

'EYES'

e-newsletter

July to September 2011

Feel free to circulate to your club members, other Lions & friends.

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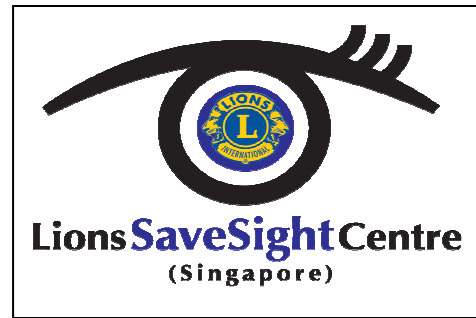
Go visit the LSSC Website: www.lssc.org.sg for an update

Lions Eyes Screening 2011 cum Public Talk

Lions Eyes Screening 2011 cum Public Talk held on Sunday 10 April 2011 was a roaring success. Guest of Honour was Prime Minister Lee Hsien Loong and the other Members of Parliament Ang Moh Kio GRC including Mr. Inderjit Singh, Dr Lam Pin Min, Mr Seng Han Thong & Mr Yeo Guat Kwang came a visiting too. There was 2 other National Election new candidates on the PAP ticket Mr. Ang Hin Kee & Dr Intan Azura Mokhtar were also present to lend support. This Lions event is probably the most well attended by the dignitaries who including the Prime Minister all were in the LSSC T-Shirt.

Complimentary free LSSC T-Shirts and LSSC Collar Pins were given out to all participating Lion Members and friends who attended the event. The LSSC Pin & LSSC T-Shirts stock were very well received and popular with the attendees and the stocks simply ran out.

The LSSC Management Board decided on Wednesday 22 June 2011 meeting to replenish the stock soon so that more Lion members can enjoy and to keep the LSSC T-Shirt & LSSC Pin for their own use and applications. Just call PDG Han Thien Fong and you will be given one free of charge and with best compliments from Lions SaveSight Centre (Singapore), while the new stock last.



狮子护眼中心

ROS Reference Number: 2071/2008 - 1st July 2008

Chairman: Honorary Lion Professor Arthur Lim
Deputy Chairman: Honorary Lion Professor Donald Tan
First Vice Chairman: PCC SG Chin
Second Vice Chairman: 1VDG Irene Tan
Secretary: PDG Han Thien Fong
Assistant Secretary: Lion Charity Wai
Treasurer: Lion Kang Oyo Cheow
Assistant Treasurer: Lion Ho Lon Gee

EDITORIAL

LSSC Management Board has appointed **Lion Peter Heng** to be the Chairperson to lead in the **Project: Lions Eyes Screening 2011 cum Annual Lecture on Sunday 9 October 2011.**

Many issues have to be evaluated and be considered:

1. The Project Team
2. The Project Work Plan
3. The Coordinating Partners & SNEC
4. The District & Lions Clubs support
5. The Venue
6. The Guest of Honor
7. The Annual Lecture Speaker
8. The Operating Budget & Accounting
9. The Official Program
10. The Project Logistics eg. Audio Visual, Tables & Chairs
11. The Sponsors & Funding
12. The Target Group for Eye Screening including LCS Jurong 40 children
13. The Project Meetings scheduled
14. The LSSC T-Shirt
15. The LSSC Collar Pin
16. The Snacks, Refreshment & Lunch for Work Officials & Eye Screening Target Groups
17. The Target Groups sourcing & transportation
18. The LSSC Award Recipients List & Mementoes
19. The Project Long Banners & Stage Backdrop
20. The Stage Entertainment & Master of Ceremonies
21. The Car Parking
22. The Project Promotion, Publicity & Public Relations
23. The Seating Plan
24. The Work Assignments & Allocations
25. Other Involvement eg. Peace Poster Contest, Lions Membership Recruitment, Diabetic Society of Singapore, Society for the Visually Handicapped, etc
26. Any other business

The next

BIG THING

coming out from

our regular **Lions Eyes Screening cum Annual Lecture** for

Lions SaveSight Centre (Singapore) is

Project:

LIONS RECYCLE FOR SIGHT (LRS)

which is led by

Lion Chia Giok Pin as Chairperson,

Lion Chan Hiok Hong as 1st Vice Chairperson and

Leo Shurlene Toh as 2nd Vice Chairperson

and more good news are expected down the road in the next few months.

Lions SaveSight Centre (Singapore)

PROJECT: LIONS RECYCLE FOR SIGHT

Monthly Meeting Agenda

Date : 3rd Tuesday Monthly - **Tuesday 19 July 2011**

Time : 1900 to 2100 hrs (please come after dinner)

Venue : **Lions Befrienders (Bendemeer), Blk 32 Bendemeer Road #01-799**

1. Meeting called to Order and Roll Call - Chia Giok Pin
2. Confirmation of last Meeting Minutes and matters arising - Chia Giok Pin
3. Chairperson Report - Chia Giok Pin
3.1 - Lions Clubs & Lions Participation & Involvement Update
4. 1st Vice Chairperson Report - Chan Hiok Hong
4.1 - LRS Overview Update
5. 2nd Vice Chairperson Report - Shurlene Toh
5.1 - Leo Clubs & Leo Participation & Involvement Update
6. Secretary Report - Eugene Yeo/
Juvenline Xu
6.1 - Eyeglasses Collection Box Designing
7. Treasurer Report - Simon Goh
7.1 - Budget, Costing & Funding
8. Director for Eyeglasses Processing & Grading - Lee Keng Hong
8.1 - Singapore Polytechnic

- 8.2 - Henderson Secondary School
- 8.3 - New Processing & Grading Centres

- 9. **Director for Eyeglasses Collection & Storage** - Eileen Cheak/Sharon Yip
 - 9.1 - Inventory: Eyeglasses Stock (Finished Product)
 - 9.2 - Inventory: Boxes (Collection & Finished Product)
 - 9.3 - Storage & Courier Service Coordination
 - 9.4 - Eyeglasses New Collection Partners
- 10. **Director for Public Relations, Promotion & Publicity** - Richard Aaron Lim/
Raymond Tan
- 11. **LRS Partners & Sponsors Update** - Chia Giok Pin
- 12. **Overseas Missions Update** - Chia Giok Pin
- 13. **Any Other Business & Communication** - Chia Giok Pin
- 14. **Next Meeting: Date/Time/Venue - 3rd Tuesday 16 August 2011** - Chia Giok Pin
- 15. **Meeting Adjournment** - Chia Giok Pin

LSSC - LRS Executive Committee

- 1. **Chairperson** - Chia Giok Pin - 96689468 - chiagiokpin@gmail.com
- 2. **1st Vice Chairperson** - Chan Hiok Hong - 96216901- hiokhong.lssc@gmail.com
- 3. **2nd Vice Chairperson** - Shurlene Toh - 91185502 - extremelyuniquely@hotmail.com
- 4. **Secretary** - Eugene Yeo - 97490570 - wingsoffurys_39@hotmail.com
- 5. **Assistant Secretary** - Juveline Xu - 97724872 - juveline_xu@hotmail.com
- 6. **Treasurer** - Simon Goh - 96637039 - gstsimon@singnet.com.sg
- 7. **Director Eyeglasses Processing & Grading** - Lee Keng Hong - 93877398 - leekh@diamondsin.com
- 8. **Director Eyeglasses Collection & Storage** - Eileen Cheak - 93686636 - eileen_tml@yahoo.com
- 9. **Co Director Eyeglasses Collection & Storage** - Sharon Yip - 97338493 - sharonyip@iknow.com.sg
- 10. **Director Public Relations, Promotion & Publicity** - Richard Aaron Lim - 91878177 - richard_aaron_lim@yahoo.com.sg
- 11. **Co Director Public Relations, Promotion & Publicity** - Raymond Tan - 96722105 - raytan@rocketmail.com
- 12. **Members**
 - James Ko - 98269115 - klhames@yahoo.com
 - Jones Ho - 96499708 - jonesho92@hotmail.com
 - Jannice Peh - 97538159 - dun_readthis@hotmail.com
- 13. **LSSC Representative** - PDG Han Thien Fong - 94234535 - han194982@yahoo.com.sg

Much more work lies ahead as we continue to tirelessly collect, process, grade and store the recycle eyeglasses as we chart and plan Overseas Missions to reach out to the needy to help in sight restoration. More hands make work light, everyone is invited to join in to chip in their share. Call Lion Chia Giok Pin or PDG Han Thien Fong to see how you can be involved and participate in this wonderful humanitarian project. LSSC only starting this initiative in February 2011, therefore we are still an infant in the block.

STOP PRESS

1. **GREAT NEWS!** **LCS Whampoa** has joined LSSC as a new additional LSSC Ordinary Voting Member. The LSSC Management Board approved the **LSSC Ordinary Voting Membership of Lions Club of Singapore Whampoa** as the 41st Lions Club with effect from 22 June 2011.

We look forward to more Lions Clubs to come onboard; many hands make work light. After all, **SIGHT RELATED ACTIVITIES** are Lions Clubs International No. 1 Service Activity. Let all Singapore Lions be in this global joint action grid. There is no membership dues, no mandatory fundraising, no mandatory duties & responsibilities - everything is about **VOLUNTEERISM!**

This article contributed by Lion John Lim, LCS Beverly Hills

China Daily News

'Silent thief of sight needs to be caught early

(By Shan Juan)

Updated: 2011-04-06 11:25

More than 22 million Chinese people suffer from glaucoma, the second leading cause of blindness worldwide. However, at least 80 percent of the patients on the mainland may be unaware they have the condition, warns an epidemiology survey.

Among 5,300 respondents to the online survey by the Chinese Medical Association (CMA), nearly 74 percent had no idea about the disease, which experts call the "silent thief of sight".

Less than 20 percent of Chinese suffering from glaucoma get timely diagnosis and treatment, and about 55 percent of them go irreversibly blind because of it, says Professor Zhao Kanxing, who heads CMA's ophthalmology society.

"Regular checkups which facilitate early detection and treatment, are the best ways to protect sight," he notes.

Home to a quarter of the world's glaucoma patients, China has few people with regular dilated eye exams - the most effective way to detect glaucoma - until partial vision loss has occurred, says Ge Jian, CMA's deputy director, citing the survey results.

"I never consider eye problems as that serious and usually skip that part during my annual health checkup," says a 64-year-old retired middle-school teacher, surnamed Wu, in Beijing.

Ge says it is precisely this age group that is at highest risk of contracting the disease. Other vulnerable groups include family members of those already diagnosed with glaucoma, diabetics, and people who are severely nearsighted.

But Ge points out that everyone is at risk of glaucoma, from babies to old people. There is a one-in-10,000 risk of a baby being born with glaucoma.

Veteran eye doctor Wang Ningli, of Beijing's Tongren Hospital, suggests people older than 40 and frequent computer users receive glaucoma screening every two years.

People using computers for nine hours or more per day are twice as likely to develop glaucoma, he says.

"It takes only five minutes and costs 20 yuan (\$3.06) to be screened," he says.

The survey also found that more than half of those polled didn't know that glaucoma required lifelong medication to halt further vision loss.

As glaucoma is a chronic disease, once diagnosed, it has to be monitored and treated for life, Wang says.

He adds that to improve intervention efforts, there needs to be more education about the disease, particularly at the grassroots level, beginning with medical institutions and community clinics, which would help facilitate better public access to screening services and improve detection.

CMA has organized training for grassroots-level doctors to diagnose and treat the disease, Wang says

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**Lions Clubs International**

## **EYE HEALTH INFORMATION**

### **Glaucoma**

Those with a family history of glaucoma, over 60 or of minority background are considered greater at-risk for the disease. There are no symptoms, as vision stays normal and there is no pain. As the disease worsens, the field of vision narrows and blindness results. Detection comes from regular dilated pupil eye exams. If glaucoma is detected and treated early, it usually can be controlled before severe vision loss occurs. It is recommended that everyone at risk have their eyes examined at least once every two years.

## Diabetic Eye Disease

Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of this disease. Diabetic eye disease may include:

- **Diabetic retinopathy** -- damage to the blood vessels in the retina. Diabetic retinopathy is the leading cause of blindness in American adults
- **Cataract\*** -- clouding of the eye's lens
- **Glaucoma\*** -- increase in fluid pressure inside the eye that leads to optic nerve damage and loss of vision.

\*Cataract and glaucoma also affect many people who do not have diabetes.

The longer someone has diabetes, the more likely he or she will get diabetic retinopathy. Nearly half of all people with diabetes will develop some degree of diabetic retinopathy during their lifetime. People lacking regular health care, retirement age and of minority background are considered greater at-risk. Diabetic eye disease often shows no symptoms in its earliest stages. Blurred vision may occur when swelling in the eye occurs. Detection comes from regular dilated pupil eye exams. It is recommended that everyone at risk have their eyes examined at least once a year.

## Low vision

Low vision is an eye condition that cannot be improved medically, surgically or with conventional lenses, will increase dramatically due to global increases in life expectancy. Treatment of low vision involves the provision of special optical aids and adaptive devices, combined with rehabilitation services, to help individuals maximize their remaining vision. Steps to expand low vision care and vision rehabilitation services must be taken now to prevent needless disability for millions of individuals in the coming decades.

## River Blindness

Onchocerciasis, or also known as river blindness, is caused by infections that occur after being bitten by a black fly, which is found near swiftly flowing rivers (hence the nickname of the disease). Villagers have abandoned fertile land near the rivers to avoid being bitten. The treatments are not only preventing blindness but also enabling people to return to rich land and revive their local economy. Approximately 100 million people in Africa and Latin America are at risk of contracting the disease and, despite major advances in control, 18 million people remain heavily infected.

## Trachoma

It is a bacterial disease, spread easily through close contact. It does not immediately blind those infected with the disease, instead it is a slow and painful robber of sight. Children

and women are most susceptible to infection, and the repeated scratching of the cornea from inturned eyelashes can lead to complete blindness. In addition, trachoma is often generational, as it is easily transmitted by a mother's unknowing touch to wipe her child's eye. Trachoma is one of the oldest known infectious diseases and the leading cause of preventable blindness, affecting 6 million people, with another 500 million at risk from the disease.

### **Cataract**

A cataract is a clouding that develops in the lens of the eye, blocking light to the eye and obstructing vision. Cataracts typically progress slowly to cause vision loss and are potentially blinding if untreated. It is the most common eye disease and form of preventable blindness. It can typically be reversed through surgery.

## **Saving Sight for Millions Worldwide**

For nearly 100 years, our members have worked to prevent blindness, restore eyesight and improve eye care for hundreds of millions of people worldwide. Lions volunteer to take part in sight projects that are:

- Preventing serious vision loss for more than 30 million people worldwide
- Saving the sight of more than 14 million children by providing eye screenings, glasses, and other treatments through Sight for Kids
- Providing more than 7 million cataract surgeries
- Establishing or strengthening pediatric eye care centers that have helped more than 110 million children
- Distributing more than 137 million treatments for river blindness
- Vaccinating 41 million children in Africa against measles - a leading cause of childhood blindness
- Improving eye care for 100 million people by training more than 345,000 eye care professionals and building 300 eye hospitals
- Helping halt the spread of trachoma in Ethiopia by providing 10 million doses of the sight-saving drug azithromycin

Since 1990, Lions have donated more than US\$350 million to help provide vision for all.

## Lions Work to Improve Sight

Through efforts such as these, Lions have gained worldwide recognition for our work to improve sight. Our members around the world are also actively involved in:

- Recycling eyeglasses at [17 centers worldwide](#)
- Supporting Lions Eye Banks that provide eye tissue for sight-saving surgeries
- Screening the vision of hundreds of thousands of people every year
- Providing treatment to those at risk of losing their vision

In 1925, [Helen Keller](#) challenged Lions to become "knights of the blind in the crusade against darkness." And we accepted. **Today, sight programs remain one of our defining causes.**















Lions Eye Screening 2011 Cum Eye – Care Talk  
Guest of Honour

**Prime Minister Lee Hsien Loong**

Cheng San Community Club 10 April 2011



### Fellow Lions

Take a closer look at the photographs above:

Do you like the LSSC T-Shirt the Prime Minister Lee Hsien Loong was wearing?

Do you like the LSSC Pin Professor Donald Tan was wearing?

Just call PDG Han Thien Fong and you will be given one free of charge and with best compliments from Lions SaveSight Centre (Singapore), while our new stock last

Remember, when we are

**TOGETHER, WE CAN MAKE THINGS HAPPEN!**

Share this LSSC Newsletter EYES with our Club members, other fellow Lions & friends,  
so that more Lions can be informed and be up dated.

**An informed Lion is a better Lion!**

Go visit and be updated by our Lions Clubs International Website: [www.lionsclubs.org](http://www.lionsclubs.org)  
not once, but regularly whenever you can find the time

Additionally, Lions Clubs International Foundation too has a Website: [www.lcif.org](http://www.lcif.org)

If you do not want to remain on the mailing list, please notify me via email: [han194982@yahoo.com.sg](mailto:han194982@yahoo.com.sg)

For those who wish to be an additional direct email addressee, please write to me too. Thank you.