



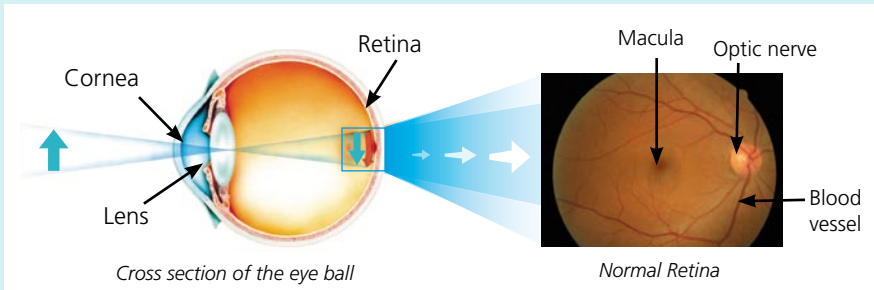
THE EYE INSTITUTE
NATIONAL HEALTHCARE GROUP

Eye Alert:
What You Know
May Save Your
Sight



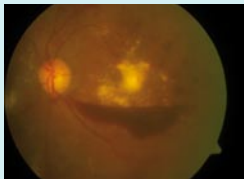
Your Eyes: How do they work?

Just like a camera, the lens of the eye focuses image onto a film, the retina.



Your Eye Alerts: Dangerous Eye Symptoms

Please consult an eye specialist urgently if you have any of the following :



Bleeding in the eye due to diabetes.

- **Sudden blurred vision**

This may be caused by **bleeding** or a **blocked blood vessel in the eye**.



Normal Vision



Blurred Vision: the same picture as seen by an eye with bleeding.

- **Sudden appearance of black lines or spots (floaters)**

Sudden showers of many **floaters** or **flashing lights** may precede retinal detachment, a blinding condition. If you notice a "curtain-like" blockage of your vision, retinal detachment may have occurred.



View of patient with floaters



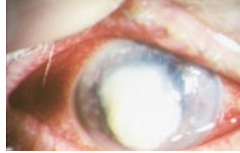
View of patient with retinal detachment

- **Sudden pain and redness of the eye**

This may be caused by acute glaucoma (sudden increase in eye pressure causing nerve damage), acute infection or inflammation of the eye or corneal ulcer.



Eye redness due to acute glaucoma



Corneal ulcer associated with use of contact lens.

Common Blinding Conditions

Conditions leading to gradual loss of vision are:

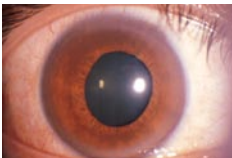
- **Cataract**

Cataract is one of the most common blinding conditions, which is amenable to surgery.

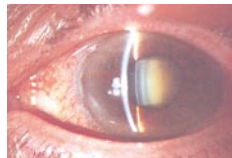


*Viewing the world through a cataract.
Are you one of them?*

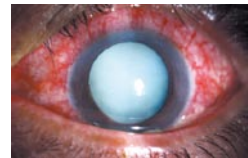
Progression of Cataract



Normal Eye



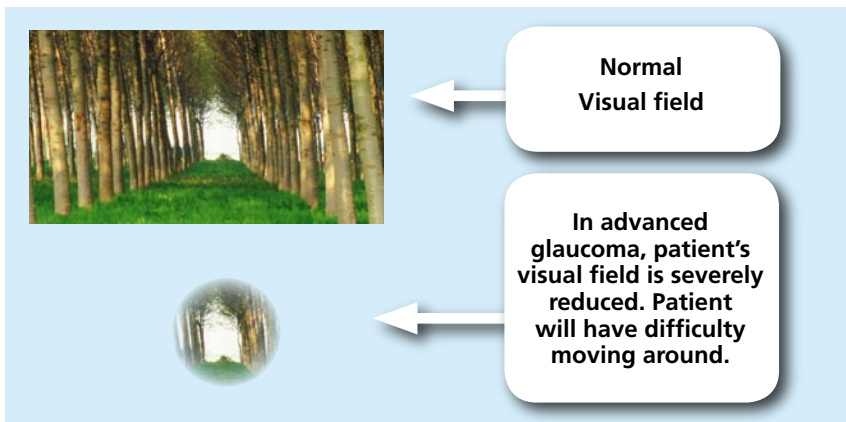
Significant Cataract: Note that yellowish discoloration of the lens. Surgery at this stage usually restores vision.



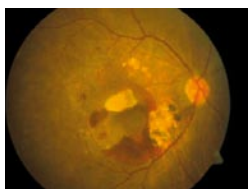
Late Stage of Cataract: The lens is completely white and opaque. This may lead to glaucoma and permanent blindness.

- **Glaucoma**

Vision loss due to glaucoma is **not reversible** but it may be controlled by proper treatment.



Diabetic Maculopathy



Wet AMD

- **Diabetic Eye Disease**

Diabetic Eye Disease may cause gradual or sudden visual loss. Vision is usually normal in the early stages. Early detection through regular screening will prevent severe vision loss.

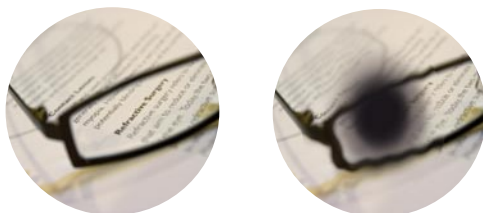
- **Age-Related Macular Degeneration (AMD)**

Dry AMD

This is the commoner form of AMD comprising 80% of cases. Vision loss is slight, if any. The Amsler chart (*on page 8*) is useful for home monitoring to detect transformation into the advanced stage called wet AMD.

Wet AMD

This is the less common but more severe form of AMD. Wet AMD accounts for 80% of vision loss in AMD patients. Early treatment is indicated.



Central vision loss occurs in wet form of AMD.

Is General Eye Screening Important?

Yes! Regular eye screening allows us to pick up eye conditions that need treatment early. Early treatment in general leads to better vision outcomes.



- **Who should have an eye check-up?**

- 1. Diabetics**

You are advised to have your eyes screened at diagnosis at least once a year.

- 2. Family members of Glaucoma patients**

Blood related relatives of patients with glaucoma are at higher risk of developing glaucoma. Those age 40 years onwards should have their eyes checked by an eye specialist on a regular basis.

- 3. Individuals aged over 50 years**

The risk of developing eye diseases increases with age. Visit an eye care professional once you are over the age of 50 years.

- **How to make an appointment?**

Please make an appointment with The Eye Institute at 6357 7735 and we will direct you to one of our centres nearest to your convenience.

Conduct Eye Screening at Home

Your Personal Eye Screening Kit comes with the following charts that allows you to test your vision at home. If you encounter any difficulties, please make an appointment to consult your eye care practitioner.

- 3 Metres Snellen Chart (please refer to page 6)
- Amsler Grid Chart (please refer to page 8)

3 Metres Snellen Chart

(This chart is used to check distance vision)

	Distance equivalent
5	$\frac{6}{60}$
9 3	$\frac{6}{36}$
7 6 8 4	$\frac{6}{24}$
4 2 8 5 3	$\frac{6}{18}$
9 3 2 7 6	$\frac{6}{12}$
2 9 4 3 5	$\frac{6}{9}$
4 6 5 8 3	$\frac{6}{6}$

How can I use this chart to check my eyes?

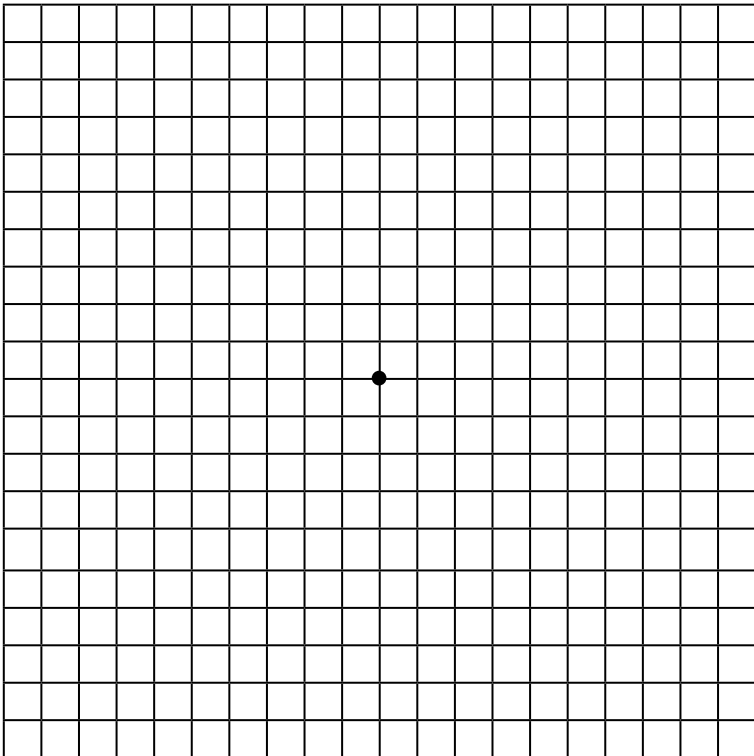
Instructions

Stand 3 metres away from the chart in good lighting. Test one eye at a time by blocking the other eye with your palm without pressing on it. If you require glasses to see distant objects clearly, please put them on for the test. Note how far down the chart you are able to make out the letter clearly and correctly.

The green arrow highlights normal vision (6/6 and better) and the red arrow indicates minimum vision for driving (6/12 in at least one eye). Please see an optometrist if you can't see beyond 6/12.

Amsler Grid Chart

(This chart is used to check central vision)



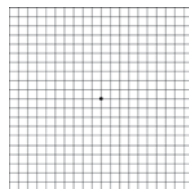
How can I use this chart to check my eyes?

Instructions:

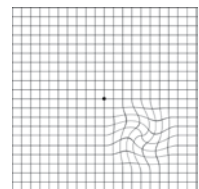
This chart should be held 30 cm from the eye. You may wear your reading glasses if necessary. Test one eye at a time by blocking the other eye with your palm without pressing on it. Look directly at the central dot with the uncovered eye. Ask yourself the following questions:

- Do I see any wavy lines?
- Are there any blank patches or missing areas?

See an eye specialist if the lines of the grid are not straight or if there is any distortion, blurring or blank as shown on the right.



Normal Vision



Consult your doctor immediately

Disclaimer: This is a general guide. If in doubt, please consult your doctor. The contents of this leaflet are not to be reproduced in any form without the prior permission of The Eye Institute.

Your Vision, Our Responsibility



THE EYE INSTITUTE
NATIONAL HEALTHCARE GROUP

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Website: www.tei.nhg.com.sg

Located widely over the island, you may visit any
TEI specialist nearest to your convenience.

- **Alexandra Hospital • National Unviersity Hospital • Tan Tock Seng Hospital**
- **NHG Polyclinics • Jurong Medical Centre • Yew Tee Specialist Clinic**

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