

infocus

FOR A BETTER TOMORROW

DEDICATED TO PRESERVING THE GIFT OF SIGHT



Sydney Eye Hospital
FOUNDATION



Sore eyes from the bushfire smoke? One of our leading doctors shares advice

Prof Gerard Sutton is an ophthalmic surgeon and Professor of Clinical & Experimental Ophthalmology here at Sydney Eye Hospital. He recently gave a radio interview on the problem of eye health during the bushfires.

Across vast areas of Australia over summer, bushfire smoke became a serious hazard. Sydney Eye Hospital doctors usually deal with more complex eye health issues, yet the scale of the problem across Australia became so severe that our Prof Sutton was asked to give his advice on the radio for ABC Radio and Triple M Goldfields.

Here's what he had to say:

"We're seeing a huge number of people coming in with very sore eyes. People have little bits of black ash in their eyes. The particles

in the air make people's eyes inflamed and red.

"It affects everybody, not just those with sensitive eyes or eye conditions.

"It's a particular problem for people wearing contact lenses.

"If you're wearing contact lenses and your eyes get red and sore, you need to take your contacts out until your eyes have settled down.

"Plus, if you've got a pterygium, that can make it worse. A pterygium is a lesion in front of the eye, and a lot of people in country Australia will have those lesions.

"What you need to do is wash your eyes out. You can use a tear drop or balanced saline solution from the chemist, or with water.

"The worst thing you can do is rub your eyes. It stimulates further inflammation. In short, eye-rubbing is bad!"



Prof Sutton's tips on dealing with bushfire smoke in your eyes:

- 1. Wash your eyes with water or a balanced saline solution**
- 2. Remove your contact lenses if your eyes feel sore**
- 3. Don't rub your eyes.**

Professor Gerard Sutton is a highly regarded ophthalmic surgeon and clinical academic. He is the Professor of Clinical & Experimental Ophthalmology at Sydney Eye Hospital. He's also the Medical Director of the NSW Eye and Tissue Banks and holds the Douglas and Mary Douglas Chair of Clinical Ophthalmology and Eye Health at the Save Sight Institute Sydney University.



Share your vision for a brighter future

One of the most impactful ways to make a difference through the Foundation is through a Gift in your Will.

We understand that family and loved ones should always come first. After you've looked after your loved ones in your Will, many kind people choose to leave the remainder to a charity like the Sydney Eye Hospital Foundation.

One such kind person is A.H.. She has been an ongoing patient at Sydney Eye Hospital for thirty years.

A.H. says,

"I have donated to the Foundation for some years, and it is my intention that the Foundation receives some funds after my death."

"Hopefully there will be something left to donate, as I seem to be hanging in longer than I ever imagined."

"Apart from my awareness of the wonderful work that the Sydney Eye Hospital does and the support that the Foundation provides, I have been fortunate to have had Dr Diana Semmonds, a Director of the Foundation, as my Ophthalmologist for about 30 years and whatever I give the foundation is also an acknowledgement and sincere gratitude for her expertise, skill and dedication."

When you leave a Gift in your Will, you leave a legacy of a brighter future for countless people across Australia and around the world.

It's an extraordinarily meaningful way to make a difference in many people's

lives. To restore someone's sight, or help someone see clearly again, is a priceless gift.

It's easy to leave a Gift in your Will. Your solicitor will know the right wording to use. Plus, it's up to you whether you want to leave a specific amount of money; leave assets such as property or shares; or simply leave what's left over once you've looked after your family and loved ones.

Sydney Eye Hospital Foundation has a Bequestor Charter which outlines how we promise to treat your intention to give, and your final gift, with the utmost respect and care. The Charter is in our Gifts in Wills brochure.

To receive a copy of the brochure, or to find out more about how a Gift in your Will can make a difference, contact Amrita Sharma on **02 9382 7408** or at amrita.sharma@sehf.org.au

Our social responsibility: a vision for the next 10 years

As a Foundation with the ability to change lives through the gift of better sight, we feel a strong social responsibility to expand and deepen our impact.

Eye health is a serious social issue as well as a medical issue across Australia, and particularly in the South Pacific and South Asia.

That's why we recently took some time to re-evaluate and strengthen our Foundation's goals and values. We wanted to map out a clear path for the next five to ten years, so we can make sure that every dollar you give goes where it is most needed.

So now we have a clearer Mission, that places you – and our patients – front and centre. **Our Mission is to raise funds to support Sydney Eye Hospital as a Centre of Excellence delivering world class patient care.**

To achieve this, we plan to:

- Increase the number of Fellowships per year and seek to attract more Fellows from South Asia, the sub-continent, and South Pacific regions - the Fellowships will be focussed on clinical care and cutting edge



The future is bright with emerging talent like Dr Ana Luiza Mylla Boso, one of the 2020 Fellowship recipients.

technology and research - and the research will be in collaboration with leading universities and medical schools.

- Expand the geographic scope of the Foundation's support to include outreach clinics throughout the South Pacific and South Asia.
- Extend our collaboration with universities, patient advocacy groups, Pharma, eye organ banks and international aid agencies to support sustainable and equitable eye care for all, including indigenous and refugee eye care.

And last but not least, to always be true to our heartfelt Values of patient-centred, excellence, transparency and collaboration:

Patient-centred

Supporting the best treatment

outcomes for the patients of Sydney Eye Hospital is at the core of everything we do.

Excellence

Striving for excellence in all our activities in support of Sydney Eye Hospital as a Centre of Excellence in patient care.

Accountability & Transparency

Ensuring that our fundraising, investment and allocation of funds decisions meet the highest standards of governance and social responsibility and impact.

Collaboration

Working collaboratively with like-minded organisations at the Sydney Eye Hospital campus to deliver improved patient outcomes.

Millie is “grateful beyond words” to be able to continue her university studies thanks to her treatment.



“It is thanks to you”

“It is thanks to you that, at age 83, my sight is as good as it was when I was in high school.” – Yves

This is an excerpt from one of the lovely thankyou's we so often get from patients. We want to share these with you, because it's thanks to you, our supporters, that people like Yves can see clearly.

“It is thanks to you that on a clear night I can enjoy the sight of the Southern Cross and see it and the other stars twinkle like diamonds in the sky, and also see the twinkle in the eyes of my wife and children, grandchildren and friends when they smile at me.

“Sight must be one of the most precious, if not the most precious, of our five senses.” – Yves Dinel

“The Sydney Eye Hospital is a very valuable health institution that I am grateful for beyond words...I know that my story would not be

one of medical success if it were not for the expertise and hard work of the many doctors and nurses, and everyone else working behind the scenes. I would like to express my thanks and deep gratitude for Prof. Peter McCluskey and Dr Simon Taylor and his team of health professionals.

“My lengthy stay in 1 East was made bearable by the amazing team of nurses I was lucky enough to have been cared for by. Thank you for being so kind and caring and providing a high standard of hospital care. Last but not least I would like to express my appreciation for the kitchen staff, cleaners and maintenance staff.”
- Mille Wang

“I just wanted to thank everyone at the Sydney Eye Hospital for their professionalism and wonderful care. I felt very safe, assured, and informed during the procedure and subsequent visits.”
- Lynda O' Maley

Sydney Eye Hospital Foundation Board of Management

All Members of the Board of Management are financial members of the Foundation. They also give their time freely in the interests of enhancing the ability of Sydney Eye Hospital to provide first class care to the public of Sydney and beyond.

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