

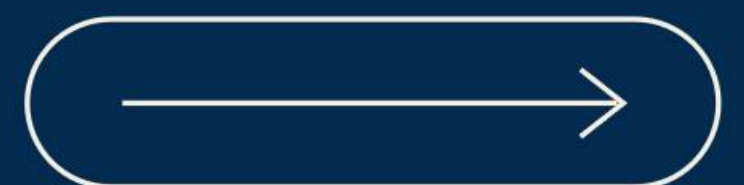


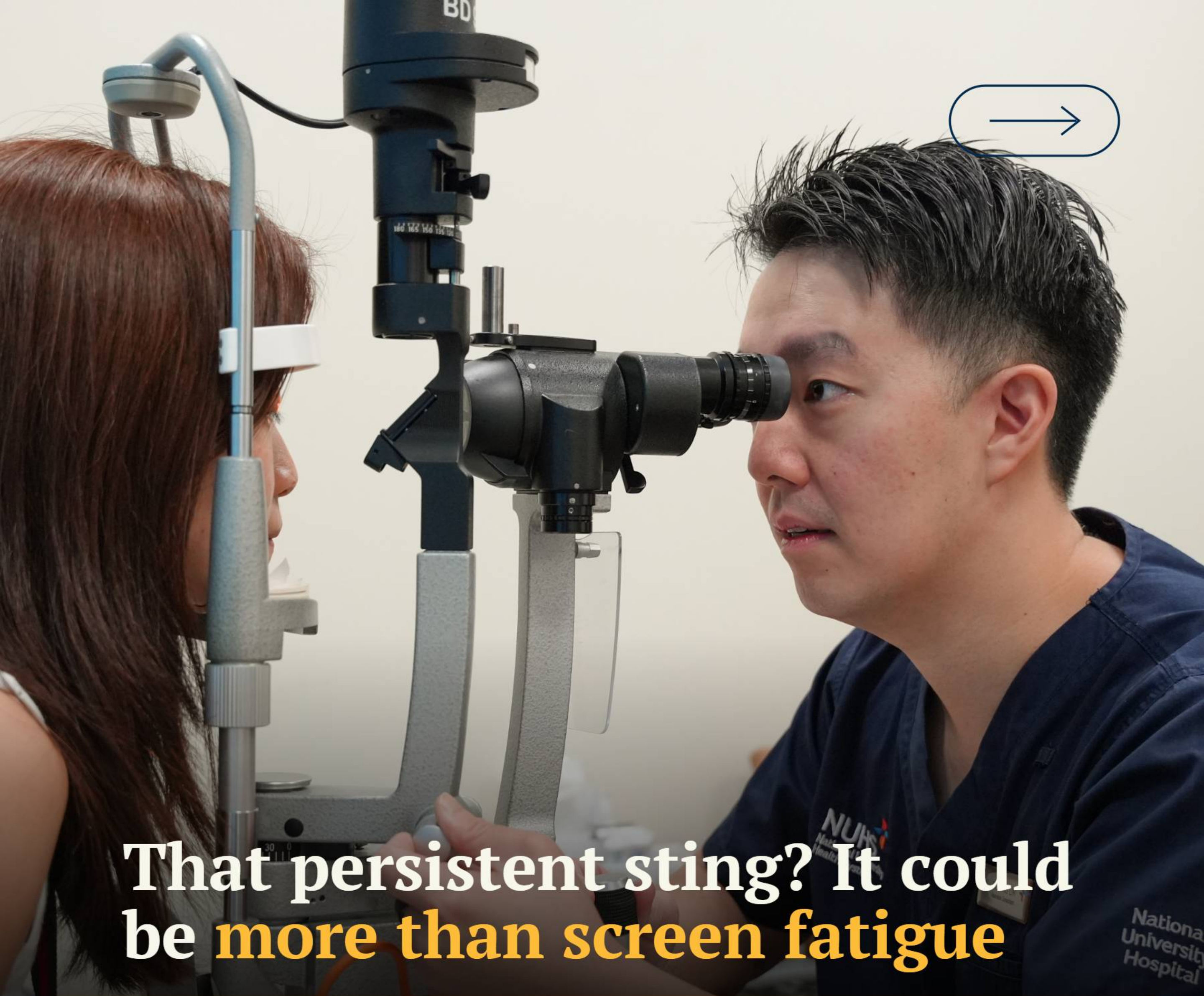
National University
Hospital

Safeguarding sight as eye-health concerns grow in Singapore

Among the most common conditions are
dry eye disease and childhood myopia.

NUH has launched two new services
tackling both challenges head-on.





That persistent sting? It could be **more than screen fatigue**

Dry eye occurs when tears are insufficient or unstable, causing irritation, burning, fluctuating vision, and fatigue. Left untreated, chronic inflammation can disrupt daily life.

“Many people assume it is simply a consequence of long hours on screens.”

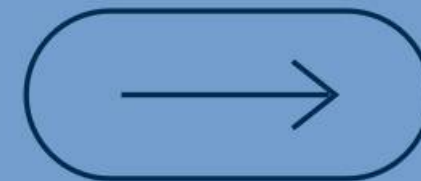
— Dr Chris Lim,
Consultant, Department of Ophthalmology, NUH



Beyond the cycle of eye drops

Try one lubricant drop, then another, with only partial or short-lived relief. Sounds familiar?

NUH's Dry Eye and Ocular Surface Service takes a different approach, focusing on **clearer diagnosis and targeted interventions** to address the root of each patient's condition.



Some targeted procedures include:

Microblepharoexfoliation that cleans debris and bacterial buildup along the lash line with a rotating micro-sponge, treating eyelid inflammation at its source.

Low Level Light Therapy that stimulates cellular repair and reduces inflammation in the oil glands.



Pioneering a nurse-led workflow

Specially trained nurses support evaluation, patient education, and selected procedures, **helping patients maintain proper eyelid hygiene with ongoing guidance.**

“It also frees up specialists to focus on more complex cases.”

— Associate Professor Ray Manotosh,
Senior Consultant, Department of Ophthalmology, NUH



Why **childhood myopia** deserves early attention

Mild myopia can be corrected with spectacles. But high myopia is a different story – it significantly **increases the risk of early cataracts, glaucoma, retinal detachment, and myopic macular degeneration** later in life. The earlier progression is slowed, the better the long-term outlook.



Specialised lenses that do more than correct vision

NUH now treats children with progressive myopia using **soft daily disposable lenses designed to slow eye elongation** by altering how light focuses on the retina.

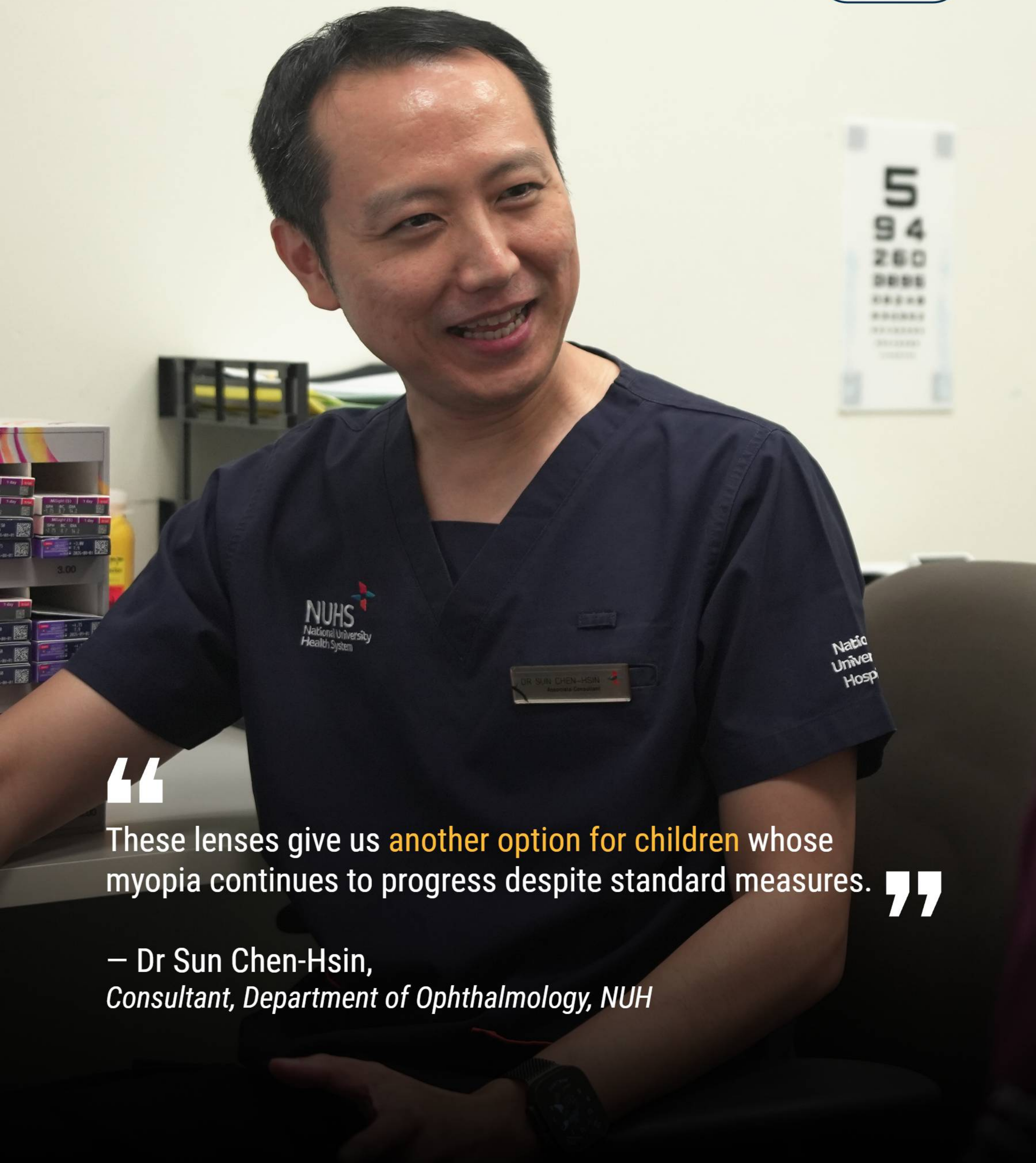


Real results for young patients

One 11-year-old's myopia kept worsening despite atropine drops – until a switch to myopia control lenses **stabilised her vision**.

Another child, with very different prescriptions in each eye, saw **improved comfort and slower progression** after a control lens was fitted to the more affected eye.

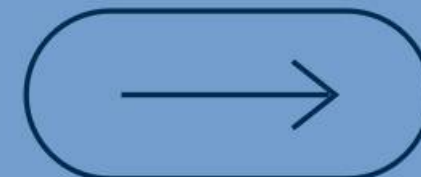
Sometimes, **the right approach is a more personalised one**.



“

These lenses give us **another option for children** whose myopia continues to progress despite standard measures. ”

– Dr Sun Chen-Hsin,
Consultant, Department of Ophthalmology, NUH



From dry eye relief to slowing childhood myopia, these services mark a step forward in how NUH's Department of Ophthalmology addresses common eye-health challenges – with **targeted interventions that protect sight across generations.**



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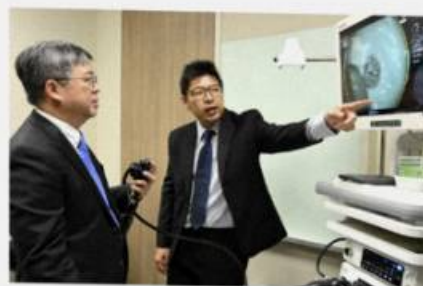
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DNA to decisions: Weaving genomics and precision medicine into everyday care

By translating cutting-edge genetic discoveries into clinical practice, NUGEM at NUH helps doctors deliver care that is more precise, personalised, and safe for patients and their families across NUHS.

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Transforming digestive healthcare in Singapore

The National University Centre for Digestive Health brings together specialists and services to reduce waiting times, minimise repeated visits, and enable faster treatment decisions for better outcomes.

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Beyond recovery: Supporting stroke survivors back to work

Through its Early Supported Discharge Programme and dedicated Return To Work Clinic, the National University Hospital is helping stroke survivors move beyond physical recovery to rebuild independence and re-enter the workforce with structured, multidisciplinary support.

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Safeguarding sight as eye-health concerns grow in Singapore

The National University Hospital has rolled out two new services aimed at managing dry eye disease and to slow myopia progression in children.

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Overcoming a rare genetic disorder through multi-disciplinary care

Born with a rare condition that once made breathing, vision, and everyday movement a challenge, Tobie Goh's two-decade journey through carefully coordinated surgeries at NUH shows how multidisciplinary care can transform a life.

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When stress becomes the baseline: What your body is trying to tell you

Persistent fatigue in young adults may signal underlying health issues. An NUH specialist explains what chronic stress does to the body – and why it matters to act early.

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