

Don't Let Your Client's Vision Go Up In SMOKE

Calling all eye care professionals!

Cigarette smoking is a key preventable cause of disease, disability and premature death. It is a well known risk factor for the leading causes of death such as cancer, heart disease and stroke. However, few people are aware that cigarette smoking has also been associated with a number of ocular conditions, particularly cataract and age-related macular degeneration (AMD).

Cigarette smoke contains more than 4,000 active compounds. These include nicotine, tar, ammonia, hydrogen cyanide, formaldehyde, carbon monoxide and heavy metals such as cadmium, aluminum, lead and mercury. These toxic substances can affect the ocular tissues mainly through ischaemic or oxidative mechanisms.



to quit smoking. This is because research has shown that many people fear blindness more than they fear other illnesses. By adding the increased risk of blindness to the better-known harmful effects of smoking will increase its effectiveness, resulting in more smokers quitting smoking.

Your Participation is Crucial – How can you make a difference

The Health Promotion Board (HPB) and the AMD Alliance International cordially invite you to the workshop "Don't Let Your Client's Vision Go Up in Smoke". Through this workshop, you will learn about how smoking can affect your client's vision and techniques on how to gently advise and motivate your clients to stop smoking.

Your Important Role as Optometrists and Opticians

Your frequent contact with smoker clients puts you in an optimal position to raise the issue of smoking and to advise smokers to stop smoking. By highlighting the increased risk of blindness to smoker clients, you can motivate more smokers

We urge you to participate in this workshop as your involvement is important to help HPB and the AMD Alliance International raise awareness on smoking-related eye diseases and encourage more smokers to lead a smoke-free lifestyle. We hope this workshop will enable you to offer a holistic service to your clients.

Registration for Participation

Don't Let Your Client's Vision Go Up In Smoke – A Workshop on How to Help Your Clients Quit Smoking

Date: 26 May 2006

Venue: Multi-purpose Hall, Level 6, Health Promotion Board, 3 Second Hospital Avenue, Singapore 168937

Programme:

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| 8.30 am | Smoking-related Eye Conditions
A/Prof Au Eong Kah Guan
Deputy Director (Research), The Eye Institute, National Healthcare Group |
| 9.00 am | Brief Quit Smoking Counselling
Dr Tan Pik Yee
Director, Youngberg Wellness Centre |
| 10.30 am | Questions & Answers |

To participate in this workshop for free, please complete the form and fax to **6438 3609**. We will contact you shortly.

Alternatively, you may contact Hoong Sook Wah at 6435 3010 (DID) or email: hoong_sook_wah@hpb.gov.sg

Name: _____

Address: _____

Contact Number: (office) _____

(handphone) _____

