



For Immediate Release

**Striving for Best Vision for 40 Years in Hong Kong
HKSH Department of Ophthalmology Announces
The Opening of HKSH Eye Surgery Centre (Admiralty)**

**Comprehensive Eye Examination at 40 Years Old
For Long-term Quality of Life**

(20 October 2020, Hong Kong) To cater for the needs of ambulatory eye surgery service in Hong Kong, HKSH's Department of Ophthalmology has recently expanded its service in Admiralty with the opening of HKSH Eye Surgery Centre at Level 22, One Pacific Place.

HKSH Eye Surgery Centre (Admiralty) offers a wide range of surgeries in an ambulatory setting, including extraction and implantation of intraocular lens, operations on eyelids and styte, removal of pterygium, and trichiasis. One-stop eye care service was first introduced by HKSH Medical Group in Admiralty four years ago.

The rising demand for ambulatory eye surgery service is evident in recent years as more patients in relatively good health opt for surgery without general anaesthesia or monitored anaesthesia care (MAC), and they can be discharged after the procedure on the same day without hospitalisation.

The HKSH Eye Surgery Centre (Admiralty) will complement the Eye Surgery Centre at Hong Kong Sanatorium & Hospital in Happy Valley to help shorten waiting time for patients. The hospital-based centre in Happy Valley will continue to handle more complicated surgeries that require general anaesthesia or MAC, longer operation time and even hospitalisation.

To mark the addition of service in Admiralty and the 40th anniversary of HKSH's Department of Ophthalmology, a special cataract surgery package will be offered to patients.

Cataract is a common eye disease in Hong Kong. At present, the number of cataract surgery booking in public hospitals has exceeded 54,000, and the waiting time for the service has worsened under the COVID-19 pandemic. The new service is likely to help alleviate workload in public hospitals.

In the past decade, the average age of patients receiving intraocular lens implantation at HKSH stood at around 65. As the health conditions of patients have improved over the past 10 years, it is expected that more cataract patients will be able to undergo the procedure in an ambulatory setting.

Dr. Walton LI Wai Tat, Medical Superintendent of Hong Kong Sanatorium & Hospital cum Head of HKSH's Department of Ophthalmology, founded the Department in 1980. He said Hong Kong people are becoming more aware of eye health now than they were 40 years ago.

"Most eye diseases do not exhibit obvious symptoms in the early stage. Early detection and treatment will enable patients to enjoy quality of life as they progress into middle or old age. Our clinical experience shows that many people do not know when they should receive a comprehensive eye examination and we will ask them to consider it at the age of 40," Dr. LI said.

The American Academy of Ophthalmology has since 2019 recommended that all adults without any high-risk factor or symptom should receive a comprehensive eye check at 40 years old.



According to the Census and Statistics Department of the HKSAR Government, the number of elderly persons aged 65 or above in 2019 stood at 1.32 million and the figure will almost be doubled to 2.52 million by 2039. Both men and women in Hong Kong are having longer lifespan too.

Dr. LI said that more people would likely be facing different eye diseases as they age. Therefore he will advise members of the public to go for a comprehensive eye examination at the age of 40 which will be an important baseline for tracking of their eye health in the long run.

A comprehensive eye examination may include automated perimetry (visual field test), optical coherence tomography (OCT), fundus fluorescein angiogram (FFA) and indocyanine green angiogram (ICGA), corneal topography and pachymetry and specular microscopy.

“After the age of 40, patients are more prone to eye diseases such as glaucoma, diabetic retinopathy and cataract. Early detection will help monitor the condition effectively and enable the ophthalmologists to recommend a check-up frequency as appropriate,” explained Dr. LI.

“The check-up at 40 may also help identify some underlying health issues such as hypertension and diabetes, and in such cases referrals can be made to relevant specialists for follow-up. Patients with symptoms or high-risk factors, e.g. diabetes, hypertension or related family history, should consult their doctors without delay,” Dr. LI stressed.

Early detection and action are critical to recovery. In the case of a glaucoma patient, blurred vision suggests that the disease is at late stage which makes treatment more difficult. Diabetic retinopathy can be asymptomatic in its early stage but a patient who goes for early treatment and close monitoring can surely help slow down the deterioration.

Meanwhile, in celebration of its 40th anniversary, the Department of Ophthalmology will collaborate with non-governmental organisations (NGOs) to offer free intraocular lens extraction and implantation surgery services to those in need. An online campaign “Blur your Glasses Challenge” will soon be launched on Instagram to raise public awareness of cataract. Details will be announced later.

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Supplementary information

Cataract Extraction and Monofocal Intraocular Lens (IOL) Implantation Surgery
Package Service: \$23,800 (for Eye Surgery Centre (Admiralty) only)

Early cataract has little effect on vision and no treatment is necessary. Changing your glasses prescription can sometimes restore vision if the cataract has induced a refractive change. When there is a significant decrease of vision which affects your work or your daily life, cataract extraction is indicated. It is not necessary to wait until the cataract becomes mature. Traditional cataract surgery employs a large limbal incision, extraction of cataract and implantation of an intraocular lens. The wound is then closed with very fine sutures. The more advanced cataract surgery involves a small corneal incision, phacoemulsification and implantation of a foldable lens. Usually no suture or only one suture is required to close the wound because the small incision is self-sealing. Surgery may be performed with topical anaesthesia or other forms of anaesthesia as indicated.



HKSH Medical Group

Officially launched in September 2017, HKSH Medical Group promotes public health and advanced medicine through a multi-faceted, coordinated approach in clinical services, medical education, scientific research and public health education. Members of the Group, including Hong Kong Sanatorium & Hospital, HKSH Healthcare HKSH Eastern Medical Centre, are dedicated to offering top-quality holistic care to patients, upholding the motto “Quality in Service, Excellence in Care”.

Hong Kong Sanatorium & Hospital

Hong Kong Sanatorium & Hospital is one of the leading private hospitals in Hong Kong. With the motto “Quality in Service Excellence in Care”, the Hospital is committed to serving the public as well as promoting medical education and research.

Department of Ophthalmology (Happy Valley)

The Department of Ophthalmology was established in 1980. It has long been a pioneer of advanced treatments and technology since then. Thanks to the commitment of specialists in Ophthalmology and paramedical staff, the Department has been undergoing extensive development over the last three decades. It was relocated, renovated and expanded in the 1990s. In 1996, Professor Guy Hugh CHAN, a prominent specialist in Ophthalmology, joined the Department as Director of the then newly established Refractive Surgery Centre. The Cataract Surgery Centre was established in response to rising demand in 2003. It was later renamed Eye Surgery Centre in 2012. Privilege service packages have been provided to senior citizens since 2000.

Address: 4/F, Li Shu Fan Block, 2 Village Road, Happy Valley, Hong Kong
Tel: 2835 8880 / 2835 8890
Email: eye@hksh-hospital.com

HKSH Ophthalmology Centre (Admiralty)

The Ophthalmology Centre provides general ophthalmology services such as consultation, pre-refractive surgery examination (SMILE/LASIK), full cataract and glaucoma screening. The Centre is equipped for general consultation, simple operations and optometry services, and is backed by a professional team of ophthalmologists, optometrists and registered nurses. To promote public awareness of eye care, we also provide educational videos and pamphlets on eye diseases and treatment options.

Address: Level 21, One Pacific Place, 88 Queensway Hong Kong
Tel: 2855 6700
Email: eye@hksh-healthcare.com

HKSH Eye Surgery Centre (Admiralty)

With the recent addition of Eye Surgery Centre to our HKSH Healthcare Medical Centre at One Pacific Place in 2020, we now have over 30,000 sq. ft. of clinical space dedicated to eye care needs of our esteemed clients in a truly one-stop fashion at an easily accessible location. Eye Surgery Centre is staffed by Hong Kong Sanatorium & Hospital ophthalmologists and supported by



experienced nurses and paramedical staff and provides a full spectrum of eye-related procedures and surgeries in a safe and ambulatory environment. Our centre is equipped with state-of-the-art facilities with the operating rooms abiding by stringent infection control standards to ensure the comfort and safety of our patients.

Address: Level 22, One Pacific Place, 88 Queensway Hong Kong
Tel: 2855 6686 (consultation by appointment)
Email: eyesurgery@hksh-healthcare.com

Photos:

1. The team of specialists at HKSH's Department of Ophthalmology.





2. The Eye Surgery Centre offers a wide range of surgeries in an ambulatory setting.



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