

Oasis EyeQ

The Official Newsletter of OasisEye Specialists



EDITOR'S NOTE

OasisEye Specialists turns one!

Dear friends,

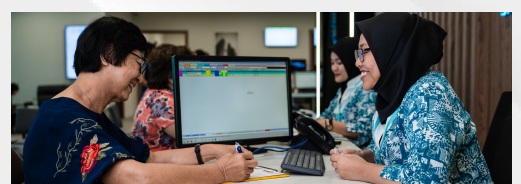
The last year has been filled with excitement, passion and hard work. We have truly been encouraged by positive reviews and feedback from our patients as we strive to seek ways to serve you better. To celebrate this milestone, we will be looking back at the memorable moments that have brought us thus far. All this would not have been possible without the support of a wonderful team, whom we will be introducing in this edition of Oasis EyeQ.

To kick off our one year celebration we had fun organizing a children's colouring contest (see below for the winners!), a family lunch with a yummy spread (social distancing observed) and last but certainly not least, the launching of our furry mascot RIMAU!

The month of January is also Glaucoma awareness month. Even if you've had a friend or family member experience glaucoma, you might not be aware of some less commonly known aspects of the condition. We have listed 5 surprising facts below along with links to more information from our glaucoma specialist Dr Thayanithi Sandragasu which we hope you will find informative.

Dr Vanitha Ratnalingam

Consultant Ophthalmologist and Corneal Specialist
OasisEye Specialists



JANUARY 2021, OASISEYE SPECIALISTS

A Year with OasisEye Specialists



Construction of our operating theatre complex in July 2019.



Staff Orientation.



Soft launch and charity eye surgery program by YB Fahmi Fadzil, Lembah Pantai MP, on 19th February 2020.



OasisEye Specialists hosted a lion dance performance to celebrate the year of the Rat.



OasisEye Specialists has officially signed a Memorandum of Understanding (MoU) with Cardiac Vascular Sentral Kuala Lumpur (CVSKL).



Dr John Mathen provided free cataract surgery for B40 patients referred from the Lembah Pantai MP's office.

JANUARY 2021, OASISEYE SPECIALISTS

***OasisEye Specialists
ready to serve you!***

Special thanks to our team for their cooperation and dedication. Your commitment to your job makes us proud!



Front Office Team



Optometry Team



Outpatient Team



Finance & Administrative Team



Operating Theatre & Pharmacy Team



Business Development Team

JANUARY 2021, OASISEYE SPECIALISTS

Colouring contest in conjunction with OasisEye Specialists' 1st Year Anniversary



OUR MASCOT

Introducing Our Mascot, *Rimau*

The Malayan tiger is called "harimau" in Bahasa Melayu. It is a critically endangered animal in Malaysia and is on the Malaysian National Crest.

Tigers have nighttime vision which is six times better than that of humans, making them the perfect nocturnal hunters, just about the time when their preys can't see too well!



The eyes of the tiger are situated on the front of its head (and not on the sides), giving it binocular vision with accurate depth perception to judge distances.

The tiger uses its vision extensively for everyday functions, particularly for hunting in the dark.

January is Glaucoma Awareness Month!

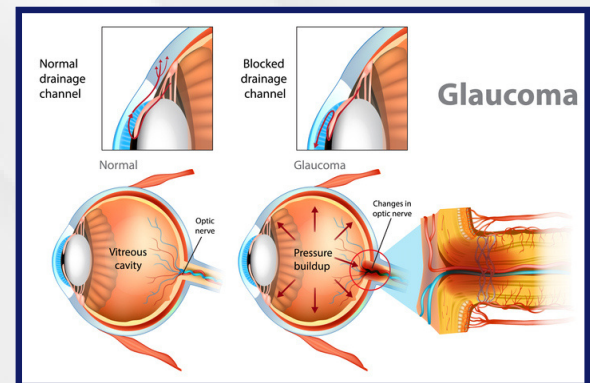
1.What is Glaucoma?

1. Glaucoma is a disease of the eye that causes damage to the optic nerve.
2. The optic nerve is the pathway that carries the images we see to the brain.
3. Based on National Eye Survey 2014, glaucoma is the third most common cause of blindness in Malaysia (1%) after cataract (58%) and diabetes (10%).

2.Risk Factors

Glaucoma can affect anyone. However, certain factors are associated with a higher risk, which include:

- Age: Risk increases with advancing age
- Race: African and Chinese ancestry
- Family history of glaucoma
- Pressure within the eyeball People with a pressure of more than 22 mmHg (ocular hypertension)
- Short-sightedness (myopia)
- High blood pressure / Hypertension
- Diabetes Mellitus
- Migraine
- Prolonged use of steroids (either topical or systemic)



3.Recommendations for Glaucoma Screening

Age	With Risk Factors	Without Risk Factors
1 Below 40 years	Every 1-2 years	Every 5-10 years
2 40-54 years	Every 1-3 years	Every 2 years
3 54-64 years	Every 1-2 years	Every 2 years
4 > 65 years	Every 6-12 months	Every 1-2 years

Treatment

1 Medications

- Eye drops



2 Laser treatment

- Laser treatment can be given for both angle closure and open angle glaucoma.
- Laser treatment for angle closure glaucoma is usually performed to prevent an acute attack by creating hole in the iris to facilitate drainage system in the eye.
- In open angle glaucoma, laser is performed when medications are not effective enough or the patient has difficulty in taking medications.

3 Surgery

- The procedure involves making an alternative drainage system for the fluid in the eye to escape from the eyeball.
- It is usually performed when medications and lasers are ineffective.

Upcoming Webinar

Visual Field Workshop

Date: 4th February 2020

Time: 3:00pm

Speaker: Datin Dr Thayanithi
(Glaucoma Specialist) & Ms Vinodhini
Naidu (Senior Ophthalmist)

Upcoming Facebook Live Events

I See Double??

Date: 5th February 2020

Time: 3:00pm

Host: Dr K John Mathen (Corneal
Surgeon)

Guest Speaker: Ms Melanie Yeoh
(Orthoptist)

****Your doctor will be able to advice you on the best treatment option.**

JANUARY 2021, OASISEYE SPECIALISTS

1 Babies Can Have Glaucoma

Glaucoma isn't just for the elderly. You can be born with the condition or develop it while you're still in the single digits. It is very rare, however, occurring only in every one of 10,000 births.

2 Glaucoma Can Rob Sight Suddenly In Less Than A Day

The type of glaucoma known as acute angle-closure glaucoma can present over a few hours and in that time do enough damage to cause permanent vision loss. If you experience severe eye pain, associated with headache, nausea and vomiting, seek urgent medical care.

3 Over 40% of Vision Can Be Lost Before A Patient Notices Symptoms

Glaucoma is called the "silent thief of sight" because peripheral vision is lost so gradually that it's difficult to notice in the early stages.

4 Coloured parts of the Eye Can Flake Off Pigment Granules

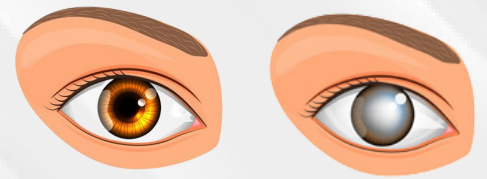
The colored part of your eye is called the iris. In pigmentary glaucoma, iris pigments can slough off and clog the drainage canals of the eye. This causes the eye pressure to rise, leading to glaucoma.

5 Unlike Some Animals, The Human Optic Nerve Cannot Regenerate

In glaucoma, damage to the optic nerve is permanent because the optic nerve cannot regenerate. However, unlike mammals, most lower form animals, including frogs, have the potential to repair damaged optic nerves.

A lot of research is ongoing in this area. Hopefully, whatever helps these animals repair their optic nerves might someday help doctors reverse optic nerve damage in glaucoma patients.

Did you know?



Healthy Eyes

Glaucoma



***If you would like to unsubscribe from future newsletters please reply "Unsubscribe"**

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

Glaucoma : <https://www.youtube.com/watch?v=4kYASdQOro>

Unit 1-3, Level 1, Nexus Bangsar South, No. 7, Jalan Kerinchi, 59200 Kuala Lumpur, Malaysia.

 www.oasiseye.my  +603 - 2730 7676  +6018 - 288 7676  [oasiseyespecialists](https://www.facebook.com/oasiseyespecialists)