PolyU and Squina
“Loving Heart” Volunteer Team Extend “Comprehensive Eye Check Project for the Elderly”
POLYU AND SQUINA “LOVING HEART” VOLUNTEER TEAM EXTEND “COMPREHENSIVE EYE CHECK PROJECT FOR THE ELDERLY”

The School of Optometry of The Hong Kong Polytechnic University has extended its collaboration with the Squina “Loving Heart” Volunteer Team to provide primary eye care examinations for a further 2,500 elderly people from Po Leung Kuk Elderly Centres. Sponsored by Loving Heart Fund and estimated to last for three years, the extended project will continue to promote the importance of primary eye care and prevention of avoidable vision loss to the elderly.

Optometrists will also refer the elders to other health practitioners for specialist treatment if necessary.

Dr. the Hon. Leong Che-hung, GBM, GBS, JP, Chairman of the Elderly Commission, graced the ceremony on 30 May 2011 as the Guest of Honour. He said vision was very important and it was crucial to increase the awareness of eye care and eye disease prevention among Hong Kong’s aged. Dr. Leong added he was glad to see the social welfare, education and commercial sectors come together to take care of the elderly.

Dr. Allen Cheong, an Assistant Professor at the School, also presented clinical findings of 394 elderly people who had their eye checks between October 2010 and May 2011 as part of the original project. She said refractive errors were found to be the principal cause of visual impairment among them; moreover, the prevalence of visual impairment was reduced substantially from 34% to 10% if they wore spectacles fitted with correct lenses. The 10% of elders who did not benefit had uncorrectable visual impairment caused mainly by cataract, corneal abnormalities or glaucoma.

Dr. Cheong said good vision not only improves elderly people’s quality of life, but it could help them avoid falls and injuries. She explained that since the elderly had a demographically higher risk of eye problems, it was vital for them to have regular eye examinations so that early diagnosis and management of eye diseases and disorders of the visual system could be carried out. She suggested that the elderly undergo a comprehensive eye examination every year or two.
WHAT’S HAPPENING OUT THERE?

The 39th International Exhibition of Inventions of Geneva

The School’s Prof. Carly Lam, Prof. To Chi-ho and Dr. Dennis Tse won the Gold Medal with Jury’s Commendation as well as the Grand Prize of the Technical University of Cluj-Napoca, Romania, for their invention “A novel optical method for retarding myopia progression” at the 39th International Exhibition of Inventions of Geneva in April 2011. Their invention takes advantage of the innate growth process of the eye (termed “emmetropization”) in which eye size is regulated by optical inputs. The optical method incorporates tailor-made anti-myopic optical signals (called “myopia defocus”) in devices such as contact lenses and spectacle lenses so as to retard myopic progression in children. Their invention has shown a promising anti-myopic effect in experimental myopic models; in some cases, myopia was reversed in myopic animals. A randomized controlled trial using their novel lens is currently under way, and preliminary data show that progression of myopia in children can be reduced by around 50%.

PolyU’s Senior Management Makes Visit to School

PolyU’s President Prof. Timothy W. Tong and other senior officials visited the School on 16 February 2011. They were given an overview of the development of the School’s academic and research activities and a tour of the Laboratory of Experimental Optometry. The senior officials were impressed with the state-of-the-art research facilities and the inter-disciplinary research collaborations of the School. They also took the opportunity to exchange views with academic staff and undergraduate and postgraduate students in discussion sessions.
WHAT'S HAPPENING OUT THERE?

A Seminar by Prof. Alan Tomlinson, Professor of Department of Vision Sciences, Glasgow Caledonian University, Scotland, UK

A big audience comprising practitioners, research personnel and students turned up to greet renowned Optometrist Prof. Alan Tomlinson (who authored the widely used textbook Complications of Contact Lens Wear) and listen to his lecture on “Dry eye disease – aetiology, diagnosis and treatment: an update” on 8 April 2011. According to Prof. Tomlinson, the 2007 Report of the International Dry Eye Workshop (DEWS) re-emphasized the principal division of dry eye disease (DED) into aqueous-deficient dry eye (ADDE) and evaporative dry eye (EDE). He stressed that classification of patients into these two groups is important in the understanding of the aetiology of the disease and in the management of the condition. Prof. Tomlinson presented data from a number of case studies of patients from large dry eye clinics and clinical trials which indicated that EDE exceeds that of ADDE by a factor of 2 to 4 times! The attendees enjoyed the lecture very much and found it very stimulating and interesting.

School Retreat

The School held its annual retreat off campus on 7 January 2011, with Advisory Committee members and academic, clinical and administrative staff participating. Apart from reviewing the activities of the past year, the retreat focused on the further development of the undergraduate degree programme and the challenges ahead for preparing the new 5-year curriculum. Much brainstorming occurred and many views were exchanged. A particular highlight of this year’s retreat was the Words of Wisdom session by Prof. George Woo, who will retire a few months later. He spoke on the developmental direction of the optometric profession. We would like to thank the Advisory Committee members: Dr. Jun Liang, Family Medicine Consultant and Cluster Coordinator, New Territories West Cluster, Hospital Authority; Mr. Patrick Cheng, President of The Hong Kong Association of Private Practice Optometrists; and Mr. Kenny Chan, Director and General Manager of Optical 88 Ltd, for their valuable insights during the retreat.
The 8th Joint Eye Research Day

The 8th Joint Eye Research Day was held on 8 January 2011 at Laisheng Holiday Resortel, Changping, Dongguan, China. This annual research symposium was jointly organized by Zhongshan Ophthalmic Center of Sun Yat-sen University, China, and the School of Optometry of The Hong Kong Polytechnic University. This year, we also invited peers from the Eye Institute of The University of Hong Kong to join us. A wide range of topics in ophthalmology and vision research were covered, from clinical studies to basic research. The meeting was an excellent platform for eye researchers across the region to exchange ideas and foster collaboration opportunities. The next symposium is scheduled to be held in Hong Kong in early 2012. See you next year!

Extension of Collaboration with Citizen Football Club

The Faculty of Health and Social Sciences of The Hong Kong Polytechnic University has extended its collaboration with Citizen Football Club, a first-division soccer team in Hong Kong, in preparation for the new season in 2011/12 and its Asian Football Confederation Cup campaign. Using advanced diagnostic equipment funded by The Hong Kong Jockey Club Charities Trust, the School’s Sports Vision Unit, under The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, will continue to provide eye care services for Citizen’s players. A pre-season sports vision assessment consisting of an evaluation of eye-body coordination and peripheral awareness reaction times based on sports vision clinical protocols will be provided. A range of eye test screenings will also be given, such as for threshold distance visual acuities, binocular vision coordination, refractive error assessment, internal eye pressures, and retinal health evaluation to rule out the presence of eye health pathologies in the players.

The Sixth International Symposium on Healthy Aging

Organized by the Research Centre of Heart, Brain, Hormone and Healthy Aging of Li Ka Shing Faculty of Medicine, The University of Hong Kong, the Sixth International Symposium on Healthy Aging was held in Sheraton Hong Kong Hotel and Towers from 5-6 March 2011. Five staff from the School participated in the symposium, which this year was themed “A new golden age”. Among them, Miss Eva Lai presented a poster on “Prevalence of sight-threatening diabetic retinopathy in the elderly: impact of regular screening”, Miss Jenny Lung presented a poster on “The early inner retinal changes (GCC) in type II diabetes patients with and without non-proliferative diabetic retinopathy (NPDR)”, while Miss Mabel Leung presented a poster on “The need for primary eye care services for the aging population”. The symposium was a great opportunity for our colleagues to share information on ageing eye topics in Optometry with other health professionals.
The 10th International Conference on Low Vision

The 10th International Conference on Low Vision was held from 20-24 February 2011 at the Kuala Lumpur Convention Centre, Malaysia. Over 600 delegates from different countries attended this year’s meeting. Prof. George Woo gave a talk on “Prescribing low vision treatment”, while Dr. Allen Cheong and Mr. Siong Kar-ho presented a poster on “Effect of simulated cataract on object recognition and annotation in complex visual scenes”. Meanwhile, Miss Victoria Law presented a poster on “Driving with visual impairment in Hong Kong Special Administrative Region”. Prof. Woo, Dr. Cheong and Miss Law also arranged a workshop on “The use of distance and near low vision aids” and demonstrated techniques in prescribing these aids for people with visual impairment. The triennial conference proved to be a wonderful platform for clinicians and researchers from a variety of disciplines working in low vision research and rehabilitation to get together and share their knowledge and expertise.

Community Service Learning Awards 2009/10

Two teams of Optometry students received Certificates of Excellence in the course-required project category at The Hong Kong Polytechnic University’s Community Service Learning Awards 2009/10 presentation ceremony on 19 January 2011. Their projects “Yang Memorial Methodist Social Service Choi Hung Community Centre for Senior Citizens Vision Screening” and “Vision Screening 2009-2010”, which were judged to be of outstanding quality, had been organized under the guidance of Dr. Do Chi-wai, Dr. Allen Cheong, and Optometrists. Both aimed to provide vision screening and public education about eye care for underprivileged groups in the community. On 22 January 2011, participants from the School also took part in the Community Service Learning Programme in Sham Shui Po organized by the University’s Student Affairs Office.
OUR PEOPLE

Conferment of Emeritus Professorship on Prof. George Woo

The Senate has approved the conferment of the title Emeritus Professor (Optometry) on Prof. George Woo with effect from 1 July 2011 in recognition of his contributions to PolyU. The School offers its heartiest congratulations to him!

Prof. Maurice Yap, Chair Professor of Optometry, Becomes Dean of the Faculty of Health and Social Sciences

Prof. Maurice Yap was appointed the Faculty’s new Dean on 1 April 2011. He is a Chair Professor of Optometry and the Director of The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre at PolyU. He was an Associate Dean of the Faculty from 2010-2011, Head of the former Department of Optometry and Radiography from 1998-2005, and the first Head of the School of Optometry from 2005-2007.

New Fellow of the British Contact Lens Association

Mr. Jimmy Tse, Optometrist, received his BCLA Fellowship on 27 May 2011. Mr. Tse completed his 2-year residency programme in contact lens and anterior segment in 2009 and recently joined the School as Optometrist this April. Congratulations!

Honorary and Adjunct Appointments of the School

Honorary Professor: Prof. Zhao Kan-xing (re-appointment) (Tianjin Medical University)

Adjunct Professors:

Prof. Li Xiao-rong (re-appointment) (Tianjin Medical University)
Prof. Dai Hong (re-appointment) (Beijing Hospital)
Prof. Liu Quan (re-appointment) (Sun Yat-sen University)
Prof. Yu Min-bin (re-appointment) (Sun Yat-sen University)

Adjunct Associate Professors:

Dr. Desmond Cheng (re-appointment) (Private Optometrist)
Mr. Yeung Sai-man (re-appointment) (Solicitor)
Visitors to the School of Optometry

Prof. Kim Boon-hwan
Head, Department of Ophthalmic Optics, Choonhae College of Health Sciences, Ulsan, Korea
Date: 13 Jan 2011

Prof. Michael Collins
Professor, School of Optometry, Queensland University of Technology, Australia
Date: 14 Jan 2011

Prof. Choi Sang-woon
Professor, Department of Ocular Optics, Busan Women’s University, South Korea
Date: 14 Feb 2011

Prof. Gerald Lowther
Dean Emeritus of Optometry and Professor Emeritus of Optometry, Indiana University School of Optometry, USA
Date: 18 Feb-24 Mar 2011

Prof. Brian Brown
Adjunct Professor, School of Optometry, Queensland University of Technology, Australia
Date: 19 Feb-4 Mar 2011

Prof. Thomas Freddo
Director, School of Optometry, and Associate Dean of Science for Optometry, University of Waterloo, Canada and Academic Advisor, School of Optometry, The Hong Kong Polytechnic University, Hong Kong
Date: 21-24 Feb 2011

Dr. Dennis W. Siemsen
Division of Optometry, Mayo Clinic, Manchester, Minnesota, USA
Date: 25 Feb 2011

Prof. Alan Tomlinson
Professor, Department of Vision Sciences, Glasgow Caledonian University, UK
Date: 8 Apr 2011
OUR RESEARCH

Ageing Eye Research

Research on the Relationship between Deteriorating Vision and Falls in the Elderly

By Dr. Allen MY Cheong, Assistant Professor

Falls, one of the most serious public health problems for older people, have serious medical and economic consequences. The incidence of falls in older people is high. In Hong Kong, one out of every four community-dwelling people over the age of 65 reports a minimum of one unintentional fall per year. Numerous studies have examined the risk factors for falls, and vision has been found to be one of the most important. People with reduced visual functions (e.g., acuity, contrast sensitivity and visual field) are more prone to reduced postural stability, which might result in increasing their risk for falls. To minimize health care expenditure associated with falls, many fall injury prevention strategies have been proposed. However, very few studies have included vision as part of criteria in fall-risk assessment. A research study we recently completed reveals that when elderly people stand on complaint surfaces (e.g., foam or soft surfaces), their postural stability significantly reduces. Interestingly, such reduced postural stability does not deteriorate further when they stand on the complaint surfaces on one leg. Visual functions can also predict the variances in postural stability under challenging conditions. This implies that participants with poor vision sway more, in particular under challenging conditions. In our research study, we only examine participants’ static visual function (i.e., present static-stimuli to a static-observer). Many real-world tasks involve relative movement between the target and the observer. To predict the functional performance of daily tasks that occur in a dynamic environment, assessment of dynamic visual function (i.e., presenting moving-stimuli to a static- or moving-observer) is of the utmost importance. In a future study, we will focus on examining the relationship between dynamic visual function and balance performance.

Prof. Carly Lam Lands Project Funding from Quality Education Fund

Prof. Carly Lam secured HK$1,752,600 for her project “Smart practice for healthy vision for school children” from the Quality Education Fund (QEF) in December 2010. The QEF, established in 1998 by the Hong Kong SAR government, aims to finance projects for the promotion of quality education in Hong Kong, especially for children.

The government plans to develop an e-book learning platform for school children, with the aim of reducing the heavywork of their school bags. Although this initiative may help to relieve some of the children’s carrying burden as well as enhance their motivation to learn, its potential impact on the development of myopia in children is also of public concern. In Hong Kong, myopia is the most prevalent refractive error and the severity of myopia is escalating. The goal of Prof. Lam’s project is to raise awareness of myopia development and prevention for parents, teachers and school children so that better visual habits and reading styles can be adopted by the children, which should prevent their development of severely high myopia.
## Conference Presentations

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<td>Dr. Daniel Ho</td>
<td>9th Asia Pacific Conference on Human Genetics (Hong Kong), 30 November - 3 December 2010</td>
<td>Genotyping performance assessment of whole genome amplified DNA with respect to multiplexing level of assay and its period of storage</td>
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<tr>
<td>Prof. Pauline Cho</td>
<td>Asia Cornea Conference (Japan), 2-3 December 2010</td>
<td>ROMI/O/TO-SEE studies - Orthokeratology for myopic control</td>
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<tr>
<td>Prof. Carly Lam</td>
<td>Asia-ARVO 2011 (Singapore), 20-22 January 2011</td>
<td>Myopia control in myopic schoolchildren using the Defocus Incorporated Soft Contact (DISC) Lens over two years</td>
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<td>Prof. To Chi-ho</td>
<td>Asia-ARVO 2011 (Singapore), 20-22 January 2011</td>
<td>Simultaneous optical defocus and eye growth</td>
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<tr>
<td>Prof. Pauline Cho</td>
<td>2011 Global Specialty Contact Lens Symposium (USA), 27-30 January 2011</td>
<td>1. The role of corneal reshaping in myopia control</td>
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<td>2. International perspectives on orthokeratology</td>
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<td>3. Compliance issues with children wearing contact lenses</td>
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<td>4. Biofilm, noncompliance, and the contribution of the contact lens case</td>
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<tr>
<td>Dr. Larry Ng</td>
<td>2011 Global Specialty Contact Lens Symposium (USA), 27-30 January 2011</td>
<td>1. Pseudo-unilateral epithelial basement membrane dystrophy (EBMD) after discontinuation of long-term overnight orthokeratology: A case report</td>
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<td>2. Persistent painless corneal Abrasion during overnight orthokeratology: A case report</td>
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<td>Prof. George Woo</td>
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<td>Prescribing low vision treatment</td>
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<td>Effect of simulated cataract on object recognition and annotation in complex visual scenes</td>
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<td>Ms. Eva Lai</td>
<td>6th International Symposium on Healthy Aging: A New Golden Age (Hong Kong), 5-6 March 2011</td>
<td>Prevalence of sight-threatening diabetic retinopathy in elderly: Impact of regular screening</td>
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<td>Ms. Mabel Leung</td>
<td>6th International Symposium on Healthy Aging: A New Golden Age (Hong Kong), 5-6 March 2011</td>
<td>The need of primary eye care services to the aging population</td>
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<td>Dr. Henry Chan</td>
<td>2011 Association for Research in Vision and Ophthalmology (USA), 1-5 May 2011</td>
<td>Characteristics of multifocal electroretinogram (mfERG) in chicks exposed to optical defocus</td>
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<td>Dr. Xiao Jing-ru</td>
<td>2011 Association for Research in Vision and Ophthalmology (USA), 1-5 May 2011</td>
<td>Modulation of chloride transport and aqueous humor secretion by Baiacine</td>
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<td>Dr. Yu Feng-juan</td>
<td>2011 Association for Research in Vision and Ophthalmology (USA), 1-5 May 2011</td>
<td>Differentially protein expression and identification in myopic and hyperopic chick retina using nano-electrospray ionization tandem mass spectrometry</td>
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<td>Mr. Edward Wong</td>
<td>2011 Association for Research in Vision and Ophthalmology (USA), 1-5 May 2011</td>
<td>Reduced retinal NavK+ ATPase activity in cAMP-treated chick eyes with imposed hyperopic defocus</td>
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<tr>
<td>Dr. Rachel Chun</td>
<td>2011 Association for Research in Vision and Ophthalmology (USA), 1-5 May 2011</td>
<td>Proteome analysis of guinea pig retina during recovery from lens-induced myopia</td>
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<tr>
<td>Prof. Pauline Cho</td>
<td>35th British Contact Lens Association Clinical Conference and Exhibition (UK), 26-29 May 2011</td>
<td>Orthokeratology for slowing myopic progression — A randomized controlled trial</td>
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<tr>
<td>Prof. Carly Lam</td>
<td>35th British Contact Lens Association Clinical Conference and Exhibition (UK), 26-29 May 2011</td>
<td>Clinical performance of the Defocus Incorporated Soft Contact (DISC) Lens in a 2-year myopia control study</td>
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<td>Ms. Hon Ying</td>
<td>35th British Contact Lens Association Clinical Conference and Exhibition (UK), 26-29 May 2011</td>
<td>Repeatability of corneal biomechanical measurements in children wearing spectacles and orthokeratology lenses</td>
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<tr>
<td>Mr. Vincent Chui</td>
<td>35th British Contact Lens Association Clinical Conference and Exhibition (UK), 26-29 May 2011</td>
<td>1. Managing post traumatic iris deficiency with a pinhole-design prosthetic contact lens: A case report</td>
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<td>2. Case series: Axial length changes after discontinuation of orthokeratology treatment</td>
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<td>Mr. Jimmy Tse</td>
<td>35th British Contact Lens Association Clinical Conference and Exhibition (UK), 26-29 May 2011</td>
<td>Piggy-back contact lens fitting using intra-limbal RGP lens in a Chinese patient with rapid keratoconic changes: A case report</td>
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<td>Ms. Rita Sum</td>
<td>Hospital Authority Convention 2011 (Hong Kong), 7-8 June 2011</td>
<td>Diabetic retinopathy screening programme in Kwai Tsing district — A round up</td>
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<td>Ms. Daisy Leung</td>
<td>The Asia-Pacific Conference on Vision 2011 (Hong Kong), 15-18 July 2011</td>
<td>Changes of transient visual evoked potentials in dyslexic children</td>
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New Papers


Yip SP, Leung KH, Fung WY, Ng PW, Sham PC, Yap MK. A DNA pooling-based case-control study of myopia candidate genes COL11A1, COL18A1, FBN1, and PLOD1 in a Chinese population. Mol Vis 2011;17:810-21.


Upcoming Conferences / Seminars / Workshops

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<td>Hong Kong</td>
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<td>4 November 2011</td>
<td>The 9th Hong Kong Optometric Conference</td>
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<td>Hong Kong</td>
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<td>24-26 November 2011</td>
<td>18th Asia Pacific Optometric Congress Website: <a href="http://www.asiapacificoptometry.org">http://www.asiapacificoptometry.org</a></td>
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<td>Singapore</td>
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Miss Lo Wai-jing Wins Hong Kong Jockey Club Scholarship

Miss Lo Wai-jing, a Year 2 Optometry student, was awarded a scholarship from the Hong Kong Jockey Club Scholarship Scheme 2010/2011 at its presentation ceremony on 23 March 2011. Like all recipients, Miss Lo was selected because of her exceptional academic performance and involvement in community service. The scholarship scheme was set up in 1998 to encourage bright students from Hong Kong and Mainland China to pursue their first degree in Hong Kong as well as strengthen their sense of caring.

Miss Lo has been the Vice President of Hong Kong Tertiary Student Forum, a member of the organizing committee of the “Hong Kong Tomorrow’s Leader National Cultivation Program 2010”, and a volunteer for vision screening services. She was also a recipient of a Miss Leung Pui Han Bursary and a Providence Foundation Bursary in 2010/2011.

Miss Lo said she wishes to serve the community by using her professional knowledge of Optometry and to participate in the campaign for the prevention of avoidable blindness as well as spread the message of healthy eye care in the future. Miss Lo also wanted to express her gratitude to her family, to Dr. Kee Che-a-su for nominating her for the Hong Kong Jockey Club Scholarship Scheme, and to Dr. Henry Chan for his kind guidance and advice.

The 18th Optometry Departmental Society (OPTDS) Ex-co

The 18th Annual Election went swimmingly, and the new OPTDS ex-co – Supreye (威視紀) assumed office on 1 March 2011. The new ex-co would like to thank all OPTDS members for their valuable advice and support during the election period, and they promise to serve their members to the best of their ability.

Supreye Ex-co:

First row, from left:
Miss Li Long-ting (Financial Secretary)
Miss Leung Lok-in, Lorraine (External Vice President)
Miss Tung Pui-yan (Promotional Secretary)
Miss Chu Ka-hei, Michelle (Welfare Secretary)
Miss Lo Ka-mei (Internal Affairs Secretary)
Miss Yiu Ching-yuen, Kinder (External Affairs Secretary)

Second row, from left:
Mr. Wong Hoi-ki (President)
Mr. Li Ka-po (Information Technology Secretary)
Mr. Chan Wai-ho (Sports Secretary)
Mr. Choi Kai-yip (General Secretary)
Mr. Lee Pak-kin, Roger (Internal Vice President)