

THE LASIK SURGERY CLINIC™

PARAGON, SINGAPORE

**LASIK Forum @
The Lasik Surgery Clinic**
by Dr Marc Tay & Dr Jon Goh
(Senior Eye Consultants)

\$1,999
for TWO eyes, w/o GST
\$2,138.93
for TWO eyes, w GST

Dates: 22 Jan 2010 (Fri) @ 7pm
23 Jan 2010 (Sat) @ 4pm

Venue: The Lasik Surgery Clinic
Paragon Medical #13-01/06

- Agenda:**
1. Are you a suitable candidate for LASIK?
 2. How LASIK is done?
 3. Option for presbyopia (lao hua)
- 40 years old & above
 4. Custom LASIK vs. Wavefront-guided LASIK
 5. IntraLase™ (blade-free) vs. Microkeratome (blade)
- we have both applications
 6. The VISX technology



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a copy of "Vision Reborn"
- Publication by The Lasik Surgery Clinic

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Lifesaving device now in heartland

BY DAWN TAY

MORE life-saving defibrillators are set to be installed in the heartland, providing those suffering cardiac arrest with a shot at life.

Residents near Block 20 in Toa Payoh Lorong 7 now have access to the first such automated external defibrillator (AED) in a public-housing neighbourhood centre, which was installed at the void deck yesterday.

As of last October, 70 places island-wide have AEDs installed – but these are limited to shopping malls, sports centres, country clubs, hotels and schools.

Adventist Home for the Elders and Toa Payoh East Citizens' Consultative Committee installed the device in the estate, because it has a large number of elderly residents who are vulnerable to cardiac arrests, said the home's chairman, Mr Wan Kwong Weng.

It was installed near a market, hawkker centre and 24-hour coffee shop because of high human traffic there, he added.

A cardiac arrest occurs when the electrical signal that keeps the heart beating is disrupted, causing the heart to stop. This can be triggered by a heart attack.

An AED, which costs \$2,500 to \$3,500, can determine whether someone is suffering from a cardiac arrest, and, if so, use an electric current to jump-start the heart. It prompts users on the steps to take, so they can use it even without knowledge of cardiopulmonary-resuscitation (CPR) techniques.

Cities in America and Sweden, where AEDs are widely available, boast of cardiac-arrest survival rates in excess of 40 per cent. In Singapore, fewer than 30 of the 1,000 or so Singaporeans who suffer sudden cardiac arrest outside hospitals yearly survive.

The committee aims, eventually, to have an AED in every precinct. Grass-root organisations in other parts of Singapore are also considering installing the device in their estates, said Mr Wan.

Yesterday, over 30 Toa Payoh East residents attended a training session to learn how to use the device and pick up CPR skills. More such sessions will be



HELP AT HAND: An automated external defibrillator was installed at a void deck in Toa Payoh yesterday.

conducted in future by the Singapore First Aid Training Centre.

Civil servant Edric Goh, 28, who participated in the session, said: "It's a useful skill to have. If someone around here has a cardiac arrest, I can help."

Toa Payoh East residents *my paper* spoke to were **unanimously** in favour of having an AED in their midst.

Mr Freddie Ang, 48, owner of the 24-hour coffee shop, and his stallholders have taken it upon themselves to protect the device from vandals, and to learn how to use it.

He said: "There have been recent media reports about even young men dying, due to cardiac arrest. With this device, we may be able to give others a chance to survive."

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HELPDESK 我的字典

Defibrillators: 除纤颤器 chū xiān chàn qì

Cardiac arrest: 心脏停搏 xīn zàng tíng bó

Disrupted: 扰乱 rǎo luàn

Unanimously: 一致 yí zhì

Light traffic on Bartley Viaduct's first day

BY RACHEL CHAN

FEW vehicles plied the 4.5km Bartley Road extension yesterday, despite it being able to shorten the trip from Bartley Road to Tampines from 20 minutes to merely five minutes.

Its last leg – the 1.9km-long Bartley Viaduct that links Bartley Road to Bartley Road East – opened yesterday, marking the completion of the Bartley Road Extension Project started in 2000.

Its other section, the Kaki Bukit Viaduct, which links Tampines to Kaki Bukit, opened in December 2003.

The extension will divert up to 10 per cent of traffic from the Pan-Island Expressway, as motorists can use it to travel from the east to central areas, said the Land Transport Authority (LTA).

But hardly any vehicles were spotted

when *my paper* drove along the extension yesterday at 3pm.

Of the extension, the LTA said yesterday: "We have observed smooth-flowing traffic so far and traffic volume has been relatively light, which is typical of a Sunday. As with any other new road system, motorists will take some time to become familiar with the new road connection."

Insurance executive Andrew Tang, 45, drove for 30 minutes from his Bishan home to Ikea in Tampines North Drive 2, via the Kallang-Paya Lebar and Tampines expressways.

He had taken that route based on instructions from his GPS device, which had not been updated.

"I'd definitely consider taking the new road in future. From the map, it looks a lot faster," he said.

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