



Understanding



We are aware about the presence of the blinds around us but most of us do not know that those who are classified as “blind” may not be totally blind. Instead, lots of them do have remaining sight and it can actually be fully utilised. Low vision rehabilitation has been developed to make use of the remaining vision so that the quality of these people’s life can be improved and their dependency to others in their life can be reduced.

Low vision is a vision loss which cannot be corrected with spectacles, contact lenses, medicine and surgery. It interferes with these patients’ daily activities. It is better defined in terms of function, rather than numerical test results. Low vision can also be explained as "not enough vision to do whatever it is you need to do," which can vary from person to person. Some people may have poor vision which does not interfere with their daily activities whereas some may have better vision but have problems in their real life.

In Malaysia, vision disability is classified into two types which are low vision and total blindness. Patients are considered to have low vision if the aided visual acuity of their better eye is worse than 6/18 but better than 3/60 or their visual field is less than 20 degrees. Patients are considered as blind if the aided visual acuity of their better eye is worse than 3/60 or their visual field is less than 10 degrees.

About the Author.....



Ms Chuah Pei San is the head optometrist of LEC who graduated from Universiti Kebangsaan Malaysia in 2011. She is an expert in vision eye care and is trained to accurately test and prescribe glasses or contact lenses to suite the patients’ needs. She is also fully trained to prescribe specialty contact lenses (e.g. for keratoconus) and is able to diagnose certain eye diseases such as cataract, glaucoma, squint eye problems and others. She is also the Head of the Refractive Service and together with other team members, work together with our ophthalmologists to assess patients’ suitability for Laser Vision Correction.



View seen by a low vision patient



A living room viewed through a constricted visual field

Can Low Vision Patients Enjoy Their Life?

In spite of being low vision, these patients can actually still read, cook, work and enjoy their life! Although they may not live their life as others, they can still do the daily activities with some optical aids or by modifying their environment.

Lots of low vision patients have difficulties in reading due to their poor vision. Besides using the low vision aids such as spectacle-mounted magnifiers, handheld magnifiers, stand magnifiers and video magnification, there are few tips to make prints more readable. For example, we can enlarge the font sizes, try monospaced fonts, choose easily recognizable font types, make the text bold, increase the line spacing or enhance the print contrast.

However, comparing with the lifestyles in previous time, I believe that the lifestyle nowadays with more electronic devices is actually a blessing to the low vision patients because they can easily enlarge the contents of the screen with the zoom function of the device. Also, the built-in features in the devices customized for these low vision patients, such as VoiceOver speaks text aloud on iOS devices and Android's screen reading software, are so much useful

for them as features can read out the contents for them.

The print contrast can also be enhanced by printing the letters with light colour such as white, on a black background. It is easier for the patients to read than printing the black letters on a white background.

Apart from that, these visually-impaired patients can also work like how other normal vision people do. They can work as clerk, lawyer, cook, teacher, lawyer and others. For those who are interested, they can even own their business. Training can be given to them, environment can be modified for them as well as other equipment or visual aids can be prepared in their working areas so that they can work comfortably and efficiently. For example, extra lighting is set up at the working table, mark all file folders with bold and large-print labels, computer which is accessible for the low vision patients can be prepared at their working areas. Training such as Braille, how to use the computer with audio texts and using a white cane to walk are also among the training given to them so that they can live independently.

In Malaysia, visually-impaired patients can register as People with Disabilities (*Orang Kurang Upaya*) at Department of Social Welfare Malaysia (*Jabatan Kebajikan Masyarakat Malaysia*). They can enjoy the facilities and privileges provided by the society and government. For example, they can get financial support from the government to buy some visual aids which maybe expensive for them. The government will also support those who have low income or do not work by giving allowance every month.

In fact, low vision patients have still their rights to live their life. Although the awareness is still low among themselves, their family members and the society, we believe that with continue efforts, their rights will come to a day that people will know they can actually independent like how others do.

Do you have any enquiry regarding your eye? Write to us at: enquiry@lec.com.my

Eyes: Facts You Probably Didn't Know About Them

You've had your peepers since you were born, so you may think you know them pretty well, but here are some fun facts you may not know about eyes:

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| <ol style="list-style-type: none">1. The average blink lasts for about 1/10th of a second.2. Eyes heal quickly. With proper care, it only takes about 48 hours for the eye to repair a corneal scratch.3. Seeing is such a big part of everyday life that it requires about half of the brain to get involved.4. Newborns don't produce tears. They make crying sounds, but the tears don't start flowing until they are about 4-13 weeks old.5. Around the world, about 39 million people are blind and roughly 6 times that many have some kind of vision impairment.6. Doctors have yet to find a way to transplant an eyeball. The optic nerve that connects the eye to the brain is too sensitive to reconstruct successfully.7. The cells in your eye come in different shapes. Rod-shaped cells allow you to see shapes, and cone-shaped cells allow you to see colour. | <ol style="list-style-type: none">8. You blink about 12 times every minute.9. Your eyes are about 1 inch across and weight about 0.25 ounce.10. Some people are born with two differently coloured eyes. This condition is heterochromia.11. Even if no one in the past few generations of your family had blue or green eyes, these recessive traits can still appear in later generations.12. Each of your eyes has a small blind spot in the back of the retina where the optic nerve attaches.13. You don't notice the hole in your vision because your eyes work together to fill in each other's blind spot.14. Out of all the muscles in your body, the muscles that control your eyes are the most active.15. 80% of vision problems worldwide are avoidable or even curable. |
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Resource: <https://www.vsp.com/eyes.html>

ACTIVITIES OF LEC

**Free Eye Screening
Sin Chew Carnival at SJK (C) Chung Cheng, Sitiawan
23rd October 2016**



Thanks for those who came to support us. We are grateful to join the activities to serve the community!

Do you have any enquiry regarding your eye? Write to us at: enquiry@lec.com.my

**Free Eye Screening
Sin Chew Carnival at SJK (C) Kampar Girls School
13 November 2016**



Free Eye Screening was given by one of our Resident Consultant Ophthalmologist, Dr Lim Eng Hock



Explanation on the eye condition is given thoroughly to the participant

**Free Eye Screening
Human Resource Open Day at University Technology Petronas
16 November 2016**



Thanks for the support from all the participants. We are glad to see so many of you concerned about your eyes!



One of our Resident Consultant Ophthalmologist, Dr Ummi Kalsom was giving eye screening to the participants

Emergency Contact: Perak Community Specialist Hospital: 05-2548918/05-2545949

Printed by: Lee Eye Centre, Ipoh. Tel: 05-2540095/05-2544951 Fax: 05-2540273