataract Surgery

# CONGRATULATIONS!

## New Leadership Appointments



**Dr Lim Li**  
Head (Clinical Service and Education)  
Cornea Service



**Associate Professor  
Chee Soon Phaik**  
Head, Cataract Service\*



**Adjunct Associate Professor  
Jodhbir Mehta**  
Head (Research)  
Cornea Service



**Dr Peter Tseng**  
Head, General Cataract and  
Comprehensive Ophthalmology Service\*



**Dr Cordelia Chan**  
Head, Refractive Surgery Service

\* Effective 1 June 2012, the Cataract and Comprehensive Ophthalmology Service has been re-organised into Cataract Service, and General Cataract and Comprehensive Ophthalmology Service, to enhance the delivery of ophthalmic care and better support innovative cataract developments.



**Professor Wong Tien Yin**  
Group Director, Research, SingHealth

This new appointment was established on 1 July 2012 to provide focused leadership to better direct and co-ordinate the entire spectrum of biomedical research in SingHealth. This appointment amalgamates the Group Director, Translational Research and Group Director, Clinical Research appointments for greater clarity and synergy.

## National Day Awards 2012



**Public Service Star (BBM)**  
**Dr Dominic Leung**  
Chairman, Medifund Committee



**Commendation Medal**  
**Ms Margaret Tan**  
Deputy Director of Nursing



**Efficiency Medal**  
**Ms Noraini Bte Hashim**  
Senior Enrolled Nurse



**Long Service Medal**  
**Dr Peter Tseng**  
Senior Consultant



**Long Service Medal**  
**Dr Yvonne Ling**  
Senior Consultant

## Promotion



**Dr Wang Jenn Chyuan**  
Senior Consultant  
General Cataract and  
Comprehensive Ophthalmology Service  
Refractive Surgery Service

## MOH Nurses' Merit Award 2012



**Ms Audrey Kon**  
Nurse Clinician

# MARK YOUR DIARY!

## FOR PUBLIC

Check out [www.snec.com.sg](http://www.snec.com.sg) for more details

### SNEC Community Outreach Programmes (November – December 2012)



#### ■ National Eye Care Day

##### WHEN

Saturday, 10 November 2012, 9am to 3pm

##### WHERE

SNEC Balestier Branch

#### ■ World Diabetes Day

##### WHEN

Sunday, 11 November 2012, 9am to 3pm

##### WHERE

NUSS - The Graduate Club  
National University of Singapore (NUS)  
Kent Ridge Drive

## FOR OPHTHALMOLOGISTS/ OPHTHALMOLOGY TRAINEES

Check out [www.snecmeetings.org](http://www.snecmeetings.org) for more details

#### ■ Oculoplastic Instructional Course

##### WHEN

Friday – Saturday, 30 November - 1 December 2012

##### WHERE

Auditorium, Level 4, Tower Block, SNEC

## APPOINTMENT BOOKING

TEL: (65) 6227 7266

FAX: (65) 6227 7290

Email: [appointments@snec.com.sg](mailto:appointments@snec.com.sg)

Website: [www.snec.com.sg](http://www.snec.com.sg)

## GP HOTLINE

TEL: (65) 6322 9399

## SINGLASIK HOTLINE

TEL: (65) 6322 8891

FAX: (65) 6226 3403

Email: [singlasik@snec.com.sg](mailto:singlasik@snec.com.sg)

Website: [www.singlasik.com.sg](http://www.singlasik.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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