

Oasis EyeQ

The Official Newsletter of OasisEye Specialists



**JUNE IS
CATARACT
AWARENESS
MONTH**



EDITOR'S NOTE

Greetings from OasisEye Specialists,

Thank you for visiting our centre recently. We hope you had a welcoming and reassuring eye care experience.

On behalf of our team, I'd like to share our quarterly newsletter entitled Oasis EyeQ. As medical professionals, we at OasisEye, believe the best way to empower our patients is through education and we hope you will benefit from the knowledge of eye health shared on this platform.

We have dedicated our first issue to equipping our subscribers with information on cataract, the leading cause of preventable blindness worldwide. We hope you enjoy the read and share it with those you feel may benefit from the information. If you would like to receive further newsletters by email, kindly leave us your email address. We look forward to serving you.

Dr Vanitha Ratnalingam

Consultant Ophthalmologist and Corneal Specialist
OasisEye Specialists



Cataracts represent the leading cause of blindness worldwide. Unfortunately, there are a number of widespread myths about cataracts that may prevent people from seeking treatment. In conjunction with Cataract Awareness Month, we would like to share with you 5 common cataract myths - and to separate the myths from facts.



Cataract Awareness Month

1



Myth

Cataracts spread from one eye to the other

Fact

Cataracts cannot spread but they may develop in both eyes at approximately the same time, more so in the elderly. However, they develop independent of each other. There is no mechanism for them to spread.

Myth

Eye drops can prevent or dissolve cataracts

Fact

There are no eye drops currently that can prevent or cure cataracts, as claimed by some products in the market.



2

3

**Myth****Cataract surgery is dangerous & recovery takes months****Fact**

Cataract surgery is one of the most frequently performed operations. It has a 95% success rate. In most cases, normal activities may be resumed the day after surgery with special care not to bend over or carry heavy objects for 1 to 2 weeks.

Myth**Cataracts must be allowed to mature fully or "ripen" before surgery can be done****Fact**

The best time to remove a cataract is when you begin to notice any visual disturbance. Waiting until your vision is totally impaired can be dangerous for you. It can also potentially increase the risk of intra-operative complications.

4

**Myth****Cataracts can return after surgery****Fact**

Cataracts cannot grow back once they've been removed and replaced with a clear artificial lens. However, some people may develop a cloudy film across the back of the artificial lens due to migration of cells. This can easily be treated with a 5 minute laser procedure in the clinic.

5



Did you know?



In the past, patients wore thick "coke bottle" glasses after cataract surgery in order to be able to see. The idea of the intraocular lens implant was introduced by Sir Harold Ridley.



When a fighter pilot in the 2nd World War was shot down, a fragment from the canopy of his British spitfire fighter plane entered his eye. Dr Ridley noted that the fragment was not rejected by the eye. There was no inflammatory immune response. He realised he could make clear lenses out of the same material as the planes canopy and implant them in patients' eyes following cataract extraction.

Upcoming Event

Mandarin Facebook Live

Date: 26th June 2020

Time: 2:30pm

Topic: Myths vs Facts
of Cataract (Part 2)

Speaker: Dr Wong Hon Seng

Medical Retina &

Uveitis Specialist

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For more information on cataract, visit our website or videos by clicking the link below:

Katarak : <https://youtu.be/LdQUsxuAYvo>

Cataract (Mandarin) : <https://youtu.be/ZaGP4dlf3Pc> ; <https://youtu.be/gNUSWIN7Omo> ;
https://youtu.be/dr_BP6cmp10

Multifocal Lens : https://youtu.be/9SwVSBj_tdo