KSOS newsletter

OFFICIAL NEWSLETTER OF KERALA SOCIETY OF OPHTHALMIC SURGEONS

Happy New Year

FOR PRIVATE CIRCULATION ONLY-December 2016: VOL.XVIII ISSUE 3



Drishti 2016 Inaguration by Dr. K.N Raghavan, Chief Commissioner of Customs, Kochi.





Dr. Saju Joseph took over as the new president of KSOS. Prof. Susheela Prabhakaran received the T.K. Alexander Memorial Oration Award for Drishti-2016. Drishti 2016, the grand annual academic feast of KSOS was celebrated at Gokulam Convention Centre, Kochi, on 25th, 26th and 27th of November, 2016. Many introductions, including COC Gold medal, Dr. K.G.R Nair free paper award and surgical movie theatre were exciting to the young ophthalmologists and an upgradation to five halls made the conference at par with national conferences.





The satisfied President





























Women oph Society Kerala



KSOS past Presidents



Drishti-Diabetic walkathon





Drishti Quiz winners with Dr. Rajani, Govt Medical college, Trichur,



The winners











Drishti-packed audience





























COC Gold medal winner with faculty

















BANQUET









President's Message

Good evening everybody,

At the outset I would like to congratulate Dr Mahadevan for the fantastic year as president. You have made my life difficult by attending all the CMEs last year, a first by any past presidents in KSOS.

Friends, I am humbled and honored to stand before you as president of this prestigious organization. Let me express my sincere gratitude and gratefulness to all the members of KSOS for unanimously electing me to this coveted post. It was our past president Dr T A Alexander who infused Ophthalmology in me during my short stay with him at Vellore. I will be failing in my duty if I don't mention two of my teachers who were responsible for molding me as an Ophthalmologist. Dr Srinvasa Rao my professor at OEU institute Manipaltrained us from basics to advanced surgery. My time at Aravind eye hospital, Madurai helped me fine tune my surgical skills. It was Dr Namperumalsamy who was instrumental in training me in IOL implantationand posting me at Aravind's sub centre at Theni as chief medical officer.

My journey with KSOS started about 29 years ago, soon after my post-graduation. After organizing the millennium conference at Calicut I became actively involved in the association activities. I am very well aware of the responsibilities associated with this post and assure you that I will do my best and take KSOSto greater heights in terms of professional expertise, academic excellence, organizational solidarity and social commitments.

This year's president's initiative is "Diagnose every Glaucoma possible". We are going to have a yearlongcampaign on glaucoma awareness. I request all the Ophthalmologist who have gathered here to spent that extra minute in doing a 90 Dlens examination and taking IOPmeasurements. I myself during my initial days of practice have taken shortcuts especially when I had a very busy O P, but have realized theimportance of 90 D lens examinationand routineIOP measurements for people above 40 years. The district ophthalmic societies can also organize hands on training for those practioners who are not well versed in 78d and 90d lens examinations. My other focus will be crusade against diabeticblindness. As you all know AIOS has already initiated this and I wish to give greater momentum to this programme. You may be knowing that our own past AIOS president Dr N S D Raju is heading this programme. Please join us for the walkathon we are planning on Sunday 27th morning as we kick off the crusade against diabetic blindness.We wouldalso like to team up with academic and research committee of AIOS and participate in their initiatives.

We had record number of CMEs last year. This year our request to the organizers is to avoid repetition of topics at least in the same district. Hands on training in examination techniques are another good option for CME organizers. Regarding PGtraining,I wish to continue the postgraduate teaching classes as we had last year. From this year KSOS is starting a gold medal PG exam initiated by Cochin Ophthalmic club for all PGs in ophthalmology during the KSOS conference.

Our journal, Kerala journal of Ophthalmology is now being published by a renowned publishingagency and has become online. Ours is only the third such Ophthalmology journal in Indiaafter IJOand JCOR. Dr Ashok, our journal editor is putting all efforts to maintain the standard and see that the journal getsindexed at the earliest. Research and publications are lacking in our society, I would like to appeal to all our teaching institutions to promote research and conduct programmes on research methodology.

Drishti the annual conference of KSOS has always been unique when compared with other specialties. Our conference is a perfect mix of academics,science, trade and entertainment. This year we have scientific sessions going on in five different halls. We also have a technology transfer session, wet lab, and a new award in the name of Dr K G R Nair. Our scientific committee chairman Dr Mahesh has introduced instruction courses from this year and we have as many as 56 instruction courses.

KSOS will have sub committees for guidelines on ethical practice, program implementationand practice guidance for young aspiring ophthalmologists. This year it's my dream to have a one day family staying tour of KSOS members. We are finalizing the dates and venue and will get back to you with the details. I also propose to conduct a games and cultural event involving the district ophthalmic clubs.

Our society got registered in 2003 under the societies act, but unfortunately till now we have not updated with the registrar of societies. The process has been initiated by previous presidents and this year I will put all efforts and seethat thisis rectified.

Membership is the backbone of any organization and we have to add more members to our fold andI am sure our dynamic secretary

Dr Thomas Cherian will initiate a membership campaign.

As I come close to my presidential address I would like to thank org chairman Dr R R Varma, chief organizing secretary Dr V R Mani, organizing secretary Dr Gopal, souvenir editor Dr Soman Mani and all org committee members for the excellent execution of Drishti 2016 and for truly raising the benchmark to an all new level.

Finally, I thank my wife kavitha and family for always trusting, supporting and encouraging me throughout my life and standing beside me when the going was tough. I would like to thank the almighty for blessing mewith such a wonderfullife.

I expect your whole hearted cooperation for the next one year and will strive my best to see ksos colors flying high.

Thank you all. Jai KSOS. JAI HIND.



Secretary's Message

Respected senior members, dear colleagues,

A grand finale to an eventful year! Drishti 2016 is history. I would call this a landmark conference, for a whole lot of things. For the first time in the history of KSOS, Instruction courses were invited, the response was tremendous, and the members themselves had drawn up a significant share of the scientific programme. In other words, this was a 'Members' conference'.

LED walls were used for the first time, the expenses were slightly on the higher side, but what we saw from Team Kochi was meticulous planning and excellent financial management. I am sure, once the accounts are settled, the KSOS would be better off financially. Two new awards were instituted, one in memory of our dear KGR Nair Sir, and the second, a state wide Post Graduates' Gold medal. The COC PG Gold Medal examination was a runaway success, I hope, this would be something our budding Ophthalmologists would be looking forward to. Our flagship journal, KJO is on the verge of getting indexed. Team Cochin has done an excellent job, let's hope, the standards set here would be there to emulate, and records would be broken as years go by.

We have a new President in office, I am looking forward to the dynamic leadership of Dr. Saju Joseph.

All the best to Team Kollam for Drishti 2017.

With warm regards.

Thomas Cherian
Hon. General Secretary, KSOS
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E mail: ksos.gensec@gmail.com, tcherian@rediffmail.com



Chairman Scientific Committee

Dear friends,

We had an immensely successful Drishti 2016 with all your support and co-operation. The following were the highlight of the meeting.

1. Instruction courses were invited for the first time in KSOS. We had tremendous response. Nearly 30 new faces got in struction co urses for the first time. Feedback has been overwhelming.
2. COC PG Gold medal examination was started. Two eminent professors conducted this and 56 PG students participated. 10 were shortlisted for OSCE and from those 5 for viva. Winner was given award with the inaugural function
3. Dr KGR Nair memorial free paper award was started.

4. Quiz for practicing ophthalmologist was conducted with attractive prizes.
5. Skill transfer courses were conducted for the first time which was well appreciated
6. Diabetic retinopathy and Glaucoma screening was conducted for ophthalmologists which was used by 450 doctors
7. 5th hall was started in Drishti for the first time
8. CME series titled "Ready reckoner in corneal diseases" was published by scientific committee and released during inaugural ceremony.
9. Evaluation of full text and judging was done in a foolproof and transparent manner
10. When there was a tie for the second spot in Prof Subramaniam free paper semifinal a repeat presentation was done in front of new judges setting a precedence
11. Improper evaluation by an external faculty in poster session lead to re evaluation by judges

Thanking you
Dr Mahesh Gopalakrishnan
Scientific committee chairman
KSOS



Treasurer's Report

After a wonderful Drishti at Cochin, it is time for the treasurer and audit committee to sit and finalise the accounts of the conference. The service tax has to be paid by 7th Jan 2017.

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 are going to be immense both financially and in accountability. The entire dealings were very transparent and I should thank Dr V R Mani, the chief organiser of Drishti, for maintaining a very meticulous account. It made our work far easier.

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 Drishti 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.

We are able to get the CME fees and club affiliation fees in time. Thanks to our active secretary Dr Thomas Cherian for his overwhelming effort to collect them.

With our new dynamic President, Dr Saju Joseph we hope to have a wonderful year ahead.

Wish you all a very happy new year 2017.

Jai KSOS

Dr Rajiv Sukumaran, Treasurer KSOS



Editor's Report

Dear Friends,

Greetings from the Editorial team. The first issue of KJO from our new publishers " WolterKluwers" hascome out. KJO website and an online submission system is now fully functional and is being used by our members well. We hope to release all the pending issues of KJO by the end of this year. Next issue will be published by

this month. I request our well wishers to submit their articles through the online submission system. Please feel free to contact me in case of any queries. Indexing is a process of validation of any journal. It has started and we expect some changein the status of our journal soon.

Dr Ashok Nataraj
Editor,KJO



Website Report

Last year, the web site was well utilized for the abstract submission of Drishti 2016, even though the submissions for instruction courses were made completely off line. The scientific committee chairman has informed that from this year onwards, submission for the instruction courses also will be only by online system and will not be accepted by any other methods.

Addresses of new members have been added to the database of KSOS members in the website. Few address change requests have been received and have been effected promptly. The winners of Drishti 2016 are uploaded in the website. The link for viewing photos of Drishti 2016 is available in the website.

We have made several changes in the present website and the new version is going to be launched in January 2017. One of my top priorities was to make the KSOS and Drishti registration online. We are very close to that goal and are in the final stages of discussion with the administrators of payment gateway. The process
has been tested and has been found working well.

I thank the whole hearted support of all for the smooth functioning of website

Dr. Bastin
Jai KSOS



Venue inspection Drishti 2017-Raviz, Kollam



Young challengers, Kollam-hosts of Drishti 2017

Dear All,

We, the Organizing Team of Drishti 2016 , are humbled by the overwhelming response and appreciation of the entire event. We are thankful to each and every one of you who participated. We have put our best effort to make our prestigious conference comfortable and enjoyable.

I wish to thank the entire Organizing team for their outstanding cooperation and performance. They made all the difference. Dr.Saju Joseph as the President-elect and friend guided me all throughout. The support of Chairman Dr.R.R.Varma and my Co-org.secretary Dr.Gopal deserves great appreciation. Dr. Mahesh was superb as usual. The advises of Dr.Saikumar and Dr.Sasikumar for the overall conduct of the conference is unforgettable. Dr.Thomas Cherian in his own meticulous way gave pin point advises and solutions. Dr.Soman Mani was always there for help, especially as Souvenir editor. Above all Dr.Mohan Markose systematically handled the finances. I would also like to specially thank Dr.Abhilash for his editorial help of souvenir, Dr.Rajesh Chells and Dr.Peter for food and fellowship, Dr.Sony George for Walkathon and transport, Dr.M.I.Mohan and Dr. Balamani for managing the registration counters.

We wish to thank all the speakers at the CME for their power packed presentations.

Above all I wish to thank the office bearers and members of IMOC and COC for all the support they rendered. Our sincere thanks also go to the Patrons and Advisors of the Org.Committee for their supportive and constructive suggestions.

Lot of positives has emerged from this meet. The excitement and enthusiasm that this meet generated should be kept alive till we meet after one year at Drishti 2017.

With best regards,

Dr.Mani.V.R,

Chief Org.Secretary

Message from secretary, Drishti, 2016

The Indian Council of Medical Research invites applications from postgraduate medical students for financial support to MD/MS/DM/MCh/MDS thesis. For details and application format, kindly visit ICMR.

IMPORTANT DATES FOR DRISHTI 2017

Last Date for submission of instruction course ONLINE: April 30th 2017

Last Date for submission of free papers, posters and videos ONLINE: June 30th 2017

Last Date for Sending Full Text of Selected papers: August 31st 2027

Last Date for sending videos: September 30th 2017

KSOS-DRISHTI 2016 AWARD RECIPIENTS

SL No.	NAME OF THE AWARD	SUBMISSION No.	WINNER	TITLE
1	Dr K C Sankara Menon Free Paper Award	DS 16-101	Dr Rosina Thomas	Prescribing Pattern of topical Antibiotics in Ophthalmology- Are we doing it right?
2	Padmabhushan Dr P Siva Reddy Free Paper Award	DS 16-141	Dr Sanitha Sathyan	Retinal Correlates Of Strabismic Amblyopia: Insights From Spectral Domain Optical Coherence Tomogram Based Analysis
3	Padmashri Dr S Tony Fernandez Video Award	DS 16-160	Dr Cheriyan Shane Mathew	"RETINAL ARMAGEDDON": Free RPE Choroid Trasplantation for End Stage AMD
4	Dr Noel Moniz Anterior Segment Free Paper Award	DS16-180	Dr Elizabeth Joseph	Significance of Anterior Segment OCT in the Management of Complicated Strabismus
5	Dr KGR Nair Memorial Free Paper Award	DS 16- 31	Dr Meena Chakrabarti	ClosingMacularHoleswith 'Macular Plug' withoutGas Tamponade and Postoperative Posturing
6	COC – Retnet Posterior Segment Free Paper Award	DS 16-85	Dr Shruti Chandra	Peripheral Ischemic Index Assessment by Wide Field Digital Fluorescein Angiography: Potential liaison with Macular Edema and Macular Choroidal Thickness in DiabeticRetinopathy
7	Prof K S Subramaniam Post Graduates Free Paper Award	DS 16-146	Dr.Roshini George	Quantification of Papilloedema using Spectral Domain Optical coherence Tomography and its correlation with clinical assessment
8	TACO Poster Award	DS16-171	Dr SravaniChava	Reticular Pseudodrusen-Does this entity exist in our population?
9	COC Post Graduate Gold Medal		Dr Anjana S	
10	TACO QUIZ			Government Medical college Thrissur Dr Asha Susan Kuruvilla, Dr Chitra C Nair

CME Series

TACOPSIA Annual CME of TACO



SEPTEMBER 25th SUNDAY ANNUAL CME OF TACO - TACOPSIA 2016 'PAEDIATRIC OPHTHALMOLOGY –AN UPDATE'at Hotel Ashoka Inn,Trichur . The external faculty included Prof P Vijayalakshmi from Aravind Eye hospital Madurai who also gave the TACO oration on Spectacl(e)ular revolution towards visual excellence in children & Dr Kalpana Narendran from AEH,Coimbatore. Our KSOS faculty were Dr Elizabeth Joseph,DrMeena C.K, Dr Binu Balan, Dr Thomas Mathew&Dr Natasha R .All topics right from visual acuity assessment in children upto squint,cataract and ROP were discussed in detail. 105 delegates as well as many post graduate students from all major teaching institutes attended the CME. The Life time achievement award was given to Prof C.V. Radhadevi. Gold medals for the best outgoing Ophthalmology undergraduate students in all 3 medical colleges as well as the best Postgraduate student was also presented at the grand inaugural function .

Paediatric Potpourri 2016 Giridhar Eye Institute

Giridhar Eye Institute in association with SSM Eye Research Foundation, under the aegis of Kerala Society of Ophthalmic Surgeons and Cochin Ophthalmic Club, organized a one day CME "PAEDIATRIC POTPOURRI-2016" which focussed on Ocular Problems in children, at the IMA Convention Centre, Kaloor, Kochi, on Oct 2nd 2016. The 4th SSM Oration was awarded to eminent Strabismologist and Vice Chairman, Sankara Nethralaya, Chennai, Dr. T.S. Surendran by Dr A. Giridhar. Dr. Meenakshi S, Dr. Ramesh Kekunnaya, Dr Elizabeth Joseph, Dr. Laila Mohan, Dr. Anita Balachandran, Dr Thomas Mathew and Dr. Neena R spoke on an assortment of topics. A Video assisted skill transfer of strabismus surgery and an interactive quiz session were the other highlights. was More than 150 delegates in and out of the state attended.



NEW WAVE REFRACTIVE CME-Lotus Eye Hospital CME

Lotus Eye hospital and Institute, Kochi conducted a day long 'NEW WAVE REFRACTIVE' CME on 9th October 2016 at hotel olive downtown under the aegis of COC. The inaugural function was presided over by COC president Dr Joggy Joseph.The CME had insightful and informative talks on the latest trends in refractive surgery including RELEX SMILE from renowned national and international faculty such as Dr Han Chuk Yin Daphne, medical director of SMG vision center, Gleneagles hospital, Singapore, Dr Rupal Shah, Dr Yogesh Shah,Dr Natasha Pahuja, Dr Freddy Simon, Dr Jayaram, Dr Swapna nair and Dr Aneeta jabbar. Dr SK Sundaramoorthi, Dr Ananth D and Dr Prashob Mohan from Lotus Eye hospital and Institute also shared their knowledge with the audience.



Comtrust Telly CME 2016 - POGO - Pediatric Ophthalmology for General Ophthalmologists



A CME on childhood eye diseases was held under the aegis of Kerala Society of Ophthalmic Surgeons on 16th October 2016 at Central Avenue, Kannur. The conference was jointly organised by Ophthalmic Society of Kannur, IMA Thalassery and Comtrust Charitable Trust Eye Hospital, Thalassery. The conference was inaugurated by MLA, Mr.A.N.Shamseer .Dr K Mahadevan, President - Kearla Society of Ophthalmic Surgeons , presided.

Prof. Dr Shashikanth Shetty, Chief, Department of Paediatric Ophthalmology , Aravind Eye Hospital, Madurai delivered the key note address at the meeting. He spoke on management of complex squints, paralytic squint and nystagmus. Dr. Kaushik Murali, President medical administration education and quality, Sankara Eye Institutions , India spoke on newer trends in management of amblyopia or lazy eye. He also spoke on evaluation of squint in children. Dr Sreeni Edakhlon Chief Surgeon and Medical director Comtrust eye Hospitals , Kanhangad and Thalassery spoke on refractive errors in children.

Dr Satish Thomas, HOD ,Dept of Ophthalmology,BCMC(formerly Chief, Department of Ophthalmology , Christian Medical college , Ludhiana) spoke on spectacle prescription in children. Dr VA Jaison of Jyothis Eye Care, Kannur spoke on management of congenital cataract. Dr Suma Unnikrishnan from Govt Medical College Thrissur and Dr Soumya Nambiar from Comtrust Eye hospital, thalassery spoke on management of different types of squints.Dr Bindu S Ajith from Comtrust Eye Hospital Calicut, spoke on management and diagnosis of glaucoma in children . Dr Kunal Kumar from Al salama Eye Hospital, Calicut spoke on watering from eyes in children.DrPrakash VS, Chief, Dept of Retina, Comtrust eye Hospital, Calicut and Prof. Dr Gopal S Pillai H.O.D. dept of Ophthalmology AIMS,spoke on retinal diseases in children. They stressed on the need for eye screening in premature children. Ms Shwetha CS and Mr.Praveen Kumar from Shankara Nethralaya, Chennai spoke on Low Vision aids in children.

The Annual CME " ASHTAMUDI OPHTHALMICA2016"

AVIAL SEASON -2



Our annual CME "ASHTAMUDI OPHTHALMICA 2016" was held at Hotel Raviz on 9th October 2016. It was attented by 110 delegates. We had a PG update session in which classes were taken by Prof. V.R Vijayaraghavan and Dr. K. Rajasekar. A variety of intresting topics were discussed during the CME. It was inagurated by KSOS President Dr. K. Mahadevan.

Club Activities

OSK Meeting at Kannur



The Ophthalmic Society of Kannur (OSK) met on Tuesday, the 1st of November 2016, at Hotel Central Avenue, Kannur. Dr. Mohan Babu, the president, called the meeting to order and welcomed the gathering. The new members, Dr. Ravi and Dr. Rekha from Al Salama Eye Hospital, Kannur were introduced to the gathering. Dr. A.L Rao, the secretary read out the minutes of the previous meeting. Once it was approved by the house, Dr. Umesh highlighted the association matters in view of the forthcoming KSOC - Drishti. Dr. Jaseena introduced the the two in-house speakers of the evening: Dr. Dhanya C from Al Salama hospital, Kannur and Dr. Suchithra from Ashoka hospital, Kannur. Two very informative talks on OCT- Disc and OCT-Macula were presented by the two speakers and discussions followed. Dr. Sreeni then gave a video presentation of Kannur as the likely host of Drishti-2018 and the house expressed full confidence. After a vote of thanks from Dr. A. L Rao, the meeting was adjourned for fellowship and dinner.

TACO REPORT

AUGUST 26th Friday, Monthly meeting at 730pm , Casino Hotel, Dr. Minu Mathen from Chaithanya hospital, Trivandrum gave a lively talk on various management strategies to tackle 'subluxated cataracts'.

September 25th Sunday, Annual CME Of TACO-TACOPSIA 2016 'PAEDIATRIC OPHTHALMOLOGY–AN

October 13th World Sight Day, The events of the day started with a walkathon at 6.30 am in the Swaraj round. The theme was 'Strength Together'. Jubilee mission Medical College along with the Lion's club organised a public function. There was another function by DBCS and TACO inaugurated by Mr P.K Biju, M.P at Mullurkara.



October, 21st, Monthly meeting at Casino Hotel, Dr. Ganesh V Raman from Aravind eye hospital, Coimbatore gave us a detailed update on the current medical management of all types of Glaucoma along with interesting case scenarios. He also spoke on the current role of Laser Trabeculoplasty.

November 14th, World Diabetic day celebrations held in Thrissur started with a walkathon by the Diabetic club , TACO members and Trichur IMA, flagged off by the District Collector. Jubilee mission Medical college along with Lion's club organised a public function with blood sugar and retina checkup of 120 diabetic patients. Dr. E.J Joy from I Vision Eye Hospital , Trichur conducted a diabetic Eye Camp at Chetuva. Most of the other hospitals organised free diabetic eye check up throughout the week.



December 16th, Monthly meeting at Casino Hotel. We had a very informative talk on Eye Genetics and Precision Medicine by Dr. Pradeep Vasudevan from U.K.

Cochin Ophthalmic Club

MONTHLY MEETINGS from August onwards

1.September: GENERAL BODY CUM CLINICAL MEETING HELD ON 23-9-16. The September COC scientific meet was held at Crown Plaza 7.30 pm. Dr. Sasikumar chaired the session and Dr. Sony George was the moderator. Dr. Mohan Rajan from Chennai spoke on " Toric IOLs and user friendly marking systems in clinical and surgical practice". He spoke on the manual methods as well as the automated systems like Verion, Calisto etc. a mention was also made on the new system by Appasamy. Dr. J K Reddy from Coimbatore spoke on " Phakic IOLs - right patient to chose and clinical outcomes". He focused on the new RIL from Appasamy and its comparison with standard ICLs.

Dr. MN Nivian from Chennai spoke on " new generation premium IOL with EDOF technology- a clinical analysis.

It was exciting to see the made in India toric marker. Meeting was well attended.

2.October: GENERAL BODY CUM CLINICAL MEETING HELD ON 14-10-16. A Workshop on "Ocular Blood Flow" was conducted at Amrita Institute of Medical Sciences , followed by didactic lectures & COC meeting at the nearby Marriot Hotel, Edapally. It was Chaired by Dr Srikant Moorthy HOD Radiology AIMS & Dr Meenakshi Y Dhar Professor of Ophthalmology AIMS. Dr Dr P M Venkat Sai, Consultant Radiologist, Sri Ramachandra Medical College, Chennai spoke on 'Role of Color Doppler Imaging in measuring Ocular Blood Flow ' followed by a live demonstration. It was indeed interesting to see the ocular blood vessels demonstrated by Dr Venkat Sai using a high end Doppler machine, differentiating arteries and veins, using various parameters to describe the flow on patients of glaucoma,

These covered a wide spectrum of glaucoma patients from ocular hypertensives, to normotensive glaucoma, and many with progression inspite of IOP control and others with unilateral glaucoma. Next, a practical & good insight on 'Role of Glaucoma Medications in OcularBlood Flow' was discussed. Dr. P Sathyan from CoimbatoreA talk on the new emerging Technology "Measuring retinal vessel densities with OCT angiography in glaucoma" was give by Dr Harsha Rao, Narayana Nethralaya, Bangalore.

SUBSPECIALTY INTERREST GROUP MEETINGS

COCHIN RETINA INTEREST GROUP MEETING SEPTEMBER: Retina Interest Group meeting was held in Holiday Inn Kochi on 17th September. A webcast on role of switching between Anti-VEGGFs by Dr. Frank G Holz was conducted.

Glaucoma Interest group was held on 15th Oct 2016 at Holiday Inn with Dr Vineet Ratra {from Sankara Nethralaya} as the speaker [video conferencing] on "Structure Vs Function" & "Target IOP- how early to treat" . Also Dr Vinay from GEI spoke on "Preservatives in antiglaucoma medications". Dr Charu from GEI & Dr Bhavana from AIMS presented clinical cases for discussion.

CME BY INDIVIDUAL HOSPITALS UNDER THE AEGIS OF COC AND KSOS

Lotus Eye Hospital CME

Lotus Eye hospital and Institute, Kochi conducted a day long 'NEW WAVE REFRACTIVE' CME on 9th October 2016 at hotel olive downtown under the aegis of COC.

Eye donation fortnight programs in Cochin.

Eye donation fortnight programs started from august 25th and ended on sep7th. Various programs were organised during these 2wweeks for motuvation of EYE DONATION for creating awareness among people by arranging seminars classes eye camps and media press conferences various hospitals in Kochi took part in this, Little Flower Hospital Angamaly, MOSC Medical College Kolenchery, DR. Tony's Hospital. Amrita Hospital Had an inspiring talk "An eyeopener for the sighted" by Ms Tiffany Brar, the visually challenged enterprising founder of 'Jyotirgamaya'.

World Sight Day

Little Flower Hospital Angamaly.

As a part of World sight, Little Flower hospital, Angamaly, organised a chess tournament for the visually impaired in association with the Kerala chess association for the blind on 14th and 15th. It was attended by 52 chess players from across Kerala.

Dr. Tony Fernandez Eye Hospital, Aluva.

Dr. Tony Fernandez Eye Hospital has observed the World Sight Day on 15-10-2016. Public meeting was inaugurated by Mr. Jude Anthany Joseph. Dr. Tony Fernandez gave the World Sight Day message. A short film contest was also conducted.

Amrita Institute of Medical Sciences.

COC Family Meet-had a fun filled day attended by over 80 people near.



MEMBERSHIP.

Membership of COC has increased by 51 over the last one year. More members are taking interests in becoming KSOS and AIOS members also.

Kozhikode Ophthalmic Society

1. KOS meeting -Web cast Programme. Glaucoma interesting case presentations and talk by Dr.Ganesh.Retina interesting case presentations and talk by Dr.Rodney
2. CME by Medical College, Kozhikode on Retinal vascular Diseases on August 28th, 2016.
3. Eye Donation Fortnight was conducted – Awareness class and walk were conducted by Malabar Medical College, Puthalath Eye Hospital, Comtrust Charitable Trust Eye Hospital, Malabar Eye Hospital.

Trivandrum ophthalmic club

Chaithanya academix 2016

"Trends, advances, opinions in ophthalmic surgery 2day CME including a host of national and international. Faculty at hotel Hilton garden inn on 13 the and 14 the August 2016

TOC meeting september 2016

Topic-"power of question"From dry eye to refractive surgery, on 2 nd sept 2016, at Hotel Hycinth. Speaker: Dr Rohit shetty. Chair: Dr. George Thomas, Convenor: Dr Swapna Nair. Sponsor: cipla.The talk covered comman anterior segment problems from dry eye to refractive surgery.

TOC PG update

Paediatric ophthalmology session on September 8 th. Chaired by Dr. Anitha, included case presentations and a talk on amblyopia.

TOC meeting october 2016

Topic-Fixed dose combinations,in open angle glaucoma and ocular HT, on 22 nd october 2016, saturday at Hotel Residency Tower. Speaker : Dr Sathyan, Sathyan Eye Care Hospital, Coimbatore. Chair: Dr. Suseela B Nair. Convenor: Dr Kiran Gopalakrishnan. The talk covered the use of fixed dose combinations of antiglaucoma medications.

TOC Family Meet on 13/11/16 at 5.30pm, Uday suites, Sankhumukhom.Be there for the family and kids entertainment programmes and "intuitions mentalist show" by famous illusionist nipin's niravath.

TOC PG update November

By Dr. Meena Chakrabarti, on diabetic retinopathy management Nov 5th, Saturday at 5 pm at hotel Amala residency.

Upcoming activities

1) Glaucoma walk March 12 th
2) Reflections 2017 April 2 nd

Readers Corner

ROBOTIC EYE SURGERY – FICTION

Dr. Suseela B. Nair



"ASHTAMUDI OPHTHALMICA ESSAY COMPETITION-2016" on 'ROBOTIC EYE SURGERY FICTION' organised by Kollam Ophthalmic Association on the occasion of World Sight Day. 1st Prize-Dr. Suseela B Nair, Trivandrum.

September 15 th 2025, 10 AM

I started walking along the streets of Thiruvananthapuram city. I could either use the pavement or climb down the metro onto the pedestrian walk. I was dumbfounded at the revolutionary change in the surroundings. For a moment I forgot where I was.Was I in another world?

Where am I? Am I roaming around the streets of heaven? Not many people seen on the road. No crowded buses, rashly driven cars or bikes. No street vendors selling vegetables or fruits. Is it our good old city? I asked a passer by *"Is it a holiday today ?"* No answer. May be they don't listen to old people. Looking closer, I found out he was talking to some equipment dictating notes and I could see a micro probe moving in his hand. May be he didn't hear me at all.

I continued for a while, approached a man who seemed to be waiting idly and asked him loudly, *"Son is it a holiday today ?"* He looked at me rudely and asked, *"Can't you see?"* The voice was as sweet as the old time singer Lathaji. My God, this was a lady! I apologized to her for my mistake and looked around. No one else was draped in a 5 metre cloth like mine. To my surprise men and women looked the same in their attire, looks, hair cut, shoes and almost everything else. What happened to this once colorful street swarming with sari, kurtha and churidar clad ladies with beautiful kajal lined eyes, pretty faces and bouncing long hair? Am I dreaming?

Suddenly I remembered why I was there. Some foreign body had fallen in my eye on the previous day. Having been an ophthalmologist all my life I looked in to a mirror and found a patch of subconjunctival hemorrhage which we know ordinarily doesn't need any treatment. But there was a foreign body sensation associated with it which was raising some concern. I thought of visiting a clinic to make sure there was nothing amiss and here I am walking along the street, looking for an eye clinic. Suddenly I found a closed glass door on which was written ROBOTIC EYE CLINIC-WELL EXPERIENCED ROBOTS TO HELP YOU GAIN EAGLE VISION and a lot of information about the clinic. It said, "No prior appointments needed-Walk in and get out 50 years younger "My God, This is what I wanted! Becoming 50 years younger was unthinkable during my career. In my days, when a patient said I can't see the last line clearly we used to console him/her saying that this was the best vision that he/she could hope for at that age. See how things have changed! Here I see robots determined to give me the best care and vision, with accommodation intact!

Standing at the doorstep I heard asweet voice *"Come on in, ma'am."* The door opened and I got in. Nicely furnished place with small cubicles and boards but I found no reception counter and no strikingly beautiful ladies in uniforms as in our times for attending to patients.

Again the sweet voice said, *"Get in ma'am "*. A door opened and I got in through that to find a revolving chair with many gadgets around it. "Take your seat". The voice said. I sat down on the chair. Before I could locate the source of the voice a small machine closed in around my eyes and I had to keep still for a while. I started saying that I was an eye doctor and that I wanted to rule out a foreign body in my eye which has a subconjuctival hemorrhage but my sound was apparently not audible. I could not understand how they managed that. I thought it would have been nice if we had that facility during my days when patients went on saying " bla bla' or shouted or

screamed while being examined or operated.

Meanwhile my eye was examined by techniques of which I could not understand a thing; this went on for a few minutes. This was nothing like the auto refraction testing, slit lamp examination, applanation tonometry or direct or indirect ophthalmoscopy or OCT etc which I used to do on my patients. I became uncomfortable and started fidgeting.

"Can I see the doctor now?" I queried impatiently at the voice.

"You robots please understand that my visit is just to rule out a foreign body which I used to do in seconds in my days. I need to see the consultant rightnow".

The robot said *"The consultant is at home having breakfast. Today is his work from home. Already he has gone through your files. You have a subconjunctival hemorrhage but no foreign body. You have nuclear sclerosis grade3 in both eyes and we are going to do lens exchange with the latest laser technique on you. There is also a reduction in your retinal nerve fibre layer. We are unable to say whether this will cause deteriorationin your vision in the coming years, so we are keeping a neuro protective capsule in the posterior segment which will slowly release medications throughout your life. Both eyes will have to undergo the same procedure. So no glare during driving, no reading glasses and eagle visionguaranteed for you for the rest of your life time".*

"But I can manage very well now with my glasses. I don't need any surgery now". I screamed out loud. "And I don't have enough money with me now".

"Oh, don't worry about that. Our OP robot has already scanned your bag, got details of your bank account and sent messages to the bank to release money for the surgery. Money will be credited to our account in a few minutes."

This was frightening and too much to bear. I wanted to go back. *"Is there no human being here?"* I got up and cried out loudly.

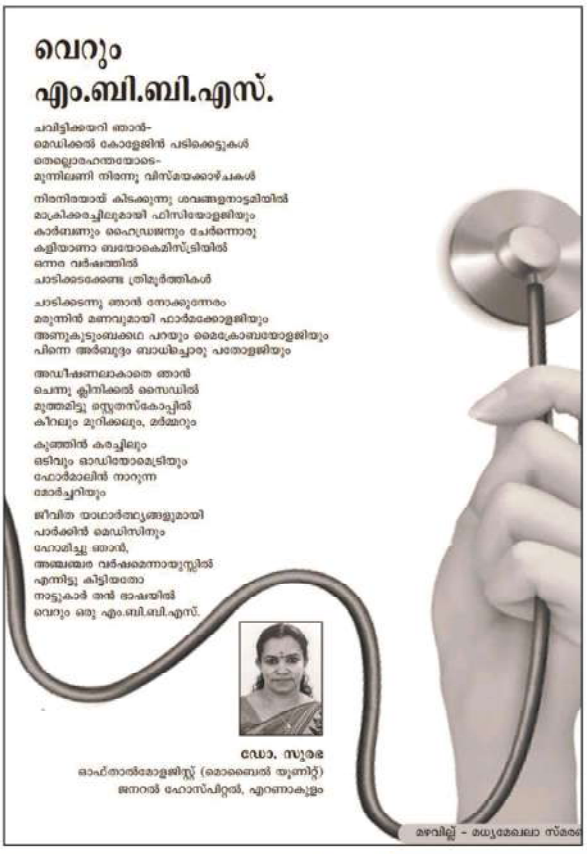
"No!! We are all remote control robots.We can manage all cases very well. Instant messages and pictures are sent in a fraction of a second to all senior renowned specialists and we function according to their return instructions."

"PLEASE LEAVE ME ALONE" I pleaded and shouted.

"What is wrong? What happened to you? How many times have I told you to say your prayers and relax before going to sleep? "You were so worried about that small pupil case yesterday"

"Oh", I sighed with such great relief! This was my robotic husband waking me up. It was bright sunshine outside.

'Fiction or fact --it is at your doorstep!
Peep thru'the hole and let it in
For if u don't welcome it, your neighbour will,
Much to your dismay at a later date.
I am neither Nostradamus nor H G Wells
To proclaim the shape of things to come
Just turn around and look - -
The robot will take over soon.



FAICO over FIFTY

Dr.Jayaprasad.B

Two years back I started toying with the idea of writing the FAICO examination. This is the exam conducted by the AIOS every year in various ophthalmic specialties.Most friends and relatives dissuaded me. A few of them urged me on. Age , hectic work schedule and, administrative pressures were the negatives that factored in.With 22 years of experience in phacoemulsification, all I needed were a CV and pay five thousand rupees to get the FAICO certificate,theyargued. But I thoughtdifferently. What is the thrill in getting anything if you have not worked for it?

I wrote the online part-one MCQ exam in a software company in Chennai. Found the paper really tough and failed.I went through the various phases of depressionand anger. The feelingthat I was good for nothingloomed large over my emotional horizon.
I promised myself never to attempt again.

In three months time I was back in the ring,preparing myself for a second round. This time I started preparations a little earlier for I knew I deserved better. I planned my schedule. I drew up timetables. I searched and researched materials to equip myself. I read myself to sleep. I cut off all leisure activities. I gave myself seriously to the work at hand. My resolution never wore thin thoughconcentrating on the subject was a challenging task. Every minute I would catch my mind from wandering off to the next day's list of OT,shortage of medicines,trouble making staff members,drainage block,corporation license issues,electricity bills and my share of unhappy patients and of course, parenting three adolescent kids. But soon I was able to channelize my priorities and after few weeks,my situation gradually started getting better. I could sit still for an hour or two reading. I was also able to work out quite a few MCQ questions.

The Part I MCQ paper was an online exam.This time I took it in a software company in Bengaluru with more confidence and optimism, I thought. All the candidates were in their twenties or early thirties.I was the odd (old) man out. Feeling a little out of place, feigning a confidence that was ebbing out steadily, I sat with mixed feelings in the lounge waiting for the exams to start.A young candidate, (I came to know later thathe was writing Retina) sitting near me in the sofa leaned forward and asked. "Uncle, is it your son or daughter writing the exam?
I shrunk.
I cleared the MCQ exams.

The clinical examination was in a Govt. Medical College in Mumbai.One long case, two short cases, a viva and 10 OSCE stations.It was like a PG exam.This was my forte. Being a senior person I certainly had an edge over the others. I beamed. Experience certainly helps in the clinical examination.You may not know the rarest of rare syndromes but diagnosis and management of clinical challenges is whatone is expected to do.

The candidates were instructed to assemble in the refraction room.Asalways,I arrived late.TheOPD was crowded with patients. The Head Sister told me in Marathi,that I can join the others in the refraction room.With my backpack slung over my shoulders I walked towards the refraction room.About 20 youngsters were there going through the last minute preparations.
One girl looked at me and said in Marathi, "Do you want to have your eyes checked? This way please" she said pointing to Room 12."One fellow rushed up to me with a torch switched on."This may be today's long case,senilecataract," he whispered to the others. In spite of myself, I felt amused and light in the head, if not in the heart.

I finished the long case and short cases and tried reading my answer sheet. To my horror I realized that I couldn't decode my own scroll.Got new answer sheets and rewrote .The OSCEs were easy as wehad latest lenses and equipment related questions.I was grilled for 45 minutes in the viva.I thoroughly enjoyed it though Ihad committed two blunders.

Overall I was satisfied with my performance. I cleared the FAICO exam.I learnt many things more. Is it worth all the trouble,writing an exam over the age of fifty?
"One advantage of returning to studies later in life is that the student will likely have a greater sense of purpose and focus and thus be able to capitalize better on what is offered" says Margaret Gatz, a psychology professor at the University of South California. "Another advantage is that the older student brings in a lifetime of experiences and knowledge to the new information presented and thus can have a richer learning experience".There are potential barriers like lack of time,competingdemands,not so agile memories and the sheer physical inability to sit and study for prolonged period.This means that the older student must be craftier.

There is increasing evidence in the literatureto show that older students can succeed and that it will keep our minds sharper.Dr.Roger-Gould,a psychiatrist from New York says," If you and your brain are healthy,the only limitations to learning new mental skills and information are your motivation and natural intelligence"

James Fallon,a neuroscientist at University of Irvine, claims that cognitive abilities are maximum beyond fifty years of age. It is the ideal time to balance their executive functions with intellectual techniques which are likely still there but havenot been used for a long time.This view has been corroborated by Seattle Longitudinal study,which tracked the cognitive abilities of thousands of adults over fifty years.

Gatz offers older students some tips to study actively; keep testing yourself along the way ,focus on one thing at a time;discuss;emphasize understanding over memorizing;relate what you are learning to what you already know.
How has this benefitted me?

I would say that I am able to retain 40% of what I learned. It has influenced my cataract management in a big way.
I realized that one can keep studying even beyond fifty. For, fifty is the new thirty.

"Dare and dream, for I have learnt that if you dream hard and desire something and if that desire is genuine, it cannot evade you for long. So friends, take the plunge."

All the best.



Dr.Jayaprasad.B
Consultant, Amardeep Eye Care,
Visiting consultant, Kochi Eye Care.

Eye Donation Fort Night



Eye camp for inmates of Gandhibhavan



Eye donation fortnight valedictory function at Nenmara Palakkad. Inauguration by MLA K. Babu. Presided over By DMO Dr. Reetha. Awareness class by Dr Geetha



Vidyarambham for blind students
at Puthalath Eye Hospital by Sreenivasan



WSD-TACO team

Children's Day



"Nirakanchiri" A gettogether of children operated for Congenital Cataract with awareness talks on Rubella Vaccine on Children's Dayat Comtrust eye hospital.

World Sight Day





LF Hospital organised chess tournament for visually impaired, attended by 52



Malabar eye hospital calicut

World Diabetic Day











Dr George Thomas P, Thodupuzha, Retcam for everyone " a Do It Yourself Method" Youtube Link of "Do-It-Yourself" procedure for a Retinal photo-video camera is gven below.

https://youtu.be/VgOEJYayAdk

The Glaucoma Society of India 2018 conference has been allotted to Trivandrum.
SPOSI 2017 Mid year conference will be held at Angamaly

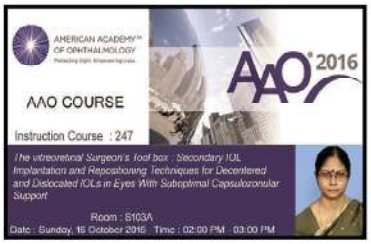
Congratulations







COC Gold medal winner Dr. Anjana at Drishti 2016





Dr. Neena R Menon, Giridhar Eye Hospital, awarded the Prf. Subhash Dadeya Gold medal for the best interesting case presentation at SPOSI-AAPOS conferenceat Jaipur December 2016

KSOS in National and International Conferences



AAPOS with Dr. Wilson



AAPOS



KSOS in VRSI



AIOS LDP



Cornea Society of India



At Sarojini Devi, Eye Hospital





With Dr. Lea training visual acuity