

# Eye Alignment Clinic

## Children's Eye Centre

### Children's Eye Centre



Tan Tock Seng Hospital is proud to introduce another specialist eye clinic on Level 1 dedicated to treat two special groups of patients.

**Eye Alignment Clinic** caters to both adults and children, providing comprehensive diagnosis and treatment of eye misalignment (Strabismus).

A full-fledged paediatric ophthalmology service is also available at our **Children's Eye Centre** to treat eye problems which affect babies and children.

Range of services:

#### Eye Alignment Clinic

- Children & Adult Eye Alignment (Strabismus) Surgery – Vertical & Horizontal
- Trauma
- Weakness or Paralysis of Eye Movements

#### Children's Eye Centre

- Myopia & Astigmatism
- Lazy Eye (Amblyopia)
- Cataract in Children
- Eye Infections
- Eyelid Problems
- Glaucoma
- Inherited Eye Diseases
- Lens Surgical Implantation
- Paediatric Neuro-ophthalmology
- Tearing in Infants

#### Optical Service

- Bifocal Spectacles
- Contact Lenses
- Photochromatic Lenses
- Polycarbonate Lenses
- Progressive Lenses
- Prism Spectacles
- Spectacle Frames for Babies & Young Children

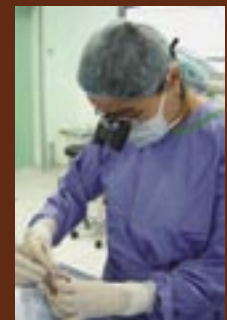
#### Retail Service

- Bangerter Foil
- Eye Patches
- Eye-related Books for Children
- Fresnel Prisms

#### Screening Services

- Eye Power Errors
- Colour Vision Problems
- Learning & Reading Disabilities

### Eye Alignment Clinic



We look forward to serving you and your children.

Tan Tock Seng Hospital  
11 Jalan Tan Tock Seng, Level 1  
Singapore 308433

Opening Hours:  
Mon - Fri, 8.00am - 5.30pm  
Closed on weekends

Call **6357 8000**  
for an appointment.  
(Non-subsidised)



***I have been told that my three-year-old son may need glasses by friends and relatives as he seems***

***to be straining to see objects far away and also a little crossed-eyed at times. How can I ascertain for sure his need and why would such a young child need glasses?***

Children may need glasses for several reasons — some of which are different than for adults. Because a child's vision system is growing and developing, especially during the first few years of life, glasses play an important role in ensuring normal vision development. Below are some of the main reasons why a child may need glasses:

1. To provide better vision in children with significant refractive errors.
2. To help straighten the eyes when they are crossed or misaligned. In selected cases, strabismus (eye misalignment) is related to the uncorrected refractive error.
3. To help strengthen the vision of a weak eye (amblyopia or "lazy eye"). This may occur when there is a difference in prescription between the two eyes (anisometropia). Another common cause of lazy eye is astigmatism.
4. To provide protection for one eye if the other eye has poor vision.

***How can a child be tested for glasses, especially in infancy or early childhood?***

An ophthalmologist/eye doctor can detect the need for glasses through a complete eye examination. Typically, eyedrops are instilled in order to relax the focusing muscles, so that an accurate measurement can be obtained. These eyedrops also dilate the pupil. By using a special instrument, called a retinoscope, the eye doctor can arrive at an accurate prescription. The ophthalmologist will then advise parents whether there is a need for glasses, or whether the condition can be monitored.

***How will I ever get my child to wear glasses?***

That is a question most parents ask, especially when their child is very young. Thankfully, most young children who really need glasses will wear their glasses without a problem (happily) because they soon realise that the glasses make a difference in their vision!

Initially, some children may show some resistance to wearing their glasses, but it is necessary for parents to demonstrate a positive attitude. Getting a good frame fit by an optician/optometrist who is experienced in paediatric eyewear is also of great importance. The frame should be very comfortable with the eye centred in the middle of the lens. Many children's frames have soft, comfortable cables that fit around the ears.

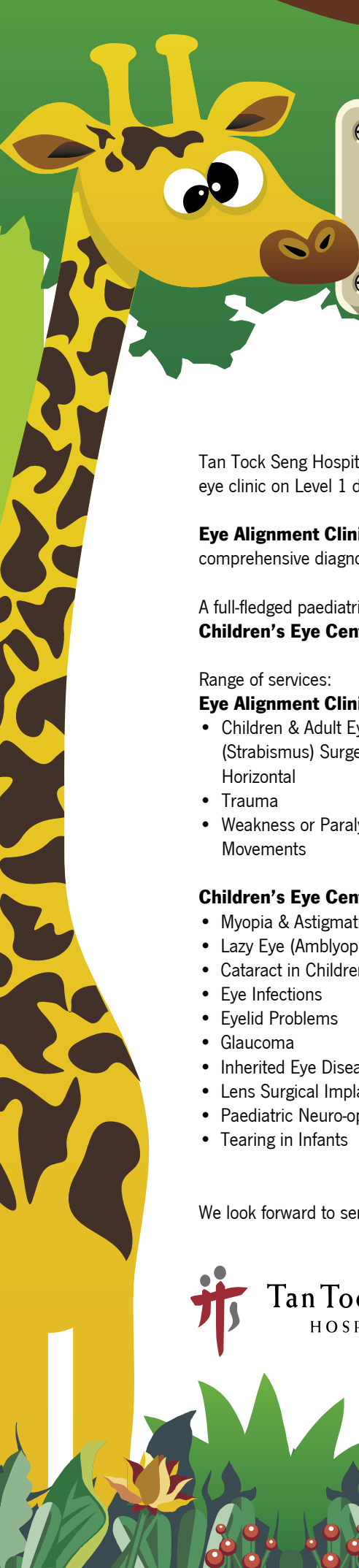
Some children may have small refractive errors that do not require glasses, while others may voice concern about difficulties in the classroom. Most children who have difficulty with reading do not need glasses, but this can be determined in the complete eye examination.

Will wearing glasses make my child's eyes worse or more dependent on them?  
No. In fact, the opposite may be true. If a child does not wear the glasses prescribed, normal vision development can be adversely affected.



Questions answered by:

**Dr Leo Seo Wei**  
Consultant  
Doctor-in-Charge,  
Eye Alignment Clinic  
Children's Eye Centre  
Tan Tock Seng Hospital



# Eye Alignment Clinic

## Children's Eye Centre

### Children's Eye Centre



Tan Tock Seng Hospital is proud to introduce another specialist eye clinic on Level 1 dedicated to treat two special groups of patients.

**Eye Alignment Clinic** caters to both adults and children, providing comprehensive diagnosis and treatment of eye misalignment (Strabismus).

A full-fledged paediatric ophthalmology service is also available at our **Children's Eye Centre** to treat eye problems which affect babies and children.

Range of services:

#### Eye Alignment Clinic

- Children & Adult Eye Alignment (Strabismus) Surgery – Vertical & Horizontal
- Trauma
- Weakness or Paralysis of Eye Movements

#### Children's Eye Centre

- Myopia & Astigmatism
- Lazy Eye (Amblyopia)
- Cataract in Children
- Eye Infections
- Eyelid Problems
- Glaucoma
- Inherited Eye Diseases
- Lens Surgical Implantation
- Paediatric Neuro-ophthalmology
- Tearing in Infants

#### Optical Service

- Bifocal Spectacles
- Contact Lenses
- Photochromatic Lenses
- Polycarbonate Lenses
- Progressive Lenses
- Prism Spectacles
- Spectacle Frames for Babies & Young Children

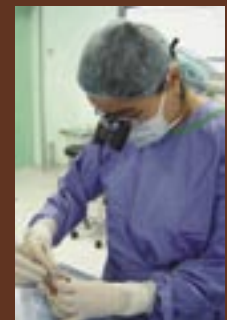
#### Retail Service

- Bangerter Foil
- Eye Patches
- Eye-related Books for Children
- Fresnel Prisms

#### Screening Services

- Eye Power Errors
- Colour Vision Problems
- Learning & Reading Disabilities

### Eye Alignment Clinic



We look forward to serving you and your children.

Tan Tock Seng Hospital  
11 Jalan Tan Tock Seng, Level 1  
Singapore 308433

Opening Hours:  
Mon - Fri, 8.00am - 5.30pm  
Closed on weekends

Call **6357 8000**  
for an appointment.  
(Non-subsidised)



***Q We've just had a meet-the-parents session with my 8-year-old daughter's form teacher. She remarked that my daughter is always not paying attention at class. She says her eyes seem to be drifting out all the time. Could this be an eye condition and not a concentration problem?***

Your daughter may have intermittent exotropia (a type of strabismus). This means that she has an intermittent outdrift of one eye. It is especially obvious when the child is tired or sick. The child with this condition often closes his/her eyes in bright sunlight. This is the most common type of squint in Singapore. When the outdrift occurs during distance viewing, the child may be accused of daydreaming.

#### **Strabismus and Its Causes**

Strabismus is a medical term for misalignment of the eyes/ crossed eyes/ squint. 4 per cent of the Singapore population have strabismus. Most strabismus is caused by an abnormality of the poorly understood neuromuscular (including brain) control of the eye movements. Less commonly, a problem with the eye muscles themselves causes strabismus.

Any child can have strabismus. However, children with brain disorders like cerebral palsy, Down's Syndrome, brain swelling and brain tumour have increased risk.

***Q What should I do if I suspect my child has Strabismus?***

Your child needs to have a detailed eye examination, which includes squint assessments, eye power check and general evaluation of the eye.

The goal of strabismus treatment is to straighten the eyes and allow the eyes to be used together (binocular vision). Treatment may involve eyeglasses, eye exercises and/ or eye muscle surgery. Other problems present along with the strabismus (including lazy eye (amblyopia), and cataract) are usually treated prior to eye muscle surgery.

***Q My four-month old baby's eyes tend to focus toward the middle, i.e., nose bridge is. I'm worried that he is crossed eye. Friends have told me that he could also develop lazy eye later but will outgrow both conditions. Please clarify.***

Your baby may have pseudoesotropia (pseudosquint) or real esotropia (crossed eye). In a child with pseudosquint, the eyes are straight but when the child looks to either side, the eye hides behind the eyelid folds or wide bridge and looks like the eye is turned in.

Children however, do not outgrow true crossed eyes. During the first few months, an infant's eyes may drift. When a baby begins focusing on environment (four to six months), the eyes may be straight most, if not all the time. This misconception came about because of an entity called pseudosquint. This illusion is created by wide, flat nose bridge due to prominent epicanthal folds, which are the skin folds of the upper eyelid covering the inner corner of the eye.

True squint (esotropia) is harmful because strabismus in childhood is a serious problem as it can affect the development of vision and depth perception. This results in amblyopia (lazy eye) or lack of stereopsis (depth perception). In addition, strabismus can also be an indication of poor vision in that eye because an eye that sees poorly tends to wander. More importantly, strabismus may sometimes indicate a life threatening problem. Strabismus is one of the most common presentations of retinoblastoma (tumour arising from the retina), the commonest eye cancer in childhood. Therefore, all children with suspected strabismus should be evaluated by an eye specialist (ophthalmologist).



Questions answered by:

**Dr Leo Seo Wei**  
Consultant  
Doctor-in-Charge,  
Eye Alignment Clinic  
Children's Eye Centre  
Tan Tock Seng Hospital

