

Oasis EyeQ

The Official Newsletter of OasisEye Specialists



EDITOR'S NOTE

OasisEye Specialists made it!

Dear friends,

OasisEye Specialists is extremely proud to have received the Healthcare Asia Award 2021 for Specialty Clinic of the Year in Malaysia. This year the awards program aims to honor hospitals and clinics that have risen above the challenges caused by Covid-19 and made a remarkable impact to their patients. Special mention was made of our continued efforts to provide free eye treatment and surgery to the urban poor in our community. We are humbled and honored to be one of the few who were recognized, and we're excited to share this news with you, because you are the reason we do what we do. The award also serves as added encouragement for us to strive to serve you better

True to the above, we have worked hard to maintain safety by following SOPs put in place during this pandemic. All our staff, both clinical and non-clinical have completed their vaccinations. At OasisEye Kuala Lumpur, we have expanded our services by incorporating a contact lens clinic for specialty contact lenses. We have also added to our services with the recent opening of two new clinics in Johor Bahru and Seremban and we look forward to introducing you to our new team members in this edition of Oasis EyeQ.

Dr Vanitha Ratnalingam

Consultant Ophthalmologist and Corneal Specialist
OasisEye Specialists



We are now open at Johor Bahru and Seremban !

**OasisEye JB Sdn Bhd**

Lot G-02, No. 01-01, Beletime Danga Bay Shopping Mall, Bay Point, Persiaran Danga Perdana, Country Garden Danga Bay, 80200 Johor Bahru, Johor.

☎ +603 2730 7686/ +6012 346 7686

✉ info.jb@oasiseye.my



Dr Chan Choon Teng | Dr Ling Kiet Phang

**OasisEye Seremban Sdn Bhd**

475, Jalan Haruan 4/4, Oakland Commercial Centre, 70300 Seremban, Negeri Sembilan

☎ +603 2730 7688/ +6010 361 7688

✉ info.sban@oasiseye.my

Dr Tan Pek Hwi | Dr Teh Wee Min | Dr Sudha Menon

Welcome Ms Christina Tan! Our Contact Lens Specialist Optometrist

Ms Christina is passionate in practicing contact lens. She fits custom made contact lenses in areas such as keratoconus, prosthetic contact lens, postsurgical, orthokeratology, presbyopia, correction in high myopia and astigmatism. She has over 10 years experience as an optometrist.

She previously served in a multinational company which manufactures custom-made lenses such as rigid gas permeable and Rose K lenses for Malaysia. With deep interest in contact lenses, she spearheaded the launching of Rose K XL semi-scleral RGP lenses in Malaysia. Her wish is for those who are not able to see with glasses to have a second chance at sight with this custom contact lenses.



Congratulations OasisEye Specialists

OasisEye Specialists is proud to announce that we were awarded Specialty Clinic of the Year in Malaysia by Healthcare Asia Awards. Thank you to everyone for making it possible. We are grateful to have been nominated and this award will push us to work even harder for our patients!





June is
CATARACT
Awareness Month

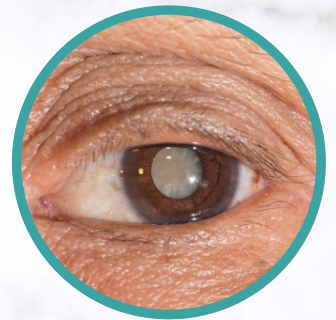
What is a cataract?

A cataract is a clouding of the normally clear lens of the eye. Cataract development is a normal process of aging, but cataracts also develop from eye injuries, certain diseases or medications.

Have you heard these **myths** of cataract?

1 **Myth:** Cataracts grow on your eyes

Fact: Cataracts are not growths. **Cataracts don't grow over your lens or eye.** They are permanent changes to your eye's natural focusing lens.



As you age, the proteins that make up the lens in your eye start to break down and clump together. The clumped proteins — combined with slower cell turnover in your lens — makes your lens cloudy and yellow, which affects the way you see.

2 **Myth:** Only old people develop cataracts

Fact: Some young people have cataracts.



Although cataracts are a disease of aging, you can develop them at a younger age. Certain medications, such as corticosteroids, can cause changes to your eyes that lead to cataracts. Some babies are born with a type of cataract called congenital cataracts.

3 Myth: Too much reading or close work causes cataracts**Fact:** You can't create cataracts through habits.

When you have cataracts, you may have trouble reading or doing close work such as sewing or crafts. However, engaging in those types of activities doesn't cause your lens to degrade.

**4 Myth:** Cataract surgery is dangerous**95%****SUCCESS RATE****Fact:** Cataract surgery is safe.

Cataract surgery has a 95 percent success rate and is one of the most common and safest surgeries. For a few days after surgery, be sure not to do any heavy lifting or bending. You may notice an immediate improvement after surgery, or a gradual improvement over several weeks.


5 Myth: Cataracts grow back after surgery**Fact:** Cataracts can't grow back.

Once your cataract has been removed, it can't grow back. Some people develop cloudy vision again because the capsular bag that holds the new synthetic lens deteriorates with age. However, a 15-minute, in-office laser procedure quickly, safely, and easily resolves that problem.

Virtual Eye Symposium - Eye Care in The Era of COVID-19

This symposium aims to provide an update on acute eye problems during the COVID-19 pandemic to primary care physicians and healthcare professionals.


If you wish to register, please click this link: <https://bit.ly/3p9DZzP>



Virtual Eye Symposium: Eye Care in the Era of Covid -19

10th July 2021 | Saturday | 12.45pm - 5.30pm

Click this link to register: <https://bit.ly/3p9DZzP>



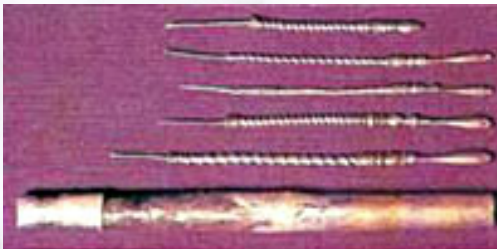
Time	Itinerary	Speaker
1245 - 1255	Registration / Login	
1255 - 1300	Introduction	Dr Wong Hon Seng
1st Session: Eye Care During The Pandemic		
1300 - 1320	My Eye Won't Stop Twitching	Dr Tai Lai Yong
1320 - 1350	Myopia Epidemic in Kids	Dr Sunder Ramasamy & Ms Christina Tan
1350 - 1410	Dry Eyes	Dr K John Mathen
1410 - 1430	The Dilemma of "Working from home"	Dr Wong Hon Seng
1430 - 1440	Panel Discussion	All Doctors
1440 - 1500	Sponsored Talk by Bayer	Dr Wong Hon Seng
2nd Session: Acute Eye Problems		
1500 - 1520	Blood Shot Eyes	Dr Thayanithi Sandragasu
1520 - 1540	Splash in The Eye	Dr Chan Choon Teng
1540 - 1600	A Hole In My Eye?	Dr Teh Wee Min
1600 - 1620	My Eye Cannot Move	Ms Melanie Yeoh
1620 - 1640	What is An Eye Stroke?	Dr Ling Kiet Phang
1640 - 1700	Waking Up with Eye Pain!	Dr Vanitha Ratnalingam
1700 - 1730	Panel Discussion	All Doctors

*4CPD Points will be awarded from MMA & MOC

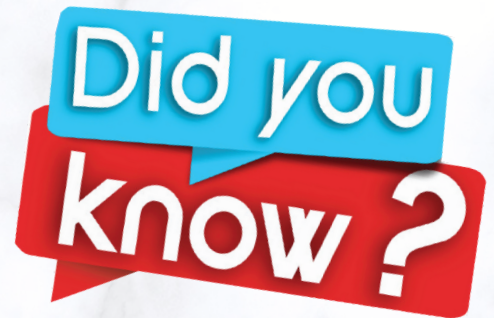
Cataracts are a problem they have interfered with humans since the beginning of recorded history. The earliest record of cataract removal was by the Indian physician Sushruta. Most historians place the time of his life to 600 BC and he lived in Benares, a city on the banks of the river Ganges.

In a compilation of his work, known as the Sushruta Samhita, he describes a procedure known as couching where the surgeon uses a lance to push the clouded lens backward into the vitreous body of the eye. This was standard practice until the mid-eighteenth century.

Rest assured, we have come a long way since then!



Ancient Cataract Instruments



Upcoming Webinar

Eye Care in The Era of COVID-19

Date: 10th July 2020

Time: 12.45 pm – 5.30pm

Topic:

- 1st Session (Eye Care During The Pandemic)
- 2nd Session (Acute Eye Problems)

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

Katarak by Dr Vanitha : <https://www.youtube.com/watch?v=LdQUsxuAYvo>

陈春婷医生 - 白内障 : https://www.youtube.com/watch?v=uXcb4_uFhkg&t=10s

黄汉成医生 – 什么是白内障? Part 1 : <https://www.youtube.com/watch?v=ZaGP4dlf3Pc&t=48s>

黄汉成医生 – 什么是白内障? Part 2 : <https://www.youtube.com/watch?v=gNUSWIN7Omo&t=58s>

Multifocal Lens by Dr Khaw : https://www.youtube.com/watch?v=9SwVSBJ_tdo&t=12s