

RISM ACADEMY EVENT
Short Talk Series 6
Back to Basics: Eye Health Care Talk
Saturday, 11th November 2017

Back to Basics – Eye Health Care Talk, RISM Academy's Short Talk series no. 6 for Session 2017/2018, garnered an audience of 21 pax, comprising 8 members, 10 non-members and 3 students. The speaker was Ms. Shaleni Subramaniam, an Optometrist at Top Vision Eye Specialist Center, Shah Alam. She was accompanied by a team of Top Vision staff for the execution of the eye examinations.

The **Takeaways** from the talk were:

1. Presbyopia

- ✚ What causes presbyopia?
- ✚ How the eye works?

2. Computer Vision Syndrome

- ✚ What Causes Computer Vision Syndrome?
- ✚ Symptoms of Computer Vision Syndrome
- ✚ Treatment for Computer Vision Syndrome

3. Cataract Surgery

- ✚ Signs and symptoms
- ✚ Causes - Age, trauma, radiation, genetic, skin diseases, medications, post-operative

4. Glaucoma

- ✚ High Pressure Glaucoma
- ✚ Normal Pressure Glaucoma
- ✚ Prevention
- ✚ Treatment
- ✚ What doctor does during eye examination?

5. Good Eating habits/ Lifestyle

- ✚ Nutrients for eye health
- ✚ Foods for Eye Health
- ✚ Exercise for Healthy Eyes



Thereafter, the attendees were given eye examinations for glaucoma and cataract. The talk ended with the presentation of Certificates of Attendance and a light refreshment.

