

ASSOCIATION OF MALAYSIAN OPTOMETRISTS

# OPTOMETRIST

Newsletter Issue: December 2012 ~ February 2013

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## President's Message

Once again, I wish to congratulate our AMO Editor and his team for publishing another successful "Optometrist" newsletter.

AMO hopes that this AMO newsletter will be our main platform of information propagation amongst our local Optometrists as well as Optometrists within this region in the near future. As the year 2013 approaches very soon, AMO will focus our commitment towards building a unified profession heading towards a more meaningful Optometry presence in Malaysia.

AMO will take lead to communicate with all levels of Optometrists, from the Academic, Industry, Government or Private Practitioners and also students. We hope to be seen as "One Profession, One Voice" community. AMO will appoint Optometrists in each respective state to be the AMO representatives for information and communication amongst Optometrists. This is to create a platform for members to voice their opinions and feedbacks effectively.

AMO glass door stickers will be our first step to introduce and create public awareness regarding Optometry practice to the public. All paid up members will be given these door stickers by their state representatives. There are many challenges that our profession will be facing soon e.g., the Halalatu Optometri proposed by the Majlis Optik Malaysia recently. AMO supports this professional direction, taking into considerations on the consistency and outcome of the Halalatu to the Rakyat and the profession at large.

AMO will support the upgrading pathway for the "current" opticians to Optometry with the understanding that all future FBDO courses will convert to Dispensing Courses. With this decision, the Halalatu of our profession becomes very clear for the future – Optometrist provides Primary Eye Care, optician provides dispensing services.

We will keep members updated on the development of this Halalatu Optometri by the Majlis Optik Malaysia. Till then, stay connected and I wish you a successful 2013!

Thank you,  
Murphy Chan  
President



## Optometrists from Cambodia visits Malaysia

On the 26th November 2012, Association of Malaysian Optometrists (AMO) was honored to organized a dinner meeting with some visitors from Cambodia. There were a total of 9 representatives from Cambodia. According to Mr. Horn Piseh (Optometrist from Cambodia), their main purpose for this visit is to explore and understand the vast development of Optometry schools in Malaysia. He also mentioned the interest and possibility for collaboration into developing Cambodian Optometry programs in future.

AMO representatives including our President Mr. Murphy Chan, Ms. Felicia Lee, Dr. Azim, Mr. June Den & Ms Yap Sin Yee attended our guests from Cambodia for this welcoming dinner. A lot of ideas were shared and AMO cherished this opportunity. We hope for the best in Optometry development in Cambodia.

Horn Piseh, Optometrist from Cambodia



## FROM THE TIMEKEEPER'S DESK



"To write is always a passion. Words always enchant me and English is definitely a language close-to-heart. When being asked to write a cover article on the prestigious 4th ASEAN Optometric Conference 2012 held here in Sunway Convention Centre Kuala Lumpur, I was deeply honoured. To be awestruck by impressive accomplishments would be acceptable as I would consider myself relatively unknown with little accomplishments. And truthfully, I was awestruck by them..."

- JhoYan, Chia  
Assistant Editor of the Association of Malaysian Optometrists

The ASEAN Optometric Conference is a two-yearly event and the one in 2012 marks the 4th. This year, it is held together with the 2012 Malaysia Optical Fair. The event was brought to a bigger hall in Sunway Convention Centre Kuala Lumpur where more attendees were expected and will be able to participate. The event this year attracted approximately 200 delegates where most participants were from the local industry and a total of 5% were overseas delegates. Overseas delegates who participated travelled from Singapore, Hong Kong, India, Thailand and Philippines.



## Editor's Note

It's the end for 2012 and welcomes 2013! Time flies..... 2012 has been a great year for AMO editorial by preparing the new concept of newsletter. Hope that every AMO member had a great time reading our newsletter.

For year 2013, AMO editorial aims to do better and hopes to report many more interesting articles and events to all members. Editorial will definitely become stronger with our new Assistant Editor, Ms Chia Jho Yan joining us. There's, more to come... more to see... more to read.

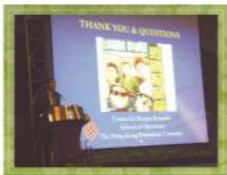
Lastly, I would like to wish all who celebrate Christmas... Merry Christmas! And everyone HAPPY NEW YEAR 2013!!! May all readers have a great year ahead!

Cheers...

Mr. Deric Ho  
AMO Editor

**\*\* DAY 1 : 30th September 2012, Sunday \*\***

The 4th Optometric Conference kicked-start on 30th September 2012 (Sunday) with a speech by Professor Dr To Chi-Ho of Hong Kong Polytechnic University on Myopia Updates. He brought us briefly through new findings in Myopia research; describing near work and light intensity as risk factors of myopia development and the importance of outdoor activities in affecting the degree of myopia in a child.



Professor To Chi-Ho capped his speech highlighting that myopia is a serious problem faced in Eastern Asia with the biggest impact seen in Hong Kong, where its prevalence is reported to be the highest worldwide – “近視冠全球”.

This was followed by a Welcoming Speech from the Co-chairman of the event, Ms Liew Siew Kuan, Welcoming Speech by the President of Association of Malaysian Optometrists (AMO), Mr Murphy Chan, and by the officiation of the event by Yang Bahagia Dato' Dr Haji Auni bin Shapie who holds the position of Chairman of Health Development in the Ministry of Health. The oral presentations later in Day 1 saw representatives from International Eye Specialists Centre (ISEC); Vitreoretinal Surgeon Dr Lim Kian Seng who spoke on Interpretation of Ocular Coherence Tomography (OCT) on Macula, Glaucoma Specialist Dr Fang Seng Kheng on Interpretation of Optic Disc OCT for Glaucoma, and Associate Professor Dr Richard Wu (Central University of Taiwan) on Specialty Contact Lens Fitting. Detailed analyses given on how OCT imaging is analyzed were made. Associate Professor Wu describes on the evolution of Contact Lens manufacturing; from the humble garage to the ISO Clean Room where temperature and humidity is strictly controlled. Besides speaking on Orthokeratology lenses, Associate Professor Wu highlighted the Spherical lenses (e.g. SoClear from ICon United Corporation, Taiwan) which is relatively under-used but with good potential and market to venture into.



Vitreoretinal Surgeon Dr Lim Kian Seng of International Specialist Eye Centre (ISEC) was seen here delivering his speech; Interpretation of OCT on Macula.

Day 1 Sponsored Workshop by Malaysian Hoya Lens, "Aesthetic of Dispensing" is an effort to introduce the customized training module from OIEN Australia (Open Training and Education Network) which is part of courses offered by the Hoya Academy. Participants had an eye-opening experience on how to colour-match and frame-match different facial shapes and skin tones according to suitability (Enquiries on the course can be made at [hoyacademy\\_malaysia@hoya.com.my](mailto:hoyacademy_malaysia@hoya.com.my)). The Business Forum conducted by Mr Murphy Chan (AMC) and Professor Dr Tan Kah Ooi (Singapore Polytechnic) was held concurrently in a separate hall.



Day 1 Sponsored Workshop by Hoya:  
The Aesthetic of Dispensing.

## \*\* Day 2 : 1st October 2012, Monday \*\*

Day 2 conference started punctually at 8.30am with a colourful speech from Professor Dr Stephen Dain (University of New South Wales, Australia) on Prescribing Colour. Professor Dain highlighted on how the usage of preferred colour can affect mood and improve task performance. The speech was followed by Ciba Vision sponsored talk from a local representative, Associate Professor Dr Haliza Abdul Mutalib (Universiti Kebangsaan Malaysia, Utama Ophthalmist Group). Associate Professor Dr Haliza spoke on Silicone Hydrogel Advancement in Managing Patients where she shared her experiences of fitting silicone hydrogel lenses in babies and in diseased cornea - a potential application of Ciba Vision's Air Optix Night and Day.



Associate Professor Dr Haliza Abdul Mutalib was seen here showing her experiences on bandage contact lenses fitting with silicone hydrogel lenses.

The 3rd speaker of the day to take the stage was Associate Professor Dr Bariah Mohd Ali who presented on Research Updates on Tears Evaluation in Malaysian Population, a new area of research interest among her team in Universiti Kebangsaan Malaysia. Interesting findings on the Malay population tears in terms of its instability down to the differences in composition compared to report elsewhere were highlighted. Associate Professor Dr Bariah had also taken the opportunity to promote the availability of post-graduate studies positions in Universiti Kebangsaan Malaysia.

Ophthalmologist from Gleneagles Specialist Centre Kuala Lumpur, Dr Cheong Fook Meng gave the conference attendees a comprehensive Glaucoma Update. He spoke of how Asian population intraocular pressure and glaucoma characteristics differ from the West, highlighted the different glaucoma types characteristics, and techniques for detection (highlighting on which technique more sensitive and specific). The last speaker of the conference is the much anticipated Mr Craig Norman who was invited in all the way from Irkutsk, United States to speak on fitting of gas permeable (GP) in presbyopic population on behalf of Oculus Pte limited in effort to promote Blixper and Renovation presbyopic GP. Mr Craig Norman shares his experience of the US trend

and preferential fitting of GP among the presbyopic population [exceeding 20% - highest fitting rate worldwide]. In his speech and workshop, Mr Norman had managed to highlight the difference in characteristics of Asian and Western eyes in terms of lid laxity and palpebral aperture size which may need special attention when fitting presbyopic GP lens. In a bigger hall downstairs, conference attendees enjoyed light moments together, learning proper presentation and interaction from the invited speakers. Ms Wendy Lee (Ciba Vision Sponsored Workshop: Building your Business with the new Paradigm Shift in ECP Image). The Coloured Overlay and Intuitive Colorimetry workshop with Mr Yap Tiong Peng (Singapore) and Professor Dain ran concurrently in a separate hall.



Ciba Vision Sponsored Workshop's participant, *Ms Wong Yin Zhi* was seen enjoying herself when interacting with other participants.



The 2012 Malaysia Optical Fair that was jointly held in the neighbouring hall.

The Conference wrapped up with presentation of the Poster Prize and the Closing Ceremony which ended with a Closing Speech from Co-Chairman, *Ms Leong Set Fee*. Meanwhile, a total of 20 lucky purchasers from the 2012 Malaysia Optical Fair walked away with Pads alongside their purchase.



Malaysian representatives; *Speaker Associate Professor Dr Bariah Mohd Ali (Lecturer, UKM)* and *Plenary / Chairperson Professor Dr Norhani Mohidin (Lecturer, UKM)* were seen here with invited *Speaker Professor Dr Stephen Dain of University of New South Wales, Australia.*

## Poster Prize Winners:

**FIRST** - *Ms Wong Yin Zhi* and co-worker "Choroidal thickness in Myopic Anisometropia: A Pilot Study".

**SECOND** - *Ms Leong Set Fee* and co-worker "Case Series: Orthokeratology in Flat Corneas".

**THIRD** - *Associate Professor Dr Rokiah Omar* and co-workers "Performance of LEA Symbols and Sheidan Gardiner Charts in Vision Screening of Pre-School Children".

**Concluding Remark:** The 4th ASEAN Optometric Conference and 2012 Malaysian Optical Fair was successfully organized with the effort of the Organizing Committee headed by *Ms Leong Set Fee (Malaysian Academy of Optometry)*, *Ms Liew Siew Kuan (Association of Malaysia*

*Optometrists)* and *Mr Eric Ho (Malaysian Optical Wholesalers Association)*; and with cooperation from sponsors; namely the *Malaysia Hoya Lens*, *Ciba Vision (Novartis Corporation Malaysia)*, *Oculus Pte limited* and *Icon United Corporation*.

*All photographs used are courtesy of Mr Au Hong Tong (Vision Space Optometrist, Damansara Uptown)*



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Date : 28th September 2012  
 Time : 10:00 am - 12:00pm  
 Venue : KidZania KL - Theatre  
 Audience : 80 per Parents and Kids  
 20 per Media

## Objectives :

- To introduce the roles and responsibility of an Optometrist
- To introduce the activities of a proper eye check
- To educate parents and kids on importance of Eye Care
- To create awareness of HOYA Lens amongst the parents and children

Hoya Malaysia organized the first Hoya Coaching Clinic outreach program at KidZania as part of its effort to reach, interest and create the awareness of the optometry industry and profession.

Children, parents, and members of the media were invited to the Coaching Clinic at KidZania. The clinic includes education on eye care and vision, introduction of the roles of an optometrist, professor and fun games and activities. The program aim to bring children and parents together in fun, interactive and educational sessions filled with games and role play.

As the global leader in vision, we are interested intensively in Malaysia to establish our Hoya Eye Care centre with the aim of guiding our younger generation on the correct way to take care of their eyes. It has always be vision to introduce and emphasize on the safety here for not just adults but kids, and share with the public on how our PNX 1.53 able to protect their eyes with no compromise with their sports activities," said Ms. Khoo when giving her welcome speech to parents & media.



Ms. Khoo Khoo, the president of Hoya Eye Care Malaysia, is seen interacting with the audience at the booth.



Ms. Khoo Khoo, the president of Hoya Eye Care Malaysia, is seen speaking at the podium.



The booth display of Hoya Eye Care Clinic at KidZania.



The booth display of Hoya Eye Care Clinic at KidZania.



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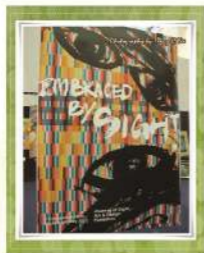
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# World Sight Day: The Journey of Sight Art Exhibition

Art is an expression that involves imagination and creativity. An art with an implanted message has greater cause and more means. The "Journey for Sight" is an art exhibition which is aimed at creating awareness on common eye diseases and to prevent unnecessary blindness...

- Jho Han, Chia

Assistant Editor of the Association of Malaysian Optometrists



Miao Sun, Loan "Embraced by Sight" - Loan is a graphic designer and a design lecturer who has won several awards both in Asia and Europe.

Journey for Sight was held at the Lower Ground Floor of Berjaya Times Square on the 10th till 14th October 2012. This art exhibition was held in conjunction with World Sight Day (October 11th) by Save Onus Sight Missions Berhad (S.O.S), where more than 60 art pieces were featured. The event was officiated by Tan Sri Lee Lam Thye on the 13th of October and was held successfully with the cooperation from Optometrist and individual volunteers (who provided man-power support), and arts or design students and artists from the local art industry (who provided art-work for display).



An overhead view of the exhibition where shoppers of Berjaya Times Square were seen visiting the exhibition booth.



An art piece is contributed by a student from One Academy (Sunway) which depicts "glaucoma" visually, highlighting its risk factors, causes and effect.



Posters on basic eye pathology in the exhibition were aimed at creating awareness among the public on common eye problems.

"80% of the people who are blind, don't have to be"

A statement we should all reflect on.



A poster of the "Dog for Sight - Help the Blind to See" campaign which commenced in May 2012 and its first official signature campaign held in late July 2012.



The massive crowd present at the Journey of Sight exhibition site on the day of officiation. Tan Sri Lee Lam Thye was seen here posing for a group photo-shoot.



Free eye examinations were offered by the Optometrists and Student Optometrists volunteers who supported the event.



Tunnel vision in a 3-dimensional display

A piece by Law Yau Fai - Law is one of the contributing artists who is currently promoting "Artflowers" which are designs that glorifies God, as seen here.





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*"The key to the world around Andrew is through his camera. The lens becomes his eyes, the shutter his very existence, the computer his medium of vision enabling him for the first time to see the world more clearly. In the last two years Andrew has exhibited his work in numerous galleries and is looking forward to expanding his market internationally"* –adapted from the "Journey for Sight" official Facebook page.

The "Journey for Sight" art exhibition is on a tour throughout Malaysia to create awareness on eye-health, common eye diseases and preventable blindness. Kindly find out the location of their next stop from their Facebook page to catch them in town!

All pictures, photos or articles were taken at the Department of Art and Design Exhibition – Journey of Sight. Photographers used in the article are all courtesy of his Facebook. © New Mediaville International.

## DAILY DISPOSABLE CONTACT LENSES IMPROVE COMFORT, WEARING TIME FOR 'PROBLEM' CONTACT LENS WEARERS, STUDY FINDS

### Abstract

Daily disposable contact lenses could alleviate symptoms experienced by wearers of reusable contact lenses, research shows. The study also found that lens performance is further affected by lens material. These findings were recently presented at the American Academy of Optometry meeting in October 2012.

### About the Study

In the first part of the study, data from 364 reusable contact lens wearers were used to estimate the prevalence of the following key symptoms and signs that may indicate struggling or 'problem' contact lens wearers: frequent or constant dryness or irritation, uncomfortable wear for two or more hours, grade 2 or higher bulbar or limbal hyperemia (0-4 scale), and grade 3 or higher corneal staining (0-15 scale). These patients had no evidence of ocular abnormalities or disease that would contraindicate contact lens wear.

In the second part of the study, 235 'problem' patients – made up of the 154 patients (42 percent) identified in Part 1 as having at least one of the qualifying criteria and 81 patients with objective signs of dry eye that were recruited in separate trials – were fitted with either etafilcon A (1-DAY ACUVUE® MOIST® or 1-DAY ACUVUE®) or nelfilcon A (Focus® DAILIES®, Focus® DAILIES® with AquaRelease® or DAILIES® AquaComfort Plus®, Alcon®) daily disposable lenses.

Refitting 'problem' patients with daily disposable lenses reduced the percent of patients reporting dryness by 19 percent ( $P=0.001$ ) and the percentage of patients with reduced comfortable wear time (CWT) by 35 percent ( $P=0.041$ ). Overall, there was no significant effect on irritation, conjunctival injection or corneal staining.

At baseline, prior to being fitted with daily disposable lenses, there were no significant differences noted in the prevalence of symptoms and signs between patients fitted with etafilcon A or nelfilcon A lenses. Significant differences between lens materials were reported following refit.

After refitting, 45 percent of patients wearing nelfilcon A lenses reported dryness compared to 32 percent of etafilcon A lens wearers. The prevalence of irritation was nearly twofold higher in nelfilcon A wearers (22 percent) than in etafilcon A wearers (12 percent,  $P=0.05$ ). Fifty-five percent of nelfilcon A lens wearers reported reduced CWT compared to 37 percent of etafilcon A lens wearers ( $P=0.04$ ).

The study was supported by funding from Johnson & Johnson Vision Care, Inc. makers of 1-DAY ACUVUE® MOIST® Brand Contact Lenses and 1-DAY ACUVUE® MOIST® Brand Contact Lenses for ASTIGMATISM.

ACUVUE® Brand Contact Lenses are indicated for vision correction. As with any contact lens, eye problems, including corneal ulcers, can develop. Some wearers may experience mild irritation, itching or discomfort. Lenses should not be prescribed if patients have any eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. Consult the patient information leaflet for complete information. Complete information is also available by visiting [www.ACUVUEProfessional.com](http://www.ACUVUEProfessional.com).

ACUVUE® Brand Contact lenses are not approved for the treatment of dry eye.

Source: Spyridon, M, Hickson-Curran, S, Young, G. "Daily Disposable Contact Lenses: A Potential Option for Problem Reusable Lens Wearers."

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**FOR ASTIGMATISM**



Date: 3rd November – 6th November 2012

Written by: Sel Fee, Leong

Photographs Selection: Jho Yan, Chia

A Vision Guardian Programme was organized in Kalimantan Barat, Indonesia on the 3rd to the 6th of November 2012. This programme is as a continuation to the first session held in March 2012 where 10 Vision Guardians were trained. The programme this time was helmed by a fellow optometrist Mr Lim Poh Lai. The Vision Guardian training session saw 3 new and 3 trained Vision Guardians participating. This first session for this visit lasted for 2 hours. Participants of this session consist of my church friends, selected staff of Mount Hope and I.



Vision Guardian training session with the staff.

On Day 2, we travelled to the village (Kampung Pinang) where a screening session was held for the villagers. A total of 40 villagers and 20 students were screened for any visual abnormalities. A second screening was done by Mr Lim and 2 new Vision Guardians (the local staff) when we returned to Mount Hope, where a total of 20 new students of a local school was screened. Concurrently, a Craft Session was held where Becky, Lai Kuen and I interacted and enjoyed ourselves with the students.



Vision Screening session in Kampung Pinang.



Craft Session with the students.

I personally would like to make a point to thank Poh Lai for agreeing to participate and guide the programme as he is much experienced in conducting such programmes and is a better teacher. Being a male persona also helps as the programme was held in a traditional male leadership community where the teaching of male Vision Guardians was seen more suited to him.

The teachers and staff at Mount Hope were seen over-worked compared to the other occupants as their work ethics require them to. Bob mentioned a possibility for future plans of bringing the Vision Guardian Programme to a higher level i.e. setting up a refraction center and training local staff to do refraction. A plan that he may need to discuss in further detail with the local leaders (Abraham and Melanie).



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