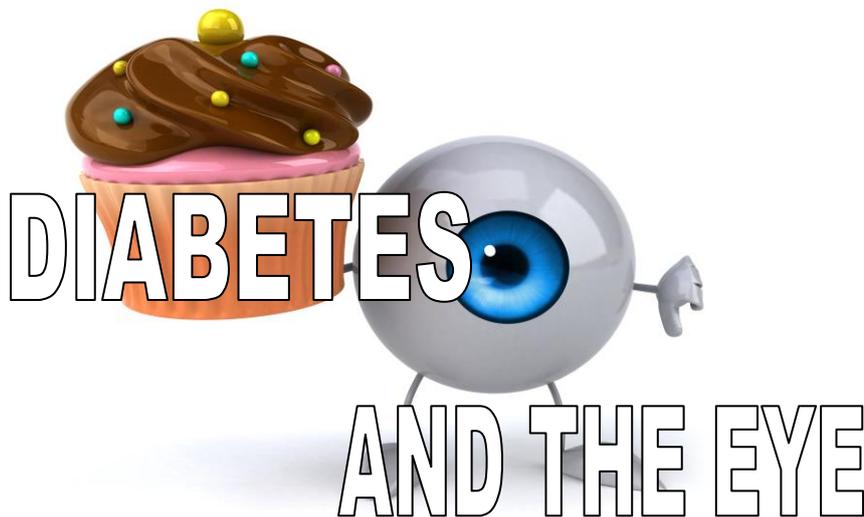


# LEC Eye News

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## About the Author.....



**Dr Lim Eng Hock** is a Senior Consultant at LEC and has been a vital member of the medical team since 2005. After completing his medical education at Mangalore University, Dr Lim began his internship in Hospital Ipoh. Dr Lim embarked on his Masters in Ophthalmology studies with University Hospital from June 1999 to Dec 2003. Currently, Dr. Lim is also a Visiting Consultant at Perak Community Specialist Hospital. Dr Lim is a very experienced and competent cataract and anterior segment surgeon. He has performed thousands of eye surgeries including cataract surgeries with wavefront, toric and multifocal intraocular lenses, pterygium excision with conjunctival graft using fibrin glue, trabeculectomy surgeries for glaucoma management. He is also competent in squint surgery and eyelid surgery.

The main adverse effect of diabetes on the eye is damage to the retina, generally known as Diabetic Retinopathy. The retina is the nerve layer at the back of the eye which plays a major, if not the most important role in our vision.

## RISK FACTORS

- Duration of diabetes is the most important. After 10 years of diabetes, more than 50% of patients will have some form of retinopathy.
- Poor control of diabetes and associated hypertension or kidney disease is also associated with earlier onset and worsening of the eye disease.
- Other risk factors include smoking, obesity and high cholesterol levels.

## HOW IS THE RETINA AFFECTED?

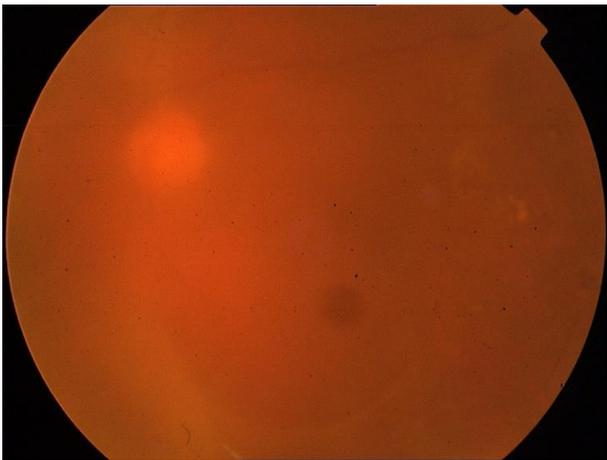
Diabetes most commonly affects the retina in 3 ways:

- Swelling
- Bleeding
- Retinal detachment

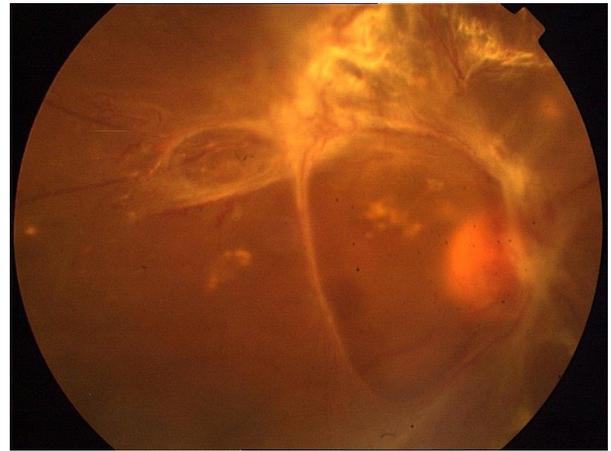
Visual loss from diabetic retinopathy may happen progressively, or may be sudden.



In retinal swelling (macular oedema), the loss of vision usually happens progressively over weeks or months.



In cases of retinal bleeding leading to blood collection in the eye cavity, loss of vision is often sudden and may range from mild to severe.



Retinal detachment caused by diabetic eye disease usually causes severe loss of vision progressing over a period of months.

## **TREATMENT OF DIABETIC EYE DISEASE**

Treatment usually involves various intraocular injections and retinal laser sessions. Serious cases such as bleeding into the cavity of the eye or retinal detachment may require surgery.

## **POINTS TO REMEMBER IF YOU HAVE DIABETES**

- Good control of diabetes does not prevent diabetic retinopathy but may delay its onset and severity of the eye disease.
- You must attend regular eye examination even if you do not experience any blurring of vision.
- Blurring of vision from diabetic eye disease may happen suddenly and can be prevented by early detection and treatment.

Early detection and treatment is crucial as treatment of advanced disease may only be able to preserve vision rather than improving it.

## EYELID HYGIENE TIPS

Eyelid hygiene is very helpful to treat and control blepharitis, but only if performed properly.

To begin, use a clean, warm compress to melt any blocked residue in the oil-secreting meibomian glands in your eyelids. Here's how you must start with:

- Wash your hands, and then dampen a clean washcloth with warm (nearly hot) water.
- Place the washcloth over your closed eyelids for several minutes.
- Then gently rub your eyelid margin with the washcloth before opening your eyes. (Don't press hard on your eye.)

Follow your eye doctor's recommendations on how often to use a warm compress and how long to keep it in place. When you first begin treatment, you may be instructed to do this several times daily, for about five minutes each time. Later on, you might only need to apply the compress once daily.

Cleaning your eyelids is the next essential step. Your doctor will recommend what to use for the cleaning agent. Options include warm water, diluted baby shampoo or an over-the-counter or prescription eyelid cleanser.

To clean your eyelids:

- Wash your hands, then moisten a clean washcloth, cotton swab or gauze pad with the cleaning solution.
- Gently wipe your eyelashes and lid margin.
- Rinse with warm water.
- Repeat the process for your other eye, using a different washcloth, swab or pad.

Your eye doctor may have you clean your eyelids several times daily to start, and then once daily thereafter.

It's a good idea to minimize use of eye makeup when you have blepharitis, because mascara and other makeup can interfere with eyelid hygiene.

If your doctor recommends an anti-dandruff shampoo for your scalp and eyebrows, make sure you keep the shampoo out of your eyes to avoid irritation.

## TIPS FOR CONTACT LENS USER

If you develop blepharitis while wearing contact lenses, you should discontinue wearing your contacts until the blepharitis has been successfully treated. Wearing contacts when you have eyelid inflammation can result in bacteria and other debris sticking to your lenses and causing pink eye or potentially more serious eye diseases.

If you don't have a backup pair of glasses and need to purchase them, consider asking for photochromic lenses, which darken automatically in sunlight and lighten indoors. If you're like some people with dry eye who experience light, your eyes may be more comfortable outside with photochromics. Another advantage: you wouldn't need a separate pair of prescription sunglasses for outdoor wear.

After your blepharitis has been successfully treated, you can resume wearing contacts if that's your preference. If you currently wear reusable contact lenses, consider switching to daily disposable contacts or gas permeable contacts, which may have a lower risk of blepharitis-related problems.

Source:

<https://www.allaboutvision.com/conditions/blepharitis.htm>

## ACTIVITIES OF LEC Pesta Tahun Baru Jelapang on 11<sup>th</sup> February 2018



The crowd waiting for their turn to register

Dr Lim screen the patient while the counselor explained to the patient

## LEC collaborated Perak Phun Yue Wui Kuon – Health Awareness Week on 11<sup>th</sup> March 2018



The patient start the registration and doing the visual acuity test

## Free Eye Screening and Forum collaborated with Perak Community at Top Glove on 21<sup>st</sup> March 2018



Screening for Top Glove staff

Forum given by Dr Lee Mun Wai

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