

FOCUS

APRIL 2024

Editor's Note

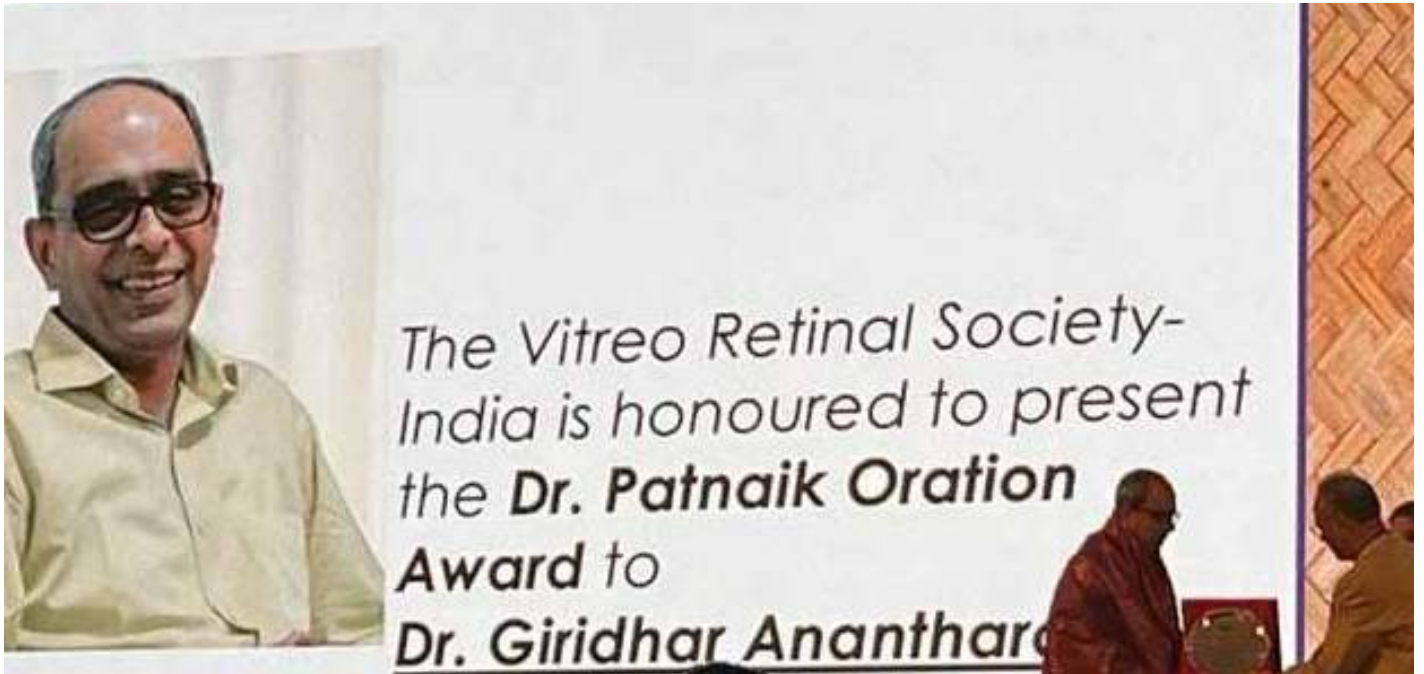


We bring to you our first Focus newsletter issue this year! Past few months have seen a lot of achievements, awareness programs and group activities which we are proud to bring to our readers. GEI family is extremely proud of our Mentor, Dr. A. Giridhar Sir, who was conferred the prestigious Dr. Patnaik Oration Award by VRSI 2023. Our Doctors, Optometrists and students have shone at various podiums and we bring to you all the exciting news and snapshots of activities over last 5 months. Together as a team and bonded as a family we stand strong! Happy reading!

Dr Vanashree Nair

APRIL 2024

The Vitreo Retinal Society of India conferred the prestigious Dr Patnaik Oration Award to Dr. A Giridhar at the recently concluded annual conference of the VRSI 2023 at Kovalam, Kerala, from December 1st -3rd , 2023.



This distinguished award serves as a recognition of Dr.Giridhar's exemplary contributions and dedication to the field of Retina. His hard work, determination, and leadership have made a significant impact on the lives of countless patients and the medical community alike.

All the doctors and staff at Giridhar Eye Institute are immensely honoured to have Dr.Giridhar as the head of our esteemed institution and wish that he continues to inspire all for years to come. Congratulations Sir!!!



The Oculoplastics Association of India (OPAI) annual conference 2023 was held from October 20th to 22nd, in Hyderabad.

Dr.Marian Pauly (HOD, Orbit, Oculoplasty & Ocular Oncology, GEI) and Dr.Shebin(Consultant, Orbit and Oculoplasty, GEI) attended the conference.



Dr. Marian Pauly was felicitated for being the Second runner up in the free paper session in OPAI Mumbai 2022. Dr.Shebin presented - "A rare case of pediatric oculocicatrical pemphigoid" presenting as chronic recurrent ectropion in a 5 year old girl, at the conference.



DRISHTI - Annual KSOS conference!

Our team at Giridhar Eye Institute had a wonderful experience at Drishti, the annual KSOS conference! Congratulations to our doctors who not only participated but also received awards for their presentations. We're immensely proud of each participant who contributed to making Drishti 2023 a resounding success.



Dr. Sugaranjini G - Dr K C Sankara Menon Award Session - Paper on "ANTERIOR SEGMENT OCT BIO MARKERS IN RCES "



Dr Ashapurna B - COC Retnet Posterior Segment Free Paper - Paper on " REAL WORLD EXPERIENCE IN TREATMENT OF EYES WITH CNVM SWITCHED TO INTRAVITREAL BROLUCIZUMAB "



Dr Sruthi R - Dr Noel Moniz Memmorial Anterior Segment Free Paper - Paper on " A SCAN OF PARAMETERS AND COMPLICATIONS DURING CATARACT SURGERY IN EYES WITH PSEUDOEXFOLIATION SYNDROME "

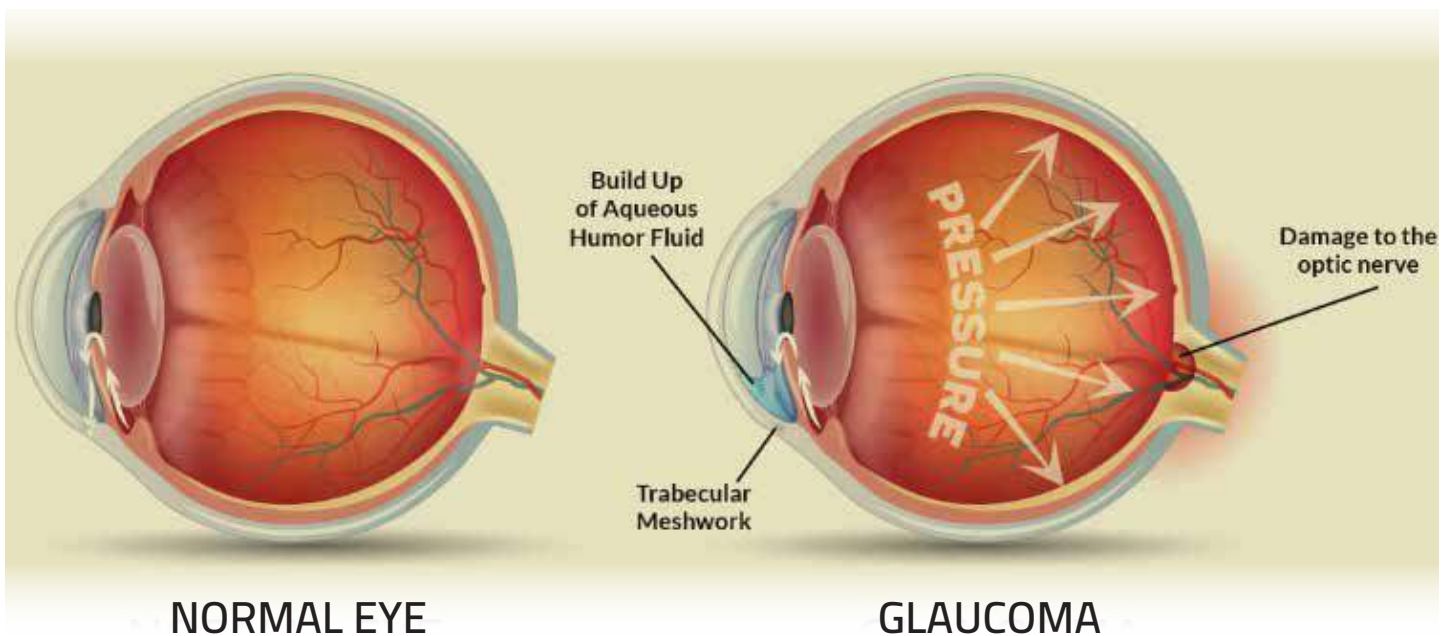


Dr Marian Pauly - Runner up in OPL - Video titled " THE BLINK " on orbicularis muscle transfer for facial palsy.



Let's talk about Glaucoma: The silent thief of Sight

A short interview with Dr Manju Anup



What is Glaucoma?

Glaucoma is a disease that damages the optic nerve which connects your eye to brain. There is no cure for Glaucoma. If not detected and treated early, Glaucoma can result in vision loss and even blindness.

Who are at risk of Glaucoma?

Anyone can get Glaucoma. But people who are at high risk of Glaucoma include

age > 60 years,

Family history of Glaucoma

Eye problems like injury to the eye, persisting inflammation in the eye

diseases like Diabetes, Hypertension, Heart disease

medicines like steroids.

Is glaucoma associated with increased eye pressure?

Development of Glaucoma depends on the level of eye pressure your optic nerve can tolerate without being damaged. This level is different for each person. A certain level of eye pressure may be high for one person but normal for another person. Therefore, not every person with increased eye pressure will develop Glaucoma. Also, Glaucoma can develop even when your eye pressure is within normal range and this form of Glaucoma is known as Normal tension Glaucoma.

What are the signs and symptoms of Glaucoma?

Many forms of Glaucoma have no warning signs. Without treatment, people with Glaucoma will initially lose their side vision and slowly their central vision is affected. Vision lost from the disease cannot be restored. That's why early diagnosis and treatment is very important. Regular eye examination is the key to detect Glaucoma in the early stage of the disease.

How is Glaucoma diagnosed?

Glaucoma is diagnosed through a comprehensive dilated eye examination and tests like Perimetry and OCT.

What are the treatment options for Glaucoma?

Glaucoma treatment include eye drops, laser procedures, surgeries or a combination of any of these. Regular use of medicines, proper instillation of the drops and timely follow ups are very important to prevent the progression of the disease.

How is our hospital taking measures to increase awareness about Glaucoma ?

World Glaucoma Association conducts activities during world Glaucoma week to raise awareness about Glaucoma among the public. In 2024, world glaucoma week was celebrated from Mar 10-16. The theme for this year was Uniting for a Glaucoma free world. As a part of World Glaucoma week we at GEI conducted door to door Glaucoma screening for senior citizens and Glaucoma screening for our staffs > 40 years of age .We have identified some of our staffs who are asymptomatic as Glaucoma suspects and advised for a detailed evaluation.

WORLD SIGHT DAY 2023



Ms. Sajana, our expert Optometrist, shines light on Low Vision Aid at Dhristi 2k23 Pre-Conference, held at Amala Hospital, Thrissur.

Giridhar Eye Institute recently conducted a series of screening programs and awareness drives at various workplaces keeping in line with the theme of World Sight Day which was celebrated on October 12th 2023. The 5 day long campaign was held at various places across the city of Kochi catering to the Corporation cleaning workers, construction site workers, fire men, cochin shipyard workers, FACT staff and Policemen from October 9th to 13 th, 2023.

The theme was “Love your eyes at work’ and the optometrists, support staff and outreach managers from Giridhar Eye Institute helmed the screening programs and the doctors from Giridhar Eye Insitute conveyed eye care tips and ways to keep eyes safe and healthy in the workplace to the target audience.

SUN pharma also tied up with Giridhar Eye Institute to increase awareness about important eye conditions to the patients and their bystanders attending the hospital on October 12th,2023.



World Diabetes Day November 14 – 2023

Conducted Diabetic Retinopathy screening at Indhira Gandhi Cooperative Hospital - Kadavanthra



Childrens Day November 14 – 2023

Conducted painting competition at different special schools in Ernakulam and showcased the pictures drawn by the special school children. Also arranged an exhibition counter at hospital premises to present the handicrafts made by them.



ROP Screening Awareness Program on World Prematurity Day November 17th 2023

GEI ROP Screening Awareness Program in collaboration with NNF (National Neonatology Forum) Cochin, was organized on occasion on World Prematurity Day at IMA House by Dr. Anubhav Goyal. Nearly 25 neonatologists from all major private and government setup NICUs attended the awareness program.

ROP screening poster was introduced. It was distributed to be pasted in respective NICUs for patient information and awareness, so that importance of ROP screening in premature babies can be emphasized in private and government setup NICUs and via them to general public. Our mentor Dr. Giridhar and NNF President Dr. Abey Mathew shared their satisfying experience regarding ROP screening in Cochin and suburbs. GEI is committed towards saving sight for premature babies with our ROP Screening CSR Project 'KIRAN'



GOLDEN RULE OF 1234

MY VISION IS YOUR RESPONSIBILITY

First Premature baby retina screening
within **1** month of birth.

All premature babies with birth weight
less than **2** kg and gestational age less
than **34** weeks at birth should
undergo mandatory ROP screening.



Myopia Screening Camp 20th, 21st and 22nd of November 2023



Myopia screening camp was conducted at Bhavan's School , Kendriya Vidyalaya and Global Public School on 20th, 21st and 22nd of November 2023.

Myopia Awareness Walk

November 18th 2023



Myopia Awareness Walk was conducted at Panampilly Nagar in coordination with Rotary Club of Cochin, Global Public School, Susrutha School Of Optometry, KSOS and COC on 18th November 2023.

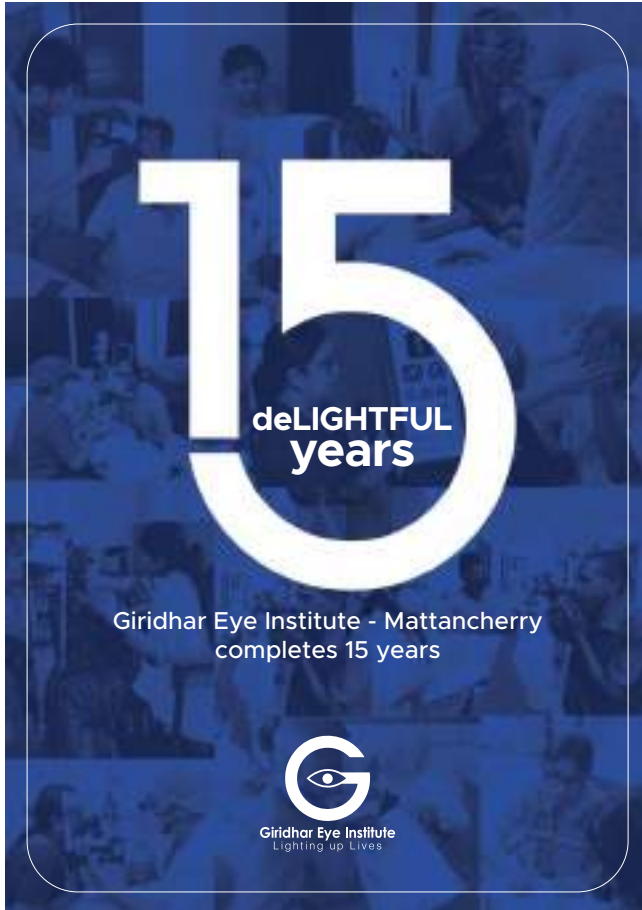
Farewell moments – Dr Usha





On 13th October, Leveena C S, student Susrutha school of optometry participated in the KUHS Central Zone Kalolsavam, "OPPAARAM". She participated in the Facepainting competition with her teammate Farsana Yasmin. The topic given was 'Kerala samskaaram' and did her best to convey the theme on the face

15th Anniversary of Mattancherry Branch



The Giridhar Eye Institute's Mattancherry branch celebrated its illustrious 15th anniversary on 1st January 2024 with great fervor and pride, marking a significant milestone in its journey of providing exceptional eye care services to the community. The atmosphere was abuzz with joy as staff, patients, and management gathered to commemorate this momentous occasion. Through the years, the institute has garnered a reputation for its unwavering commitment to excellence in eye care, pioneering treatments, and compassionate service. The celebration served as a testament to Giridhar Eye Institute's enduring dedication to preserving vision and enhancing lives. Here's to many more years of transforming sight and spreading hope in the Mattancherry community and beyond.



Eye Screening and Awareness Program



Camp Organised at Kadavanthra branch coordinated by Mrs Malini Kurup, Ward Councillor

Giridhar Eye Institute, in conjunction with Mrs. Malini Kurup, orchestrated a vital eye screening and awareness program for the residents of Kadavanthra. With a commendable turnout of 131 participants, the event aimed to emphasize the importance of regular eye check-ups and raise awareness about ocular health. Among the attendees, 51 individuals were identified as needing additional treatment or follow-up care, highlighting the significance of early detection and intervention in maintaining good vision. Through collaborative efforts like these, the community can proactively address eye health issues and ensure that everyone has access to the necessary resources and support for optimal eye care. This initiative reflects a commitment to fostering a healthier and more informed neighborhood, where individuals are empowered to prioritize their vision and overall well being



Dr Neena R delivered talk on "Updates on Childhood Progressive Myopia "at RP Centre, AIIMS, New Delhi Annual Founders Day Webinar on 2nd February 2024.And Dr Neena R was invited to speak on "Atropine and Progressive Myopia" at Kollam Ophthalmic Society monthly meeting on 23rd February at Quilon Beach Hotel,Kollam.She was also the moderator for the National Board of Examinations Webinar for DNB Postgraduate students on Ocular Pharmacology Part I on 18th March 2024



Dr Vinay Pillai was invited speaker for Cochin Ophthalmic Club monthly meeting in February, he spoke on "what's new in dry eye therapy"

250

Windows to the world opened

Congratulations to Swarnam Eye Bank on completing 250 eye donations!

Honored to be a part of this vision. A special thanks to everyone who was a part of this journey.



Leave a Legacy Behind

☎ 9061191119



swarnameyebank.org

Swarnam Eye Bank reached a remarkable milestone as it celebrated its 250th eye donation, a poignant testament to its unwavering commitment to restoring sight and spreading hope. This significant achievement reflects the selfless generosity of donors and the tireless efforts of the Eye Bank's dedicated team. With each donation, Swarnam Eye Bank not only provides the precious gift of vision but also empowers individuals to see the world anew. As the 250th donation was commemorated, it served as a poignant reminder of the lives touched and transformed through the noble act of eye donation. Swarnam Eye Bank's relentless pursuit of its mission continues to illuminate countless lives, embodying the spirit of compassion and altruism that defines its noble cause.

Valentine's Day Contest

Giridhar Eye Institute ignited the Valentine's Day spirit with an engaging contest that merged creativity with love and eye health awareness. Participants were tasked with crafting captivating "eye art" and sharing their creations on social media platforms. From intricate drawings to vibrant paintings, the entries showcased a stunning array of artistic talent inspired by the beauty and complexity of the human eye. As the contest unfolded, social media pages buzzed with colorful expressions of affection and appreciation, amplifying the message of the importance of maintaining healthy eyesight. Giridhar Eye Institute's innovative approach encouraged artistic expression of both staff and public



Farewell moments of Nursing Superintendent – Sr Elsy P M



Women's Day Celebrations



Glaucoma Week - 2024

As part of Glaucoma Week 2024, Giridhar Eye Institute took glaucoma screening to the needy and incapacitated individuals, to their bedside, quite literally. Allowing them to be screened at their homes and yet not being left out in the campaign against Glaucoma. Our community outreach team and a team doctors took out time and made efforts to bring this noble act to fruition. The efforts to prevent glaucoma and other preventable causes of blindness is a long ongoing process and we salute the frontline warriors who made this possibility come true and we intend to continue this into the foreseeable future.

Our organization conducted glaucoma screenings for all staff members. Glaucoma, often called the "silent thief of sight," can lead to irreversible vision loss if left untreated. By offering screenings to our staff, we aimed to raise awareness about this condition and promote early detection. These screenings are crucial because glaucoma often has no symptoms until it's advanced. Through this initiative, we strive to prioritize the eye health of our team and emphasize the importance of regular check-ups for everyone's well-being.



AIOC 2024 – Kolkata

This year at the recently concluded AIOC 2024, held at Kolkata from March 14-17th, Giridhar Eye Institute was represented by Dr. Mahesh G, Dr. Sandhya N, Dr. Neena R, Dr. Marian Pauly and Dr. Vanashree in their respective areas of expertise.



Dr. Mahesh was the Chief Instructor for an interesting Instruction Course on Medicolegal Aspects for the Ophthalmologist, he also was in the panel judge for Hyde Park- Retina session and Free Paper in the VR session. He also was a panelist for a session on Anti VEGFs agents.



Dr. Sandhya presented on "Nucleus management made easy and effective in topical phaco" and a video presentation on "management of subluxated cataracts" - in the WOS session



Dr. Neena presented her work in the Neuro Ophthalmology free paper session titled "Can Retinal Ganglion cell topography predict pattern of visual field loss in Neuro-ophthalmic disease?". She also had a poster podium presentation in Squint session on "Strabismus surgery in elderly-worth the trouble?". She also spoke on "Supranuclear and Internuclear disorders of Ocular motility" and she also was a co instructor for a neuro ophthalmology Instruction course.



Dr. Marian Pauly was the Co Chairman for the session on Ocular Oncology and also presented a paper on "Failed DCR – what do you do". She was the convener for the free paper session on "External eye and Ocular Surface Disorders". She also presented three papers in different session on "Functional outcomes in patients undergoing orbitotomy for cavernous venous malformation", "Lacrimal obstruction as a masquerader" and "Utility of masquerade procedure in globe salvage". Dr Marian received the Best Free Paper award for her presentation titled "Functional outcome in patients undergoing orbitotomy for cavernous venous malformation"



Dr. Vanashree was the chief instructor for an Instruction course on "Troubleshooting in Toric IOLs". She also had a lecture on "Management of refractive surprise after cataract surgery". She won the award for best female presenter in the Complicated Anterior Segment Surgery Session 'When the going gets tough, the tough get going'

The annual AIOC academic feast saw a good representation by Giridhar Eye Institute this year. We congratulate all the presenters for their efforts and contributions to the field of Ophthalmology.



Dr Sandhya completes 20 years with GEI family



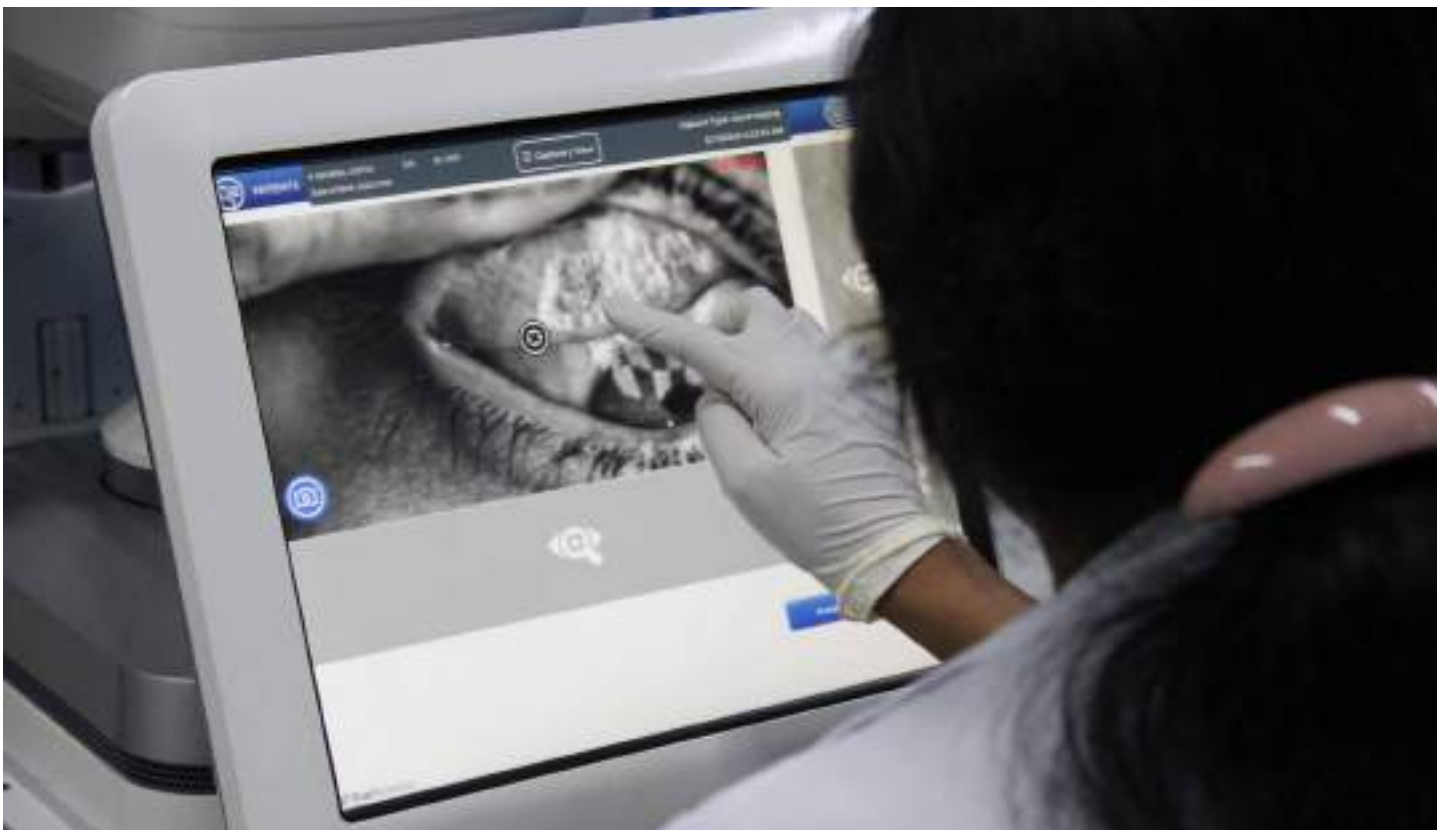
Optometry Day Celebrations

Giridhar Eye Institute celebrated World Optometry Day with various activities. During Optometry Week, held from March 17th to 23rd, a dry eye campaign was conducted for staff, with 175 participants. On March 23rd, an awareness stall was set up inside the hospital to highlight advancements in optometry for patients and bystanders. Additionally, optometrists organized public awareness classes and quiz programs. A mime titled 'Care for Your Eyes' was performed for both staff and the public. A lucky draw contest was arranged for those who visited the stall, Dr. Kanchana Giridhar selected and announced the winners for both public and staff."





Free Dry Eye Campaign for patient and bystanders



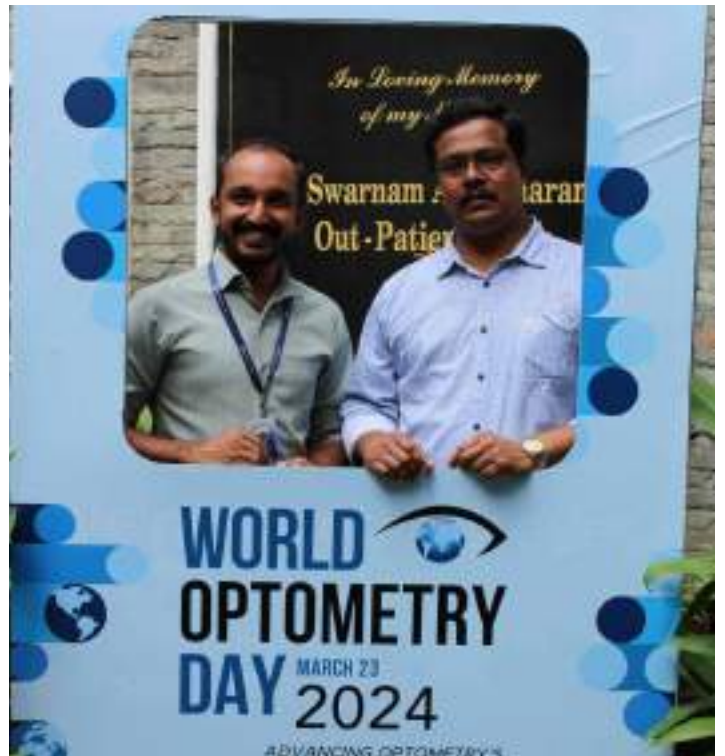
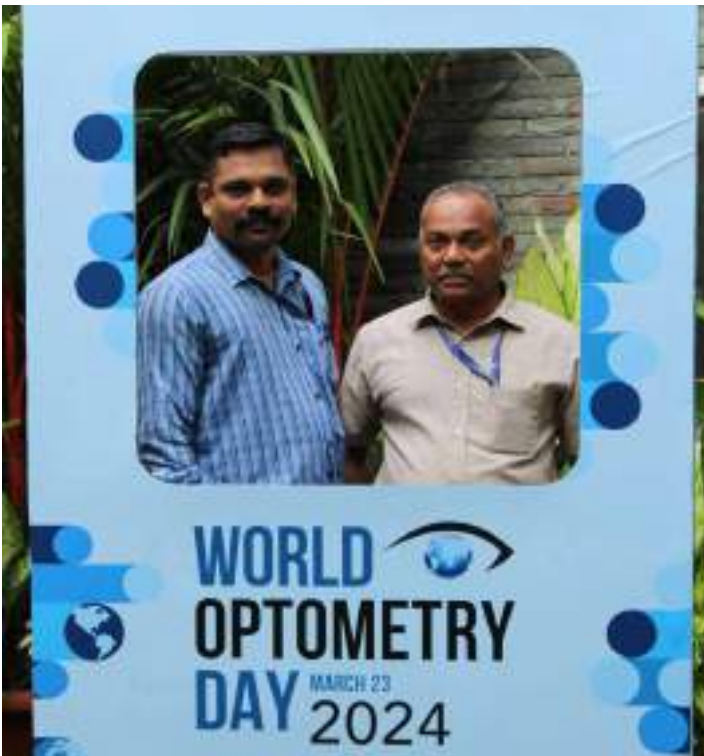
Interactive awareness quiz session for patients and bystanders



Kiosk for awareness creation



Optometry Day Photographs







What is your **SUPER POWER?**

Dr. Sugaranjini G

The alarm rang announcing the start of the day. In my dream, I was typing at jet speed on my laptop as today was the last day to submit that paper I had been working on for months and my child comes up to me and says "I don't want to go to school today. I am feeling sick". I was awake in a second. Was it the dream or the alarm that had finally woken me up? I wondered.

I looked at my kid suspiciously as he walked towards me. "Go brush your teeth" I said. "Not today mommy. I am sick" he said drawing a frown on his face. *Déjà vu?* "You are not getting out of school again." I said turning on my strict voice hoping he would give up his act of being sick. "No I really am sick. Touch my forehead" he said, still frowning. I reluctantly reached for his forehead and my face fell the minute I did. He was burning. Is it covid? Did I give it to him? Will it worsen fast? Am I overthinking? No I am a mother, this is normal. Did I unknowingly give it him? If it's unknowingly then how can I know? I subconsciously corrected myself. All this running in my head while the kid scrutinises whether he should have gone to daddy with this. "Mommy will you stay back from work today?" Dammit! WORK. I forgot to worry about that. Quick run. How many appointments did I have today? Is it too late to call in an emergency leave? Do I even have leaves left? If I don't go then who will see the patients? What day is it even ???!!!! "Of course darling" I replied just the see his face light up. Wish he was like those small puppies that celebrities carry around in their purse I thought. I could tuck him in my bag and finish up Opd real quick. I smiled at that thought while my mind voice brought me back to reality with You're a horrible mom. I sighed thinking - may be that's true, but I am the only mom he got. "How about daddy stay with you this time?" I tried putting on my biggest smile. "NO! I want you" he replied in a jiffy. I heard the door close with the slightest creak. "I can see your feet hubby" I pointed to my husband who entered the room with the best clueless look he could pull across is face. "What has happened?" He enquired caught midway during his escape act. I rolled my eyes and said "only if you had not thrown him in the pool last weekend he wouldn't be sick now!" I chastised. There! That statement helped nobody but I just had to give him a beating to feel better. Am I psycho? I thought. No you're a mother, my mind voice corrected. "ok it was my fault" he accepted, surprising even my son who let out a gasp. Years of marriage has tuned him well to such situations. Also he knew not to poke the angry bear. "Fine, I will take off from work" I said. He couldn't even hide his grin "So can I get ready to go to work then?" he was still checking the waters. "I will get the meds needed" he quickly added. Could he see the fumes coming out of my nose? "I can not take the whole day off. Let's do half half. I will go in the morning and you can go when I get back in the afternoon" I said laying the deal out bare to my husband. Was it selfish to strike a bargain in front of your kids rather than stay back home all day and nourish them back to health? No your just a working mother - my mind voice corrected again. "Ok that works for me" my husband said and I felt a wave of relief wash over me.

I got on with the day making my son his favourite breakfast and trying my best not to scream at him while he tested my will to the limit. In between my chores I tried texting on the work group to let my boss know that I'm planning to take half day off today but framing the words seem so tough at this point. I type and delete, type and delete. They can see you typing on WhatsApp - my mind voice pointed . Ugh !! It's like pulling the bandaid, just do it ! I told myself. There! The message is sent . Why is no one replying? Did it get sent? Yes it has blue ticks. Did I send it on the wrong group? For an eye doctor I can be blind sometimes ? Do they think I take too many leaves? But I work so hard otherwise. Will the boss say yes ? What will I do if he says no ?" There is no sugar in my milk mommy" my son screeched cutting through my thoughts. "Sorry baby. Here have some" I said trying to get back into my previous thought process when my phone pinged. "Ok" it read. phew ! Do I worry too much ? Should I meditate? I laughed a little in front of my son who looked at me like I have lost it. I don't have time to pee and here I am dreaming of meditating .

I made it to the hospital looking a little shabbier than I usually look . Thank god for the mask I thought. I saw my list for the day and my heart sank. How can I finish this by mid day? Anyways I quickly got down to business with out wasting a second . "Are you going to have lunch and leave madam ?"asked the considerate nurse. My Brows squinted into a straight line while I thought did I even have breakfast ? "I need to rush back so that my husband can leave to work sister" I said with a smile. It sure does feel good to have people watch over you I thought . That thought brought in a wave of mother's guilt and suddenly all I wanted was to be with my sick son.

When I opened the door to my house my husband was already wearing his shoes to step out." Ah you reached. Good. His temperature is down. Last dose of dolo I gave him at 11. He had a snack. Order some lunch. Bye" he said as the lift door closed . "Mommy is that you ?" Said a chirpy voice from the bedroom. How can kids love us unconditionally inspite of us just scraping through the day to meet their needs? " yes baby, I am home" I said as I quickly washed up before I reached out to stroke his head. Rest of the day was a blur. I tried to open my laptop to work every now and then but all I managed were a couple of lines in that paper which I was not even happy with . At least the kid is looking healthier I thought looking at him playing with his toys. Small wins.

I shut down my laptop when my husband walked in. Will find time tomorrow for this I hoped. "You are putting him to sleep today" I said even before my husband could entrust me with that job. He reluctantly agreed. We sat on the bean bags in the hall too lazy to even change the channels. Is it lazy or tired ?

The alarm rang again. We had passed out on the bean bags last night. Ah my neck ! "Mommy I don't feel better" my son said tugging my shirt. My husband and me looked at each other- " rock , paper , scissors. Loser has to take off today " he said. "Bring it on ! " I said as my son looked on. Are they allowed to be parents ? He thought .

Dedicated to all working parents at GEH