



LEC EyeNews

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About the Author.....



Dr Umami Kalsom Mohd Ali is a Senior Consultant with vast clinical and surgical experience in treating a wide range of eye diseases. She is a graduate from University of Malaya, Kuala Lumpur and she joined the HUKM Master Programme in Ophthalmology in 2001 and upon completion in 2005, she became a Consultant Ophthalmologist at Hospital Ipoh. Dr Umami is a very experienced surgeon and has performed thousands of cataract surgeries as well as pterygium excision with conjunctival graft using fibrin glue. She has performed numerous complicated surgical repairs following injuries and is also competent in trabeculectomy, squint and eyelid surgery. She also has interests in Cornea and External Eye Diseases including Refractive Surgery.

SIMPLE TIPS FOR HEALTHY EYES

Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes well into your golden years.

Have a comprehensive dilated eye exam. You might think your vision is fine or that your eyes are healthy, but visiting your eye doctor for a comprehensive dilated eye exam is the only way to really be sure. When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye the same way an open door lets more light into a dark room. This enables your eye doctor to get a good look at the back of the eyes and examine them for any signs of damage or disease. Your eye doctor is the only one who can determine if your eyes are healthy and if you're seeing your best.

Know your family's eye health history. Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

Eat right to protect your sight. You've heard carrots are good for your eyes. But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach or collard greens is important for keeping your eyes healthy. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

Maintain a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma.

Wear protective eyewear. Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

Quit smoking or never start. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk

of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

Be cool and wear your shades. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

Clean your hands and your contact lenses properly. To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

FOLLOW THESE TIPS TO KEEP YOUR EYES HEALTHY AS WELL AS BEAUTIFUL:



Throw away eye makeup after three months. Infection-causing bacteria grow easily in creamy or liquid eye makeup. If you develop an eye infection, immediately toss all of your eye makeup.

Never share eye makeup, and when sampling makeup in stores use only fresh applicators and

samples that have not been contaminated by multiple users. (The safest choice is to avoid store samples altogether.)

If you tend to be allergic, introduce only one new eye makeup or care product at a time. If there is no reaction, add another new product, and so on. If you notice an allergic reaction, find out what the ingredients are and let your doctor know. Avoid products that contain untested or harmful chemicals.

Before applying makeup, be sure your face and eyelids are very clean. Always apply makeup outside the lash line, away from the eye, to avoid blocking the oil glands of the upper or lower eyelid. These glands secrete oil that protects the eye's surface. Never apply makeup while in a moving vehicle.

Do not separate your mascara-clumped lashes with sharp items.

If you tend to have dry eyes, avoid metallic/glitter, powder or other makeup that flakes. Flakes can get into the tear film and increase your eyes' irritation. Glitter eye makeup is a common cause of corneal irritation or infection, especially in contact lens users.

Remove all eye makeup at night before sleeping, especially mascara that can stick to the lashes. Brush a clean cotton swab along the base of the eyelashes to remove all makeup remnants. If you use eye makeup remover, avoid getting it in your eyes and thoroughly rinse remover off your eyelids.

If you have eye surgery, do not wear makeup around the eye until your ophthalmologist tells you it is safe to do so, and then use only fresh, new makeup.

ACTIVITIES OF LEC

Sin Chew Carnival at SJK (C) Padang Gajah on 1st October 2017



Everyone waiting for their turn



Thank you Dr Lee and Dr Lim

Well done team

Diabetic Awareness Campaign at Tanjung Tualang on 12th November 2017



Vision screening by LEC team



Dr Lee and Dato Y.C. Lee explaining to a patient about her eye condition



Specialised camera used to take photos of nerve and blood vessels of the eye



Guest of Honour, YB Dato' Lee Chee Leong, our chairman Dato' Y.C. Lee and LEC team

Sin Chew Carnival at SJK (C) Yuh Hua on 19th November 2017



Our Optometrist screening for refractive error



Dr Ummi and Dr Lim examining the patients

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