

## Shopping for health

Orchard Road is home to many healthcare providers offering everything from botox to eye care. By Corinne Kark

**O**RCHARD Road is best known as a shopping haven, but amid the shops and stores are a growing number of people looking for something different – not the latest pair of shoes, but specialised medical care.

Singapore's favourite shopping stretch is also home to many healthcare providers offering everything from botox to eye care.

At International Building, there is search of better eyesight, led to the SCARD Group, led by Manchester-trained vision consultant optometrist Yap Yung Peng. The group comprises vision optometrists who are primary eye care and vision specialists.

Apart from offering a comprehensive range of vision tests at SCARD, including presbyopia, astigmatism, Mr Yap has a special interest in occupational astigmatism – particularly in presbyopia (loss of the focusing ability of the eye's natural lens) in middle-aged adults, asthenopic syndrome and fatigue of the eyes in young adults, and binocular instability (such as visual stress) in children.

Managing presbyopia can be complex at times and is often compounded by other

vision problems such as myopia (short-sightedness), hyperopia (long-sightedness) and astigmatism.

New technology, however, helps. For instance, Mr Yap points out that Singapore-based, Tokai Optical, has become the first spectacle-less company to introduce cutting-edge nanotechnology or thin analysis technology to their progressive lens design. The result is a more comfortable and tear-friendly lens that reduces the stress of spectacle usage.

As for contact lenses, a new option has just arrived in the form of the world's first daily disposable silicone hydrogel contact lens – the 1 Day Acuvue 2 Ultra contact lens. Launched this week by Johnson & Johnson Vision Care and available at SCARD, the lens is positioned as a healthier and more comfortable choice thanks to its advanced materials and proprietary technology that allows practically 100 per cent oxygen transmission to the cornea.

Of course, better technology comes at a price – these premium lenses cost about 10 per cent more than other daily disposables in the market, says Ng Quee Wen, Johnson & Johnson's professional and



### BETTER SAFE THAN SORRY

Nothing beats preventative care when it comes to vision health, says Mr Yap, who says that children are getting more short-sighted at an increasing rate.

vision aftercare manager. In the long-term it is that while professional services and products can improve visual health, nothing beats preventative care. And the sooner you begin, the better.

"Myopia in children is considered a major public health issue in Singapore," notes Mr Yap. "Children are getting more short-sighted at an increasing rate," which also leads to a higher risk of devel-

oping eye diseases later on in life.

That's why it's important to get the right optometrist who can monitor your visual health and prescribe the appropriate spectacles to correct vision.

"This applies to both children and adults," he says. "The challenge for children is to promote early-onset development, while for adults, it is to ensure that myopia does not deteriorate with age."

[www.scard.sg](http://www.scard.sg)