



IGARD

Seeing clearly with and without glasses, contact lenses or surgery

By Hannah Yap

The gift of sight is precious. Yet all too often do we take it for granted. You and your friends may have the same eye degree, but that can be where the similarities end. Our eyes are as unique as our fingerprints which makes it necessary to get the right lenses customized for you. We interviewed **IGARD** to find out what is the **latest technology in optometry** and what they offer to our university community here at SMU.

Having been trained in the U.K., IGARD Group's Senior Consultant Optometrists **Rachel Kelly** and **Tiong-Peng Yap** can provide you with solutions for all your eye care issues. They offer eye examination for everyone, including babies, children and adults. Apart from prescribing glasses, they will assess your "**Visual Health**" by checking your retina and eye pressures. If you wear contact lenses, they will also put you through a **Corneal Health Assessment** to ensure that they are fitting well on your eyes.

See clearly without glasses , contacts or surgery

Do you suffer from severe myopia? You know you can't live without your eyeglasses or contact lenses, because you're almost as blind as a bat without them. And don't you miss seeing the world naturally with your very own two eyes? Well, now you can, and without taking the risk of surgery. **Orthokeratology Refractive Therapy** is offered by IGARD to children and adults who suffer from myopia and astigmatism. Specially customized night-time retainer contact lenses are used to reshape the cornea while you sleep, and it enables you to see without glasses or contact lenses during the day.

Wavefront Technology

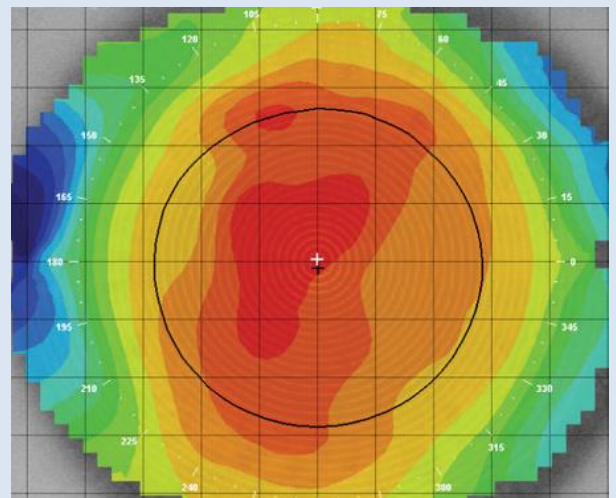
IGARD is among the first in Asia to offer advanced ocular aberrometry combined with scientifically-proven proprietary technology from Carl Zeiss™. Your eye's unique profile can instantly be mapped out to create lenses that are perfect for you to see the world as best as you can.

Pediavue™ Test for Lazy Eyes

Eye checkup can start as young as a baby is 12 months old. Pediavue test can pick up early signs of problems like lazy eyes and crossed eyes. Both children and adults can benefit from specialized tests in 'Binocular Vision' to test how your two eyes work together as a team, and are focusing properly. IGARD offers orthoptic vision therapy to correct functional vision deficits, eye misalignments and lazy eyes (amblyopia).



IGARD Group's Senior Consultant Optometrists Rachel Kelly and Tiong-Peng Yap



Eye Profile Mapping

Quote "SMU" to get discount for staff and students. IGARD Group has a large optometry centre at Orchard (51 Cuppage Road #01-04) and two clinics on campus at NUS and NTU.

Phone 6732 3233 for your appointment or checkout their website www.igard.com.sg/smu

IGARD Centre is just a stone's throw from SMU's city campus. You will find them on the first floor of 51 Cuppage Road, the former Starhub Centre, which is just behind CentrePoint shopping centre. IGARD is already a well known household name featured on numerous magazines and television. You can also find them on campus at NUS and NTU.

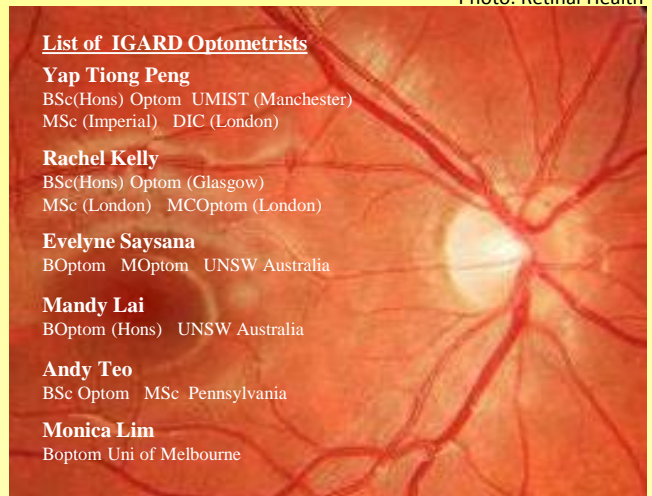
Photo: Retinal Health

◀ **Photo: Tiong-Peng Yap** received his optometry training from UMIST in Manchester. He graduated from the University of Manchester and Imperial College London. He is a former research fellow at Alexandra Hospital and lecturer at Singapore Polytechnic and University of Manchester, U.K. His special interest in Paediatric Optometry and Binocular Vision.

Rachel Kelly was trained in Glasgow (Scotland) and completed her Master degree in Clinical Optometry at City University, London. She has many years of experience including the world renowned Moorfields Eye Hospital in London, U.K. Her special interest is in Orthokeratology Refractive Therapy.



Rachel Kelly (IGARD Group), **Christine Fitzmaurice** (Visiting expert), **Professor Bruce Evans** (City University London), **Tiong-Peng Yap** (IGARD Group) and **Carolina Yap**



List of IGARD Optometrists

Yap Tiong Peng
BSc(Hons) Optom UMIST (Manchester)
MSc (Imperial) DIC (London)

Rachel Kelly
BSc(Hons) Optom (Glasgow)
MSc (London) MCOptom (London)

Evelyne Saysana
BOptom MOptom UNSW Australia

Mandy Lai
BOptom (Hons) UNSW Australia

Andy Teo
BSc Optom MSc Pennsylvania

Monica Lim
Boptom Uni of Melbourne

Besides the meticulous way IGARD check your eyes, they also stock up a wide selection of eyewear with brands ranging from Tom Ford, Dunhill, Porche, Mont Blanc, Swissflex and Silhouette – just to name a few. IGARD has been around in Singapore for nearly 10 years and many years to come!

Many optometrists at IGARD are clinical educators and industry consultancy providers in areas such as contact lenses, computer vision syndrome and vision therapy. Their team are often invited speakers at local and international conferences. Most recently, IGARD's Tiong-Peng Yap, lectured together with Professor Bruce Evans (City University London and UK Institute of Optometry) on the topic Paediatric Optometry (see photo) and Professor Stephen Dain (University of New South Wales, Australia) on the topics Visual Stress and Meares-Irlen Syndrome. ■