KSOS NEWSLETTER

Volume 2, 2017





ARTICLE

Dr. Natasha R

Patience…They are our patients!!

All characters in this article are imaginary-Any resemblance to patients in your own practice is purely coincidental and unintentional….!!

Nothing in our medical training prepares us for the vast slice of humanity we are going to encounter as our patients. And just like the human race, they come in various sizes and shapes…this is an attempt to caricature a few I have seen in my practice…they are applicable to both patients and bystanders..This is not to take away the seriousness of their medical problem but simply a humorous take on some strange aspects to bring a chuckle into our stressed lives…

1.The Techie —increasingly seen near infoparks and technoparks, he has a few standard characteristics-he has no time to spare, so he has an appointment and needs to be seen on time, he has done his google search about his symptoms, so is more knowledgeable than the hapless doc, he just needs confirmation about his problem…if its a fairly serious issue,u can be sure he has seen a couple of docs before you..to deal with them, put on your best British courtesy, be prepared to listen to the ramblings and to end the encounter,it is best to hand over your email address so he can settle the rest of his google aroused doubts later and you can see your next patient…

2. The NRI -a call from his adopted land in the middle of your busy OP is a preceding phenomenon ..to let you know he is on his way…He will be all sweet and nice till you explain the time frame needed for treatment—then he changes his colours and presses the fast forward-the injection, laser and surgery-"cant it be done together?" he asks and is exasperated at your incompetence in this matter-"I have to leave next week-mom is alone etc etc…."it takes another half hour of your time to explain how medical science works and how it cannot be tailored to meet his travel plans…

3.The Connected One - This one again.. You will know before he reaches your OP because atleast 5 of your former classmates/colleagues or prominent persons in society would have called you about him. And in the OP, you will have to spend more time listening to his well-placed relations than to his disease history itself and most likely,he will place a call so you can explain to his condition to his "doctor" friend in the US or UK.As long as you talk nicely to his connections, you are sure to be rated the best doc in town.

4. The Rambler - Ok, get ready to cut in and ask leading questions and use help from your assistants as well because this one is going to take awhile-From a cataract surgery 20 years back to the neighbour's cat, you will be submitted to a fascinating peek into his life story, before you actually get to the bottom of the current issue..if you have an EMR,it's a good time to fill in a few of those pending notes!!

5. The Itchy one- or the "chori" in local lingo….this one will try your patience to the utmost-from the frontdesk lady who didn't smile at him to the nurse who didn't hold his hand, complaints are plenty…and if he is having repeated injections for diabetic macular edema, woe betide you ..."ellamasavum injection ,scan, oruvyathyasavumilla"…he goes, so you take out all your DRCR.net knowledge and explain the vagaries of DME but he is unfazed by this …"vallathullimarunnumthannaalmathi"…and dismisses your knowledge into the dustbin….

6. The Pseudo -He has decided that English is the language to be used with the Doc-So,however much you explain back in Malayalam, our man will stick to his broken English to express himself… especially so if he has his newly married wife with him…

7.The Henpecked- He has a bustling, no nonsense wife with him and all things are taken care of. From disease history to his daily activities, anything you ask, she will give the answer…if he does butt in with an opinion ,he is rapidly silenced with a glare …Of course, the good thing is that appointments and follow ups are done diligently …whether he likes it or not..

8. The Politician- Typically, has an entourage of mobile touting, busy looking people with him and everything needs to be done while he takes a break from talking on his phone including history and examination-highly unlikely to return for follow ups until doomsday, so catch him while you can…

9. The Poker face -Usually the bystander of a garrulous,old person-while the old man or woman holds forth about their various symptoms dramatically ,he sits in the OP completely uninterested in the proceedings…once in a while, to escape from the patients onslaught, you look at him for help and he looks back emotionlessly, no doubt thinking-'this is what I get at home-now you can have a share of it'…and you have to control the urge to shake him…

10. The Eternal Optimist- These, I believe, exist across all specialities-You can sit there and explain the gravest of visual prognosis with all solemnness and the non-existent chances of vision being regained … and at the end of your talk, he will ask "verekuzhappamonnumillallo"…and you are left clutching at the remnants of your sanity…

These are but a few of the varied species that add spice and flavour to the monotony of our practice- so, the next time you see them,remember to treat them with patience for they are our patients ….





PRESIDENT'S MESSAGE

Warm greeting to all,

After I took over as president we have had a hectic quarter. Our membership has risen to 1626. The CME's kick started with Dr Noel memorial lecture at Kochi and we also had the first executive committee meeting. The venue inspection of Dhristi 2017 went on smoothly at Kollam and the office bearers were quite satisfied with the venue. The second issue of our journal is available online and hard copy will reach you this month itself. Indexing of our journal, a dream of our society will happen in a couple of months. Preparation for Dhristi 2017 has already begun and the first brochure has been posted. The scientific committee has charted out rough outline of programmes for Dhristi. The world glaucoma week was observed by some of our ophthalmic clubs and many eye hospitals with a variety of programmes. Our much awaited family get-together is shaping well and almost 30 families have confirmed their participation. It will be held at VasundharaSarovar resorts at Vayalar on 30 April and 1st may. Anybody who needs further details may contact Dr Sony (9447962735). Dr Devin Prabhakar will be the co editor and will bring out this issue of our newsletter.

With warm regards,

Dr. Saju Joseph

TVJ Eye Hospital, A.M.Road, By pass Junction, Thankalam, Kothamangalam

Phone: 9447127151, Email: drsajujoseph@gmail.com

GENERAL SECRETARY'S MESSAGE



Respected senior members, dear colleagues,

We are half way through the KSOS year 2016-'17. Quite a few CMEs are over, most of them were well attended and I am sure, we are on our way to breaking last year's record of 26 CMEs. The quality and content of the CMEs have improved significantly. In addition to the regular CMEs, we are having the Mid Term National Conference of Strabismus and Pediatric Ophthalmology Society of India (SPOSI) coming up in May. Also we have at least a couple of mega CMEs coming up with renowned International faculty.

The society had certain issues regarding its registration, which were pending since many years. We have been working on it and hopefully, this would be settled by the time, the term of the current office bearers get over. The Tax issues, including the new GST registration are being settled, work on the payment gateway in the website is nearing completion, indexing work of the journal has made steady progress, Instruction course submissions and selections have been streamlined. I am confident, that our Annual report would be a good one, thanks to the exemplary leadership of our President, Dr. Saju Joseph, and the hard work put in by all our office bearers.

Team Kollam has made good progress in the arrangements for Drishti 2017, let's hope it surpasses all our expectations. By the time this newsletter sees the light of the day, the 'President's special Family Get together' would be over and the camaraderie among us would be at an all time best.

Jai KSOS.

With warm regards.

Sincerely,

Thomas Cherian
Hon. General Secretary
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EDITORIAL

The Joy of being an Ophthalmologist.

Ophthalmology is indeed a blessed speciality. Most times you are able to give back sight to the those with dimmed vision. Even when you are not able to improve sight you can always hold forth hope that with the rapid advances in technology like bionic eye and other innovations the blind might see again. I consider the opportunity to be the editor of this issue of KSOS Newsletter to be one more blessing. I hope you enjoy this issue as much as I liked putting it together.

Dr. Devin Prabhakar
Divya Prabha Eye Hospital, Trivandrum
9746545544, drdevin@gmail.com

Dr. Arup Chakrabarthi elected as Editor – Proceedings, AIOS



Dr. Arup Chakrabarthi was elected as the Editor-Proceedings of AIOS at the recently concluded 75th All India Ophthalmological Society Conference at Jaipur. Dr. Arup won by a landslide, he defeated his nearest rival Dr. Sambasiva Rao, by 3275 votes. Incidentally, the votes he polled, 5419, were the highest by any candidate for any post in this year's elections. Arup had a handsome lead in both the online voting as well as the EVM voting.

The KSOS congratulates Dr. Arup Chakrabarthi on his election, let's hope that the AIOC proceedings come out with an 'Arup touch' in the years to come. Let this also be a stepping stone for him in achieving greater heights in our national society.

HERO OF INDIA AWARD:

DR. Minu Mathen





OBITUARY



TACO lost a dear member, Dr Indu N on 10 th of February 2017.On that fateful day at the age of forty seven, she took her own life for reasons that still remain obscure. Dr Indu graduated from Government medical College Thrissur in 1994 followed by post graduation in Ophthalmology from Madras Medical College. Her career spanned two decades and many hospitals including Amritha Institute of Medical Sciences. At the time of demise she was consultant in Ahalya Eye Hospital Thrissur. All who knew her will always remember her with affection as a sincere and truthful person in both personal and professional life.

Interview with Dr. P. Rajagopalan Nair



Dr. Rajagopalan Nair is one of the senior of most ophthalmologists who, unlike many others, still has a very busy practise and keeps himself constantly updated to the changing trends of this digital age. He has had a very interesting and colourful life which should serve as an inspiration to anyone pursuing a career in ophthalmology. When I went to interview him at 7.30 pm at his house he was looking like he was ready for another day in office. Even at the end of a busy day he had a lot of time to give me an insight into his life, which I'm proud to share with you all.

1.**Childhood & the early years**

Born to M. Madhavanunni Nair (late) and P. SarojiniAmma in 1944 at Calicut as their eldest son, I have three sisters and a brother. My earliest memories are of my father playing with us, teaching us and inculcating in us the disciplines of life. He was a Gandhian who introduced me to making cotton yarn on a charka and to gardening.

I began my schooling at Govt. L.P. School Karaparamba, Calicut and went on to Malabar Christian College High School Calicut, to complete it with Merit Scholarship and Prizes for General Proficiency from classes VI to X. After I had joined for Pre University at the Malabar Christian College, life struck me my first blow. I lost my father. My Uncle played a positive role in my becoming a doctor by dissuading me from joining the Postal Department at Calicut for which I had applied.

2. **Medical education & role models**

Joined for Pre-Medicine at U.C College Alwaye and subsequently joined Calicut Medical College (7th batch) for my M.B.B.S. in 1963, and was selected in 1964 to represent Kerala State in the All India Summer Training Camp of NCC at Nainital. My professional life began as a Tutor in Gynaecology and Forensic Medicine at C.M.C. Calicut but the eyes were what I was fated for. I went on to do my D.O. in 1972-73 and M.S. in 1975 -77.

During my specialization years, my inspiration and role models were the three great men: my Professors Dr. Shankaran, Dr. Prabhakaran, and the Vice Principal of the college at the time, Dr.Guharaj. The interest they took in the profession led to my becoming Life Member of both K.S.O.S. and A.I.O.S. They made sure I did well. A small anecdote to that end; While doing my M.S. I had a dispute with an Asst. Professor in charge of Photography and was suspended for a week. Had it not been for my Professors Dr. Shankaran and Dr. Prabhakaran I would not have been reinstated without it affecting my studies.

I was introduced to Microsurgery at SankaraNetralaya Chennai, learned ECCE PC IOL and SICS from Dr. Natchiar and visited most of the Centres of Excellence including Aravind Hospital Madurai, L.V.P.E.I. Hyderabad, Sri Gangaram Hospital Delhi, Dr.DaljitSinghs hospital Amritsar, Dr. Emmanual Hospital Coonoor.

3. **Career in medicine & ophthalmology**

After studies, I joined Health Services and was first posted at Palakkad in 1970. Later I was in Wynad and practiced Ophthalmology at Alathur from 1977 to 1983. At the time, the department did not even have a torch, but the journey had begun. From there I moved on to Palakkad District Hospital in 1983 and worked there till 1993 when I took V.R.S. I was in private practice till 2010. I was also the Honorary Consultant at the Railway Hospital Palakkad for almost two decades. I joined Vasan Eye Care in 2010 and was there till 2016. I am currently working at Trinity Eye Hospital Palakkad.

4. The KSOS & IMA involvement

My journey with K.S.O.S. and A.I.O.S. began with my P.G. days. Attended most of the Annual Conferences both in Kerala and all over India. Represented the District as Executive Committee Member for many years and later on as the Treasurer, V. President and finally as the President of K.S.O.S. I was also the founder President of Palakkad Ophthalmic Society.

I conducted a Mid Term Conference in 1986 and the XIV Annual Conference in 1988 at Palakkad as Organising Secretary. In 2007 at the 34th Annual Conference held at Palakkad I was appointed as the President of K.S.O.S. for 2007-2008. It was an honour and a proud moment in my life.



Besides being a life member of I.M.A., I also worked within the group as the Treasurer and President, Convener& Chairman - District Task Force of the Palakkad. I was also the Secretary for I.M.A. Mutual Benefit Scheme, Secretary - Care Of The Elderly and Vice President (North Zone) I.M.A, Kerala State Branch.

I have attended workshops and conferences all over India, presented a few papers in K.S.O.S. moderated and judged a few sessions.

5. **Fond Memories**

My house has been blessed by the visit of great Ophthalmologists like Dr. Badrinath, Dr.Srinivasan, Dr.Tony Fernandez and Dr. Venugopal (Calicut). Satisfied patients are what we aspire for, and I had more than my share of it. While at the other end of the spectrum I had a consumer case which went up to the Supreme Court before I got justice, thanks to the P. P. Scheme of I.M.A.Kerala.

6. **Family & friends**

I got married in 1974 and my wife, Vatsala, is a B. Com graduate with Business Management. She is my homemaker. Blessed with two sons Dr. Rana Nair and Dr.



Rahul Nair. The second blow struck me when I lost my son Rana while he was doing his P.G. at S.R.M. Medical College in Chennai. I am fortunate to have Dr. Vandana (B.D.S, M.D.S) my daughter and Anwita my granddaughter in my life; they have been a constant source of happiness to me. My son and support system, Dr. Rahul Nair (B.D.S., M.S., MPH.), is doing his Ph.D. in Adelaide Australia after completing two Masters in U.S.A. My social and friend circles are very small but precious. They have been with me through thick and thin.

7. **Hobbies and Inspiration**

My hobbies include listening to music, gardening, physical exercises and visiting places with my family. My passion in life is my family, my mother who is an inspiration to me even now, my wife who encourages me at every twist and turn, my teachers and Professors who moulded and guided me, and my peers without whose support I wouldn't be where I am today.

8. **Advice to the next generation ophthalmologist**

Individual Ophthalmic practice is now giving way to group practices and Institutional practices. "To do justice to Ophthalmology one should marry Ophthalmology" said -the doyen of Ophthalmology and Architect of Aravind Eye Hospitals- Late Prof. Dr. G. Venkitaswamy. The balancing act between the profession family life and social commitment is as tricky as walking on the tight rope.

Life teaches all of us a lot of lessons. It has taught me innumerable times that 'work', 'hard work' and 'intelligent hard work' are necessary for success. It can drive you to great heights of success and help you pursue excellence. That should be our goal in a professional life. The new generation is better poised to accomplish this goal and while keeping their priorities. Dream big work hard and enjoy the fruit of your labour.

Interviewed by **Dr. Rajesh,** Adithyakiran
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mailto:dr.pr.nair@gmail.com 9447645676

TREASURER'S REPORT – 31 MAR 2017



Dear colleagues,

As Dr S Sasikumar was elected as vice president during Drishti 2016, he will not be able to continue as a member of audit committee as per bye law. A new audit committee comprising of Dr P I Mohan, Dr R RVarma, Dr S J Saikumar, along with Dr Saju Joseph, President, Dr Thomas Cherian, Gen Secretary and Dr Rajiv Sukumaran, Treasurer was formed during the last Executive meeting which was held on 22nd Jan 2017 at Cochin.

The first audit committee meeting for this year was held on 26 March 2017 at IMA House Cochin. Dr R RVarma, Dr S J Saikumar, Dr Saju Joseph, Dr Thomas Cherian, Dr Rajiv Sukumaran, along with Dr R Mani, the chief organising secretary and Dr Mohan Markose treasurer of Drishti 2016 and Mr Jaison Thomas, Office secretary were present. Auditing of both Drishti and KSOS accounts were done. It was found to be very satisfactory and Dr R Mani needs a very special appreciation for maintaining a meticulous account.

This is the first time the Drishti is being conducted by KSOS directly. PAN of KSOS was used for all the transactions. Truly an achievement and the benefit to KSOS is huge. The actual profit will be announced by our President at the appropriate time. With all transaction going through the KSOS account, we will able to show the expenses in the KSOS account and claim the charitable status soon. In future all Drishtis will be conducted by KSOS directly with the help of the local organising committee. Let us make our organisation strong.

The next Drishti will be conducted in Kollam. I am sure Kollam Ophthalmic Association will put up a great show. I need the support of all the KSOS members to make Kollam Drishti a grand event.

Jai KSOS

Dr Rajiv Sukumaran

Treasurer KSOS

Priyanka Eye Hospital, Changankulangara, Vavvakkavu P O, Kollam - 690528

Phone: 9895380696 0476 2691472, Email: rajivsukumaran@gmail.com

CHAIRMAN - SCIENTIFIC COMMITTEE



Dear friends,

Preparations for yet another Drishti has started.

We have started online submission of instruction courses for the first time.The last date for submission is April 30. Free papers/posters/ video submission start on June first and will be open till June 30. The deadlines will be put up in our official web site. The basic purpose of this exercise is to encourage more people with academic credentials participate in Drishti and contribute to the scientific content thereby raising our standards. Last year we had a very positive feedback for all the activities of scientific committee. Scientific committee will meet in May for finalizing the courses. The one major decision we have taken is to have e poster instead of physical poster. This will reduce plastic waste and makeDrishti green.

Dr JyotirmayBiswas , a legend in Uveitis, will be giving the CE Oommen memorial oration this year. This was confirmed after getting clearance by executive meeting. I request all the department heads with post graduate courses to ask their PGs to take KSOS membership now itself to enable them participate in Drishti. Let us start working together for making Drishti 2017 a memorable one - Democratic, Inclusive, Academic and Transparent

Dr. Mahesh G

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Phone: 9388467893, Email: maheshgopalakrishnan@yahoo.com

EDITOR - KJO



Dear Friends,

I am happy to inform that our journal is very much streamlined and issues are being published with much ease than before. Many of our members are now well versed with the online submission system and it is encouraging to note that even our senior members are taking trouble to learn and upload articles for KJO. I have been receiving encouraging comments from all over India regarding the quality and content of our journal. We have at least one or two national/international authors contributing to our journal in every issue regularly. Our publishers Wolters Kluwer/Medknow have given us a definite journal indexing plan. We hope to get our journal indexed in Index Copernicus by June 2017. The process of indexing in Scopus and Medline will start soon after. The disappointing fact as Editor of KJO I have noted over the past two years is that the contributions for our journal from youngsters is more from outside the state than within. It is unfortunate that our juniors don't take enough trouble to contribute their scientific material to our journal. The submission process and review of KJO is similar to that of any international journal. I request all members to utilize this unique opportunity to be familiar with such a system available in our doorstep so that they will be able to submit articles to any journal of international repute with ease and confidence in the future. Expecting your continued support,

Dr. Ashok Nataraj

Editor, KJO

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EDITOR - WEBSITE

The web site is functioning well. All up dates of various CMEs are updated regularly. This year we have introduced the online system for submitting instruction courses for Drishti. It has made in such a way that only KSOS members can use it. The online submission of instruction courses for Drishti 2017started on 1st of April and will continue till midnight of April 30. All members are requested to log on to www.ksos.in to know more about it. Another important point to mention is that KSOS has successfully registered with CC avenue, the payment gateway for online submissions. We are making a sub domain which can be exclusively used for Drishti. With this there won't be any mixing up of KSOS and Drishti accounts as far online payments are concerned. I thank all the members for the support and valuable suggestions.

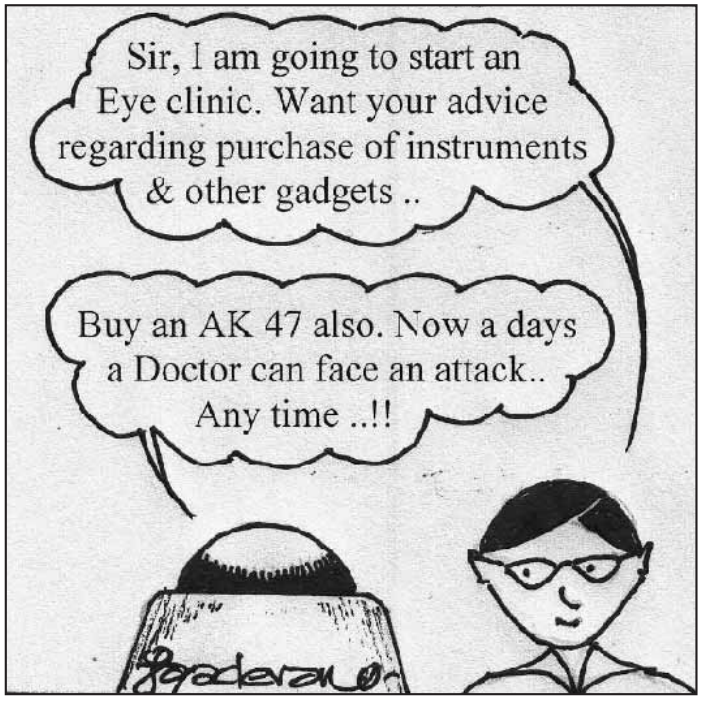
Dr. Bastin V.A

Nethra Eye Care Centre, Main Road, Irinjalakuda - 680121

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Email: bastinv@yahoo.com

VAKRADRISHTI



Dr. Jayadevan



Dr. RR Varma

TRIVANDRUM OPHTHALMIC CLUB

Topic: Current concepts in the management of diabetic macular edema, 4th February 2017, Saturday, 07:00 pm, Hotel SP Grand Days.

Speaker: **Dr Meena Chakrabarti**, Chair: **Dr Mahadevan**, Moderator: **Dr Ashad**

Toc meeting March 2017

Topic:1: Lacrimal system evaluation and common surgeries performed, 2: Retinoblastoma- recent trends

Speaker : **Dr Raksha Rao**, Oculoplasy consultant, Chaithanya eye hospital

3: Novel fixed dose combinations -unlocking the new treatment. Speaker: **Dr Anup Das**, Glaucoma specialist, Sivagiri trust hospital

10th March 2017, Friday, 07:00 pm, Hotel Sp Grand Days, Chair: **Dr Sahasranamam**, Convenor : **Dr J Xavier**

GLAUCOMA AWARENESS WALK

Glaucoma walk march 12th 2017- Trivandrum Ophthalmic club along with Kerala society of ophthalmic surgeons, glaucoma society of India, All India ophthalmological society and IMA today conducted one of the biggest health awareness programmes in the city for increasing awareness about the blinding eye disease glaucoma as a part of world glaucoma week.



Respected Director general of Police Loknathbehra, Flagged of the March at 7.30am,LNCP principal Dr G Kishore handed over the flag to DGP. Dr Sahasranamam, director regional institute of ophthalmology, Abey George secretary Swasthi foundation, Dr Racheal Jose, vice President Trivandrum Ophthalmic club, Lt col damodaram, Army camp pangode and Dr Meena Chakrabarthi, past president TOC, Father Eugene Pereira, Bishop House



vellayambalam gave felicitations on the occasion.

Dr Suseela Prabhakaran, Past director of Regional institute of ophthalmology gave the glaucoma oath and Dr fazil Gafoor, treasurer TOC proposed vote of thanks

REFLECTIONS 2017

Annual CME "REFLECTIONS 2017" was conducted on April 2nd 2017 Sunday 9 am to 3.30 pm at Hotel Residency Tower. Various sessions by experts on retina, cornea, and cataract delivered talks on the preferred practice patterns of ocular conditions. DR QURESH MASKATI delivered Dr KGR Nair memorial oration and enriched us with his vast clinical experience by speaking on 'THE LAST LECTURE.'

DR RADHIKA TANDON, acclaimed orator and author of PARSONS'Diseases of the Eye shared her knowledge with us..







KOLLAM OPHTHALMIC ASSOCIATION

Mr. Jitender Prasad, consultant of KERASOFT contact lens was the speaker. He spoke on current trends in Contact Lens practice.

New team of office bearers of KOA was elected.

President: **Dr.Uma Mohandas**

Secretary: **Dr.Mini.S**

Treasurer: **Dr. ShineyNepolean**

Dr. Anish Madhavan presented report on 'DRISHTI -2017'.

As part of Glaucoma week celebration, Glaucoma walk was organised by KOA on March 17th.



Meeting of KOA was held on February 23rd (Thursday) at Quilon Beach Hotel.



It was inaugurated by KSOS Treasurer, Dr.RajivSukumaran. It was attended by 150 people including paramedical staff.







PATHANAMTHITTA

Various camps conducted at Pathanmthitta







ALLEPPEY

The Ophthalmology Department of Govt TD Medical College Alappuzha and the Alappuzha Ophthalmic Club under the aegis of KSOS & VRSI conducted a CME on Clinical Diagnosis of Retinal Diseases - A Primer , on the 26th of Feb 2007 at Alappuzha.The CME was well attended .Around 150 delegates attended the same.A diabetic retinopathy screening was also conducted in connection with the CME



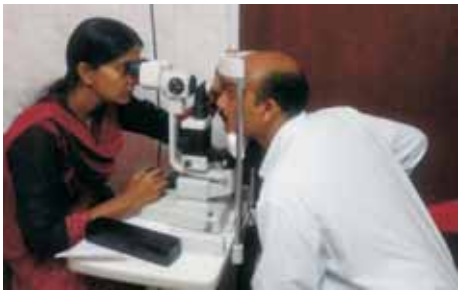
KOTTAYAM

"Oculi -2017" Annual CME by Govt Medical College ,Kottayam under the aegis of KOS &KSOS was held at Hotel Arcadia on 29th Sunday January 2017.It was an Update on oculoplasty, orbit and ocular oncology. CME was inaugurated by Dr. Jose Joseph ,Principal, Medical college Kottayam. 104 delegates attended the session. Theprogramme has been awarded 2 hours of CME credits by TCMC









Glaucoma screening programme for the staff members of Govt Medical collegeKottayam was held on 20th march at the Department of ophthalmology. 128 persons attended the programme and 12 were found to be glaucoma suspects. Glaucoma screening programmes were conducted beyvaroiushositals under kottayam ophthalmic club.

IDUKKI MALANAD OPHTHALMIC CLUB

ACTIVITY REPORT IMOC FROM 1-1-17 TO 31-3-17

JANUARY 201

15 - 01 - 17 EYE CAMP AT GOVT; HIGH SCHOOL THATTAKUZHA

19 - 01 - 17 **CME AND GENERAL BODY**

Imaging In Neuro-ophthalmology By **DR THOMAS ARUN VARGHESE**

FEBRUARY 2017

26 - 02 - 17 FAMILY PICNIC AND GENERALBODY AT BHOOTHATHANKETT

MARCH 2017

12 - 03 - 17 Glaucoma Week- Free Eye Camp And Awareness Class By **DR V R MANI**

23 - 03 - 17 **CME AND GENERALBODY**

NEWER TRENDS IN THE MANAGEMENT OF ALLERGIC CONJUNCTIVITIS BY **DR SONY GEORGE**

Consultant Ophthalmologist Caithanya Eye Hsp Ekm













ERNAKULAM

COC activities JAN- MARCH

1. Noel Moniz Memorial Lecture

8th Dr. Noel Moniz Memorial lecture was conducted on 22st January 2017 at IMA house. The meeting was inaugurated by KSOS president, Dr. Saju Joseph. COC vice president Dr. Balamani presented the Dr. Noel Moniz memorial lecture plaque to Dr. Ramakrishnan, the eminent glaucoma specialist,Chief Medical Officer, & Chief of Glaucoma Services at Aravind Eye Hospitals & Post Graduate Institute of Ophthalmology, Tirunelveli. He gave a lecture on Diagnosis and Management of Developmental Glaucoma. The guest speakers Dr SathyanP ,Secretary Glaucoma Society of India discussed different aspects of the enigma that is glaucoma. Dr Rashmin Gandhi -Neuroophthalmologist discussed case scenarios where optic neuropathies other than Glaucoma confuse the clinician.



2. Glaucoma Awareness Walkathon

The COC in conjunction with AIMS Cochin conducted a Glaucoma awareness walkathon on 12th Sunday at Durbar Hall Grounds at 7 am. The walkathon was supported by IMA Cochin, KSOS, Rotary Club of Cochin Women Explorers, Cochin Health Mission and Inner wheel club of Kochi. Justice JayasankaranNambiar of High Court flagged off the Walkathon and Mr. Mohammed Safirulla, District Collector Ernakulam was the Chief Guest.



3. Monthly Meetings.

Monthly meeting of March was conducted on 25-3-17 at Rdisson Blue Cochin. Dr. Ronnie George spoke on the topic " Assessing disease risk in OHT and Newly diagnosed Glaucoma". Dr. Ravi Thomas spoke on "Early diagnosis & detection of progression". Dr RamanjitSihota spoke on " Long term prognosis of primary angle closure diseases ". Meeting was sponsored by Allergan.





4. CME conducted by various hospitals.

OPTOCON

"Optocon II" CME on Contact lens organized by Giridhar Eye Institute & SSM Eye Research Foundation held on 8th Jan 2017 in Hotel Abad Plaza. More than 200 delegates attended the meeting. Delegatesconsisited of a mix of doctors, optometrists and optometry interns. Dr SJ.Saikumar,medical superintendent, Giridhar Eye Institute inaugurated the programme

5. PG Training Programme

First teaching programme for postgraduates of this year was held on 22nd January 2017 afternoon at IMA house. There were five Glaucoma case presentations by postgraduates from various teaching institutions in Kochi. Case discussions were moderated by Dr. P. Sathyan, Dr. Rashmin Gandhi and Dr. MeenakshiDhar. The meeting was attended by many of our senior members like Dr. Thomas Cherian, Dr. Mallika O U, Dr. Girija, Dr. Meena C K, Dr. Sonia Njavally and Dr. Sheena Liz Mani. 39 PGs attended the meeting.

Second teaching programme was held on march 23rd at Radisson Blu. It was chaired by Prof RamanjithSihota. PGs from various teaching institutes attended the meeting. There were case discussions moderated by Prof Ramanjithsihota and Dr. MeenakshiDhar.

6. Cochin retina interest group meeting

The COC Retina interest group meeting was held on 16th March at Holiday Inn Cochin. Interesting cases were presented and discussed.



7.Glaucoma week programmes by various hospitals at Cochin

Dr. Tony Fernandez Eye Hospital Hospital, Aluva

In collaboration with world Glaucoma week initiative, Glaucoma awareness and screening program was conducted at CIAL. The program was inaugurated by Airport Director ACK Nair.

Giridhar Eye Hospital

In collaboration with world glaucoma week initiative, a glaucoma screening program was conducted at GEI on 19th Sunday at the hospital premises. The program was conducted for relatives of glaucoma patients of GEI. 76 persons attended the function. Vision testing, IOP recording, gonioscopy and disc evaluation were done for all those who attended. Glaucoma suspects were called for field evaluation on subsequent days.

MOSC Medical College, Kolenchery

Department of ophthalmology,MOSC Medical College Kolenchery observed World Glaucoma Week 2017 with various programmes.

1. Glaucoma detection camp for the public at our OPD on 12/03/17 sunday.
2. An awareness class about glaucoma for the patients and their bystanders on 15/03/2017 Wednesday
3. Glaucoma check up for the staff of MOSC Medical KollegeKolenchery inaugurated by Dean , Dr. Rex Thomas
4. Glaucoma awareness posture exhibition in our department from 12 - 03 - 17 to 18-03-17



Little Flower Hospital Angamaly

Little Flower Hospital conducted an eye camp at Kakkanad District Prison on 15/3/2017. The camp was inaugurated by Thrikkakara Nagarasabha chairperson Sree Neenu K.K . Dr Girija gave a talk on Glaucoma to the prisoners. 70 patients attended the camp.

World Glaucoma Week celebrated by KOCHI Eye care Center,Aluva along with Bickers Club,N.Parur on 12th



March,Sunday".Cyclothon' from N.Parur to Aluva crisscrossing markets, busstands, railway station,& town areas. distributdpamphlets. Awareness class at KECC,Aluva, & free screening arranged at KECC during this week. COC Community services

Abhayam camps and clinics

This clinic was conducted every first and forth Sunday of the month. Doctors from various eye hospitals in Kochi attended the clinics in turn

Number of camps 2

Sugeries done_29

Number of clinics 2

Surgeries done_3

THRISSUR

TACO events from January 2017 to March 2017

1 February 5 2017:

Drishyam 2017:An update on Corneal and Ocular Surface Disorders

This CME was organized by the department of Ophthalmology, Government Medical College Thrissur. The venue was Casino Hotels Thrissur. 170 delegates attended the well structured program. The participants were welcomed by Prof Dr K C Rajini(Head of the Department).The CME was inaugurated by Dr Pushpalatha, Vice Principal Govt: Medical College Thrissur. Felicitations were given by Dr Thomas Cherian Hon.Secretary KSOS, Dr Charles K Skariah Past President KSOS and Dr Prithi Nair ,President IMA Women's wing.



Traditional lamp lighting ceremony Drishyam 2017

Along with guest faculty Dr Srinivas K Rao, Dr Fairooz P M , Dr J K Reddy , the KSOS faculty Dr Vinay S Pillai , Dr Freddy T Simon, Dr AneetaJabbar, Dr Anil Radhakrishnan and Dr Marian Pauly shared their clinical insight and surgical techniques through lectures and innovative videos. The CME was well appreciated by a discerning audience of practising ophthalmologists and post graduate students

2. 26th February 2017

TACO family trip to Puzhayoram farm resorts ,Athirapally the perfect location with nature at its best. The outing lasted till 8.00 pm and the satisfied group containing 60 TACO members and their family dispersed with the delightful memories of the trip.



Traditional lamp lighting ceremony 'Velicham 2017'



The appointed TACO committee

3. Glaucoma week 12-18 March 2017 – Jubilee Mission & I Vision organised glaucoma checkup camps .

Dr Rani Menon Eye care organised 'Velicham 2017' -inaugurated by Cine director Sri Sathyan Anthikad & MrJayaraj Warrier

4. 17 th March 2017

TACO monthly meeting at Casino Hotels Thrissur

The meeting was presided by Dr AnupChirayath. All paid homage to our departed member Dr Indu.

The scientific session was a talk by the Cornea specialist Dr AneetaJabbar about " New surgical modality for unilateral chemical injury" .Forty seven members attended the program .This was followed by the handing over ceremony .Dr K C Rajini took over as President TACO and Dr AneetaJabbar as Secretary. Dr Radharamanan President elect KSOS felicitated the new team .



Achievements made by I vision Chalakudy January 2017-March 2017

January 5th 2017 : With the initiative of Dr Radharamanan and Dr AneetaJabbar a public awareness program was organized at Lions Community hall Chalakudy on January 5th.A

This was to create wakefulness about corneal diseases and corneal transplantation in view of the fact that our centre got regitered as transplantation centre under Human Organ Transplant Act (HOTA) The program was inaugurated by Mr B D Devassy MLA and the celebrity guest was screen idol Mr Dileep.The meeting was attended by a mammoth crowd and a mega screening camp was conducted subsequently. I Vision Eye Care Centre in union with GP charitable trust commenced a mission of doing free of charge/subsidized cornea transplant surgery for BPL patients .



Cine Actor Dileep speaking on the occasion about the complimentary corneal tranplant surgeries

2. March 12th

A mass awareness program regarding the silent killer "Glaucoma" was arranged under the guidance of Dr Radharamanan at Kuttichira Thrissur. About 300 persons were screened by Dr Radhramanan and Dr Hilda Nixon and pamphlets about Glaucoma awareness were circulated

3. **Dr Radharamanan the Medical Director Of I Vision Chalakudy completed his 1000 free eye camps**



Dr Radharamanan being awarded a souvenir by the Chalakudy public to pass on good wishes to him on finishing 1000 eye camps

4. **Dr Radharamanan was felicitated by IMA Chalakudy for doing 1000 free eye camps**



Radharamanan accepting " ponnada" at a function held by IMA

PALAKKAD

After assuming office , the new team of office bearers conducted several Executive commmittee meetings and few general body meetings. The New Year celebrations went off very well with a family get together. Dr Bhoopathy Murugavel gave a talk on Silicon Oil on in the GB meeting on 7 th April. The highlight was Summer Spice conducted yesterday well attended and led by eminent speakers Trinity Eye hospital conducted several eye camps with surgery for the needed. Glaucoma campaign was done during the Glaucoma week









CALICUT

Two CME's were conducted under the aegis of Kozhikode Ophthalmic Society.

1. On 12th February, 2017 – DIOPTRICOM- 2017. It was a CME on Refraction, BSV and Biometry. Talks were given by Dr.K.R.Bhat, Dr.K.V.Raju, Dr.Padmaja Krishnan, Dr.Lakshmi, Dr.Meena, Dr.Leila Mohan, Dr. Gana, Dr.Sreeni, Dr.Jyothi, Dr. SwapnaNair, Dr.AnithaBalachandran, Dr. Sreesh Kumar, Dr.Suma Unnikrishnan, Dr.SanithaSathyan, Dr.Shanti Sunil, Dr.Sreekanth karat, Dr.Vinod Kumar, Dr.RaniMenon,Dr.MerinPaul,Dr.Chandrakanth, Dr.M.S.Vijayalakshmi. CME was attended by 155 delegates.



2. Glaucoma Screening Camp was conducted on March 05th, 2017 by Comtrust Charitable Trust Eye Hospital and KOS. 132 patients were screened. Free HFA and OCT was done. Those who require YAG PI was done free of cost. Free medicines were also distributed.

3. Glaucoma Screening Camp was conducted by Malabar Eye Hospital. Screening was done for 85 patients.

4. CME was conducted by Dr.Sreekanth Eye Care and Research Centre "OCULUS" –CME on Cornea and Refractive Surgery on



09th April, 2017. Talks were given by Dr.SreenivasK.Rao, Dr.J.K.Reddy, Dr.SujithNayanar, Dr.AnilRadhakrishnan, Dr.Vinay.S.Pillai, Dr.Jyothi, Dr.Shaji. It was attended by 120 delegates.

5. Diabetic Retinopathy Screening Programme for Senior Citizens in Kozhikode District has been started under the aegis of IMA Kozhikode, Kozhikode Corporation, Mobile Ophthalmic Unit, Kozhikode Medical College and KOS under the leadership of Dr.K.V.Raju(Retd) Professor and HOD, Medical College, Kozhikode.



Oculus 2017

Dr.Sreekanth eye care and research centre, Calicut.

Dr. Sreekanth Eye Care and Research Centre, Calicut organized their first CME programme on Sunday the 9th of April, 2017 at Hotel Marina Residency Calicut. The CME was named OCULUS- Cornea and



Refractive Surgery Update.The inaugural function was presided over by Dr.Saju Joseph, President ,KSOS. The CME was inaugurated by Dr. V.G.Pradeepkumar, President IMA Kerala state.

The CME featured sessions on management of infective keratitis and Cornea Grand rounds by Dr S.K. Rao. The distinguished speakers included Dr.J.K.Reddy, Dr. Anil Radhakrishnan, Dr. VinayS.Pillai, Dr.Shaji Hussain as well as eminent speakers from in and around Calicut. The whole of afternoon session was dedicated to video assisted skill transfer (VAST) on topics related to cornea & refractive procedures.The CME was attended by nearly 100 delegates who thoroughly enjoyed the academic feast. We hope to continue our academic pursuit in the future too,beginning with OCULUS.



KANNUR

Report:
As a part of #World Glaucoma Week 2017,Alsalama Eye Hospital, Kannur conducted a week long glaucoma screening programme and awareness camp.



In association with the world glaucoma week, march 12th to 18th and world optometry day march 23rd, doctors, staff and students at malabar eye hospital ,kannurorganised various awareness campaigns in the form of exhibitions at various public places, flash mobs and screening camps which benefitted many people.



Dr Seema K M of Malabar Eye Hospital, Kannur at AIOC, Jaipur spoke on voluntary eye donations and hospital cornea retrieval program. IC 193 on eye banking.

The Ophthalmic Society of Kannur (OSK) met on Tuesday, the 28th of February 2017 at Hotel Central Avenue, Kannur

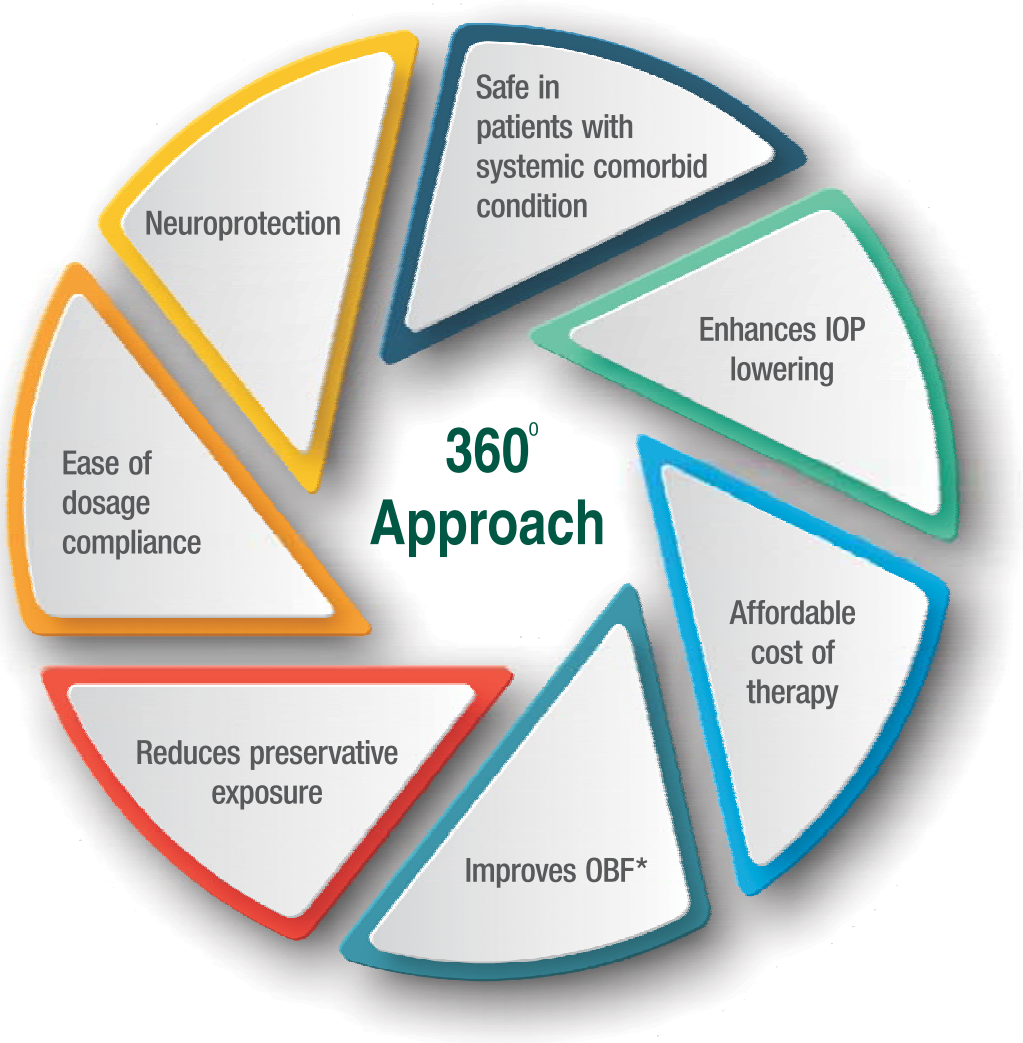
Dr. Mohan Babu, the president, welcomed the gathering and highlighted the upcoming CME on Glaucoma on Sunday, the 2nd of April. He also introduced the new members Dr. Ashok Nataraj, Dr Praveen V, Dr Rahul Nair and Dr DhanyaSree. Dr. A. L. Rao, the secretary, read out the minutes of the previous meeting. Once it was approved by the house, Dr. Seema gave a brief summary of AIOC, Jaipur and Dr. Sreeni, an account of preparations for the upcoming KSOC Drishti 2018. Dr SriShankar introduced the speaker of the evening, Dr. Ashok Nataraj. Dr. Ashok Nataraj gave an excellent talk on the Current Concepts in dealing with Macular Holes. Lively discussion followed the talk, at the end of which, Dr. A. L. Rao proposed a vote of thanks. The meeting was then adjourned for fellowship and dinner.
Glaucoma screening camp conducted on March 17th at pariyaram medical college

Eyecollectioncentre started. A joint venture by state eye bank association angamaly and Pariyaram Medical college. On March 6th. Eyecollectioncentre official inauguration in may 1st week.

The Ophthalmic Society Of Kannur met on Saturday, the 14th of January at Hotel Central Avenue. It was a family meeting to welcome the New Year with fun, frolic & music. It ended up as an immense talent show from the family members & children of OSK members. The event was ably handled by Dr Simi Manojkumar& Dr Aravind B

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LIGHTER MOMENTS







World's first Glaucoma awareness dive organized by Trivandrum Ophthalmic Club together with Divya Prabha Eye Hospital, MaldiCare Clinic and Dive Desk in Maldives.