

# Ophthalmology Services



The Ophthalmology service offers the latest and most comprehensive eye care for patients. With a dedicated team of eye surgeons and consultants, we treat vision problems ranging from age-related macular degeneration, cataracts, corneal disease, diabetic retinopathy, glaucoma as well as other conditions affecting the eye.

# Why is eye screening important?

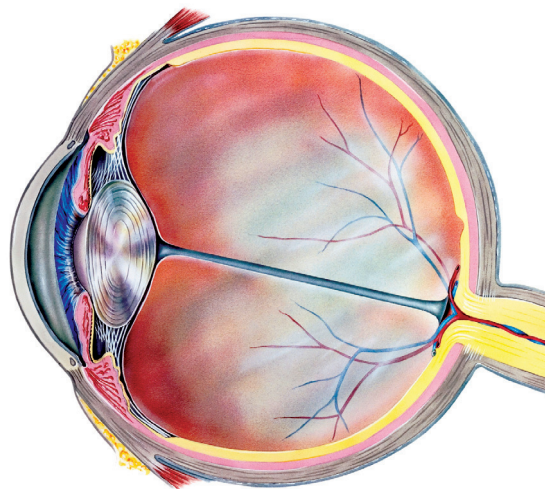
An eye screening can detect, treat and prevent common eye problems from worsening.

## Such eye problems include:

- Cataracts: clouded lenses
- Conjunctivitis: an infection known as red eye
- Glaucoma: damage to the optic nerve from pressure exerted in the eye
- Retinal Disorders: problems with the nerve layer at the back of the eye

**Regular eye screenings help to detect conditions that sometimes show no symptoms at all. Consult your doctor immediately if you notice:**

- Flashes of light and double vision
- Inflammation
- Pain in the eye
- Sudden changes in your vision
- Things appearing dim to you



Source: National Eye Institute (NIH)

## Eye screening is important for people with:

- A family history of blinding eye conditions, such as glaucoma or age-related macular degeneration
- Diabetes Mellitus
- High myopia (more than -6.00 dioptres or “600 degrees”)

## Things to take note of when you come for your eye screening

- Avoid wearing contact lenses
- Bring your glasses
- Do not drive to the screening

Eye drops will be used at the eye screening. This could blur your vision. You are advised not to drive because of this.



# Common eye conditions we treat

## Cataracts

A cataract is a clouding of the lens in the eye. As the lens is normally clear, the clouding will affect one's vision. Cataracts are common in older people and they tend to complain of blurred vision, similar to looking through a fogged-up window.

Common symptoms include:

- Blurred vision
- Colours that seem faded
- Double vision
- Frequent prescription changes in your eye wear
- Glare
- Poor night vision

## Age-related Macular Degeneration

Age-related macular degeneration is a condition that destroys one's vision because of damage to the macula, the central part of the retina. This condition is commonly associated with ageing and can make it difficult for patients to read or recognise faces. Age-related macular degeneration is one of the leading causes of blindness in developed countries and typically affects those above 50 years old.

## Diabetic Retinopathy

Diabetic retinopathy is a common eye disease arising from a complication in individuals who have diabetes. This condition occurs when tiny blood vessels inside the retina, the light sensitive area at the back of the eye, are damaged. Left untreated, diabetic retinopathy may lead to blindness.

## **Dry Eyes**

Dry eyes is a common condition that occurs when one's eyes are not adequately lubricated by tears. The surface of the eye has a layer of tears that keeps the eye wet constantly, protecting it against infection. When the quantity and/or quality of the tears is abnormal, the surface of the eye will become damaged, resulting in irritation of the eyes.

## **Glaucoma**

Glaucoma is a disorder of the eye whereby relative increased eye pressure damages the optic nerve to damage one's vision. Vision in the eye is gradually affected, sometimes with no noticeable change at all until severe visual impairment occurs. This will eventually lead to complete blindness if left untreated.

## **Refractive Errors**

Refractive errors occur when there is an error in the focusing of the light that comes into the eye. This causes reduced visual acuity and objects look blurred.

### **Common refractive errors are:**

- Astigmatism
- Hyperopia (long-sightedness)
- Myopia (near-sightedness)

## **Trauma**

Our eyes are vulnerable to external injury. All structures of the eye, including the eyelids, cornea, retina and nerves, can be damaged. Timely and appropriate treatment can reduce the risk of permanent vision loss.



**Notes:**

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

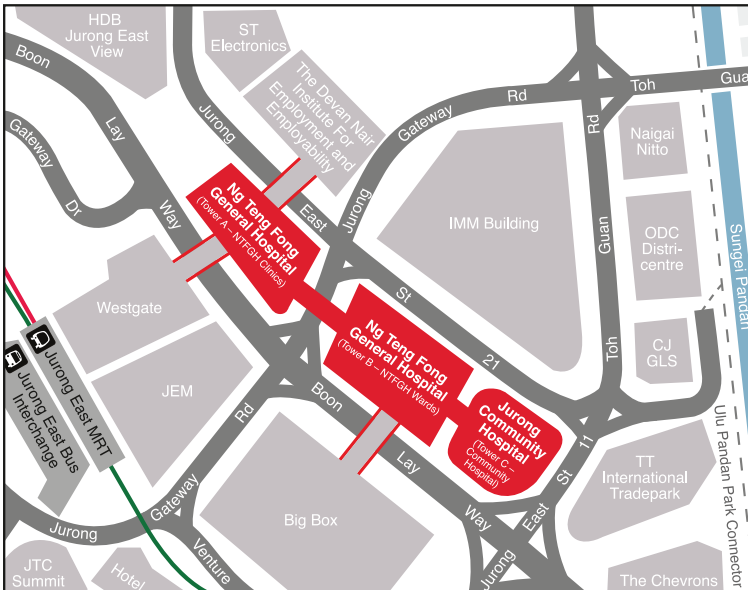
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.