



### Jointly Present

**Title**        **Lutein Supplementation in Prevention of Age-related Eye Diseases**

**Speaker**    Dr. KOH Hui Hiang (Senior Consultant Optometrist, IGARD)  
**Date**        9 June 2007 (Saturday)  
**Time**        1500 hours  
**Place**        Woodlands Regional Library

### Abstract

In view of the ageing population in Singapore, there is an increase in age-related eye diseases leading to blindness. Hence it is important in search of methods of prevention as well as treatment. Nutritional supplementation in preventing diseases has been implemented for years. Lutein is a pigment found at the eye that has an ability to absorb harmful short-wavelength light and the properties of an antioxidant. Though not conclusive, studies had shown that lutein supplementation may play an important role in preventing age-related macular degeneration that could lead to blindness.

### Biodata



**Dr Koh Hui Hiang** obtained her Bachelor of Science degree in Optometry from the University of Melbourne, Australia, and Master and PhD degrees from UMIST in Manchester, U.K. She was a full-time optometry lecturer in the Singapore Polytechnic before turning to private practice while continue teaching part-time. She is frequently invited to speak in professional continuing optometric education and community events both locally and overseas. Her key interest is in community eye-care. She often volunteers in vision screening in local community centres as well as overseas such as Indonesia, Thailand, Malaysia and other neighbouring developing countries whenever the opportunity arises.

In collaboration with:

### Registration is Not Needed

Admission is free. All are welcome.

