



Lions Save Sight Centre
(Singapore)



Diabetes & Diabetic Eye Disease

“ Vision loss from diabetic retinopathy is a major cause of personal disability ”

Diabetes mellitus (DM) affects 180 million people worldwide, a large proportion in developing countries, and this is likely to double by 2030. Due to its debilitating effect on both large and small blood vessels throughout the body, complications are protean. These include blindness, kidney failure, heart attacks, strokes, nerve function impairment, diabetic foot ulcers, gangrene and limb amputations.

Diabetic Eye Disease, particularly diabetic retinopathy, is responsible for approximately 1.8 million blind and 28.6 million cases of low vision worldwide. Vision loss from diabetic retinopathy is a major cause of personal disability and societal economic burden even in industrialized countries where better-established medical and social support infrastructure are available.

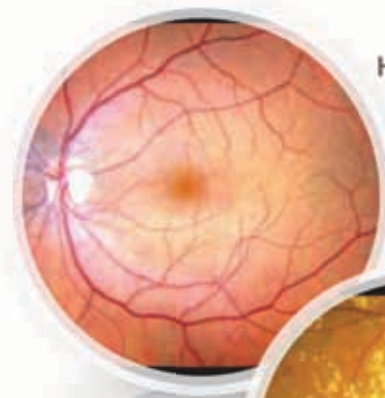
Early detection and treatment continues to be key in preventing blindness from diabetic retinopathy. Landmark studies have shown that retinal laser treatment at the appropriate time is successful in reducing the risk of blindness by up to 90% in proliferating disease, and 50% in diabetic macular edema.

Glaucoma

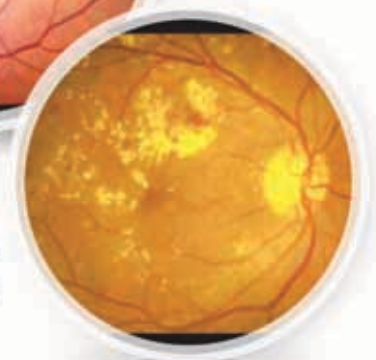
“ Glaucoma is the silent thief of sight and accounts for 40% of blindness in Singapore ”

Glaucoma is an eye disease where the fluid pressure within the eyeball is too high and damages the optic nerve, which carries visual impulses from the eye to the brain. This raised pressure is damaging to sight as it can injure the delicate nerve fibres contained in the retina and the optic nerve at the back of the eyeball. **Known as the silent thief of sight, the vast majority of cases develop slowly, and the patient is normally unaware of the gradual loss of sight until very late in the disease when vision is seriously affected.**

Glaucoma is classified according to the configuration of the angle (the part of the eye between the cornea and iris mainly responsible for drainage of aqueous humor) into open angle and angle-closure glaucoma. Primary angle closure glaucoma is the major form of glaucoma in Asia.



Healthy Retina



Retina of patient with Diabetic Retinopathy



Normal Vision



Vision of patient with glaucoma

About Lions SaveSight Centre (Singapore)

The increasingly aging population will continue to drive healthcare cost upwards making it potentially prohibitive for patients to access routine follow-up monitoring of common chronic eye diseases.

The Lions SaveSight Centre (Singapore) is set up to provide patients requiring long-term routine follow up on common chronic eye diseases monitoring with affordable and cost-effective ophthalmic care to minimize wait time and costs to these patients.

LSSC provides the following services :

- Detailed History Taking
- Visual Acuity Test
- Slit Lamp Examination
- Diabetic Retinal Photography
- Glaucoma Investigations
- Periodic follow-up
- Counseling, if required.

The LSSC is helmed by doctors who have undergone specialized ophthalmic training at the Singapore National Eye Centre (SNEC) in diagnosing and managing in diabetic retinopathy, of glaucoma and other common eye diseases. The doctors are supported by a qualified team of trained ophthalmic nurses and allied health staff along with specialist ophthalmologists from SNEC who will contribute as visiting consultants.

Patients with diabetic retinopathy, glaucoma or other eye conditions requiring treatment will be referred to ophthalmologists for consultation at secondary or tertiary centres. Patients found to require laser or other treatment will also be referred to the secondary and tertiary centres.

LSSC Partnering Organizations

- Singapore National Eye Centre
- Singapore Eye Research Institute
- Diabetic Society of Singapore
- Lions Clubs International - District 308-A1 (Singapore)



Contact Information

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Message For Lions SaveSight Centre (Singapore)

“When as a result of escalating cost, millions of the neglected people of Southeast Asia continue to suffer the misery of blindness, at a time when modern ophthalmic care can ensure good vision for all at low cost, I appeal for action, for change.”

Professor Arthur Lim,
MD (Hon), FRCS

Numerous international reports have emphasized that millions of Asians in the developing countries will be stricken with poverty and starvation, often without education, without shelter, without health and without vision.

The Lions Clubs International combined with the Lions Clubs of Singapore have taken an important decision to move forward to help by restoring good vision to those blind from cataract or corneal

opacities and prevent blindness for the victims of diabetes and glaucoma. A group of dedicated Singaporeans has initiated the Lions SaveSight Centre (Singapore) and we hope to attract thousands of supporters to work with us. We pray that the Lions and our more fortunate Singaporeans will join us to help serve the poor.

Let us always remember “Our skills and money are of value only if used to benefit the less fortunate.”

Professor Arthur Lim, MD (Hon), FRCS
Chairman
Lions SaveSight Centre (Singapore)

The Lions SaveSight Centre (Singapore) endeavors to:

- Establish a centre for the prevention of blindness with strong emphasis on diabetes retinopathy, a blinding complication of diabetes
- Develop prevention of blindness program for other important causes of blindness such as cataract, corneal diseases and glaucoma
- Create care services, education and training, screening and counseling and research to complement current developments in the prevention of blindness
- Coordinate outreach prevention of blindness programs to extend to neighbouring countries, in Asia and beyond
- Establish eye banking and corneal transplantation with links to Lions Clubs International and its networks and links on sight conservation and eye banks

Lions SaveSight Centre (Singapore) Management Board FY2008 – 2009

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- Deputy Chairman**
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Lion Jenny TAN
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- Lions SaveSight Centre**
General Membership - Ordinary Voting Member
- Lions Club of Singapore (Host)
 - Lions Club of Singapore Fort Canning
 - Lions Club of Singapore City
 - Lions Club of Singapore Metropolitan
 - Lions Club of Singapore Emerald
 - Lions Club of Singapore Serangoon Gardens
 - Lions Club of Singapore Shangrila
 - Lions Club of Singapore Bedok
 - Lions Club of Singapore Nanyag
 - Lions Club of Singapore Punggol
 - Lions Club of Singapore Siglap
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 - Lions Club of Singapore Jiyang
 - Lions Club of Singapore Neesoon Mandarin