KSOS
NEWS LETTER
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Official News letter of Kerala Society of Ophthalmic Surgeons



Prof. MARY KURIAKOSE
The Legend of our Lifetime

Dr C.V.Andrews

Dr Mary Kuriakose the captivating leader in Kerala ophthalmic prospect is here with us for an exchange of her ideas, both off line and on line on what life is as an insider ophthalmologist and an able administrator at KSOS and at Medical service. She strides to any gathering with alluring gait and capture the audience with her intrepid tone. Contributions by her in the field of Ophthalmology are more than what you think which makes her one of the founders of our science, we are proud of. She has cut out an incontrovertible space among past presidents of KSOS.

In a free wheeling interview she had ideas and reminiscences intermingled for us to be enlightened.

"Madam how could you achieve this much command and chastity in your vernacular even though you had your formative years in Tamil Nadu"

"I am the youngest of a family of three girls. My father was a Train Guard in Southern Railway and my mother was a Doctor in Madras State Medical service. My parents were all the time serving in Tamilnadu area with transferable job once in 3 years or earlier. So we, the children also were taken along with them to all the places. At times we had to shift in the middle of a school year to complete the school year in another school in a different town!! Medium of instruction was essentially Tamil. In spite of it we were all well versed in Malayalam, thanks to my mother who taught us Malayalam , mind you only the 1st lesson and Malayalam was strictly the home language."

Cont.... Page 4



Dr C.V.Andrews

DRISHTI 2010 - GATHERING MOMENTUM

DRISHTI 2010

KOCHI

26th, 27th & 28th Nov
37th Annual Conference of
Kerala Society of Ophthalmic Sugeons

Arrangements for mega event of KSOS, DRISHTI 2010 has begun and progressing at genuine swift pace under the guidance of Dr S.J. Saikumar fit to be adjudged as organisers organiser. Here is what we could gather from him about the conference.



Dear friends

Preparations for Drishti 2010 have gathered momentum. The first communication along with the registration details must have reached all of you. In case you have not, the first brochure is available on our official website.

The various committees have started meeting to fine tune all the preparations. The response from the trade has been lukewarm so far, but I hope it will pick up at the right time.

The banquet will be in a backwater resort in the outskirts of Cochin and I am sure it will be memorable. In short, Team Cochin is turning no stone unturned to ensure that Drishti 2010 will be the best KSOS conference ever in all respects.

Dr. S. J. Saikumar
Organizing Secretary, DRISHTI 2010
Cataract and Glaucoma Services, Giridhar Eye Institute,
Cochin 682020, 91-484-2316791 (hospital)
91-484-2203503 (residence), 91-09847040840 (mobile)

President's Page



Monsoon Greetings from your president.

Now that the rains are in full swing be geared up to tackle the epidemic diseases. Maintenance of personal hygiene by doctors & staff at their own hospital should be meticulous to prevent noso – conial infections and theatre sepsis. KSOS joins with Dr. P Rajagopalan Nair and family at Palghat in sharing the grief over the shocking demise of their younger son, who was a P.G. Student at Chennai. We have no words to console them.

The fact that KSOS could convince the Govt. of Kerala about their wrong step in taxing the Intra Ocular Lens Implants used by the Ophthalmologists in Kerala is a great achievement. Hope this issue will be settled soon with a revised G.O to that effect. Our sister organization QPMPA has became a National Body and has succeeded in getting a stay from Apex Court against implementation of 'Drug License' on Private clinics and hospitals in Kerala. QPMPA also needs to be complimented for shunning away the 'Re-registration threat' on doctors by T.C Medical Council through a calculated legal fight.

Though the Ophthalmologists of Kerala take keen interest in C M E Programmes & K S O S Conferences, it is surprising that many of the senior members are yet to joint the Apex body namely A I O S. Remember ! Paying for membership in local, state level as well as All India Societies is a single premium tax that one needs to pay for reaping benefits for the entire lifetime. It is the best way you can celebrate your existence as a practicing Ophthalmologist in India. Team Cochin is all set to make Drishti 2010 a grand affair.

Good luck

***Dr. B.V.Bhat**, Ph : 0497-2700715, 9846139716, drbhatbv@yahoo.com*

Secretary's Page



Dear Friends,

This KSOS year got an active start. We already conducted 9 CMEs and 7 more CMEs registered under the aegis of KSOS. We have got permission to conduct AIOS 2012 at Kochi and the preparations are already started with Dr N.S.D.Raju as Chairman and Dr A Giridhar as Chief Organizing secretary. Drishti 2010 preparations are going on as planned and for more details you can contact the organizing secretary Dr Saikumar.

I am very happy with the responses received about the fist news letter and I congratulate our joint secretary Dr Babu Krishnakumar for bringing out this excellent news letter. KJO also scouts a new look with its active editor Dr Mahesh, Congratulations! Scientific committee chairman is all set to organize the next Drishti as an international event.

Any member who has any views about the news letter or KSOS, please write to Secretary or Joint secretary and that views can be included in the news letter.

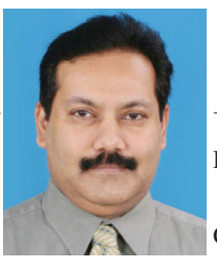
Jai KSOS

Dr Radha Ramanan

Join KSOS

Dr B. Radha Ramanan
L.F.Hospital Angamaly, Ernakulam Dist. 683572.
Ph : 04802704932, 9447006421.
email rramanan@sify.com

Scientific Committee Chairman's Page



Dear Colleague

Greetings from the desk of the Chairman, Scientific Committee.

The abstract submission process for the free papers, posters and videos have started from 1st June and will remain open till 30th June. We in the scientific committee request you to actively participate in the scientific programme and make it a vibrant one. The preliminary scientific committee meetings to formulate a programme are over and you will be hearing from us in due course of time. We plan to have special sessions like "Meet the Experts", and "The Kerala Premiere League".

Please make use of the on-line submission format and submit your abstract at the earliest.

Thanking you

Dr.Arup Chakrabarti

DRISHTI 2010 NEWS

Online Submission of Abstracts(Free Paper,posters & videos) for DRISHTI 2010 has started.Last date for submission will be 30/6/2010. Submission of abstracts will be only through the website.Please log on to

http://www.ksos.in/

*and click on the **DRISHTI 2010** button for submitting the abstracts. The scientific committe chairman has informed that Submission by other methods will not be accepted.*



KJO Editors Report

The Kerala Journal of Ophthalmology in its new look, retaining the old popular sections, has received satisfactory reviews from many of our members. For sustaining journal with high standards we have to have original of works done by our own members published in KJO. Many a times, editor will be running after the members for submitting their works. It has to be mentioned that Kerala Journal of Ophthalmology is being appreciated by people outside the State which is reflected in the percentage of articles from outside the State. From the Editor's bench I request all KSOS members to contribute some scientific material to the journal which can benefit others. After all, it is our journal trying to impart knowledge to our members. Jai KSOS.

Regards

Dr. Mahesh. G.

They keep the KSOS flag flutter abroad

Dr. A. Giridhar participated in the Asia – Pacific Round table meet on Polypoidal Choroidal Vasculopathy, held in Singapore.

Dr Arup Chakrabathi has given sessions on Phaco at ASCRS 2010 at Boston.

Dr Minu Mathen participate in the course 'PC Rent and Zonular Dialysis Management' at ASCRS 2010 at Boston, USA. His co instructors were Dr Haripriya Aravind, Dr Abhay Vasavda, Dr Venkitesh. R and Dr David Lubeck.

Dr Radha Ramanan attended 'East West Ophthalmic surgery 2010" conference at UFA in Russia which was conducted on April 22-24th. He presented a paper on 'Combined Surgical Procedure on Cataract and Glaucoma'

Dr Rani Menon presented a paper on 'Purposely Tented Trabeculectomy' in Glaucoma Session of ASCRS 2010 at Boston, USA during April. She was also an observer in Corneal and Refractive surgeries at Wilmer Institute of John Hopkins University of Baltimore.

AWARD WINNERS

Dr. Sujithra H. won the first prize in the Video category for her video presentation on the 'Use and effectiveness of Teleophthalmology Services' at the 61st Annual Delhi Ophthalmic Society (DOS) Conference in New Delhi.

Dr. Tufela Shafi won the first prize in the Posterior Segment Free Paper session for her paper titled 'Core Vitrectomy versus near Total vitrectomy with PVD induction and retinal surface cleaning in postoperative endophthalmitis', at the DOS Conference.



Website Editor Report

Dear Friends,

Once again it is that time of the year when website activity is going to pick up .The online abstract submission for DRISHTI 2010 is going to be open from 1/6/2010 to 30/6/2010. The process has been tested and has been found working well. All members are requested to log on to www.ksos.in for submitting the abstracts. The scientific committee chairman has informed that the abstract submission will be only by online system and will not be accepted by any other methods .However as far as the instruction courses are concerned, the old system will continue for the time being .The first announcement brochure of the DRISTI 2010 is available in the website for viewing as well as downloading.

As far as the non DRISHTI matters are concerned, it has been routine. Addresses of 32 new members (from No:1072 to 1103) has been added to the database of KSOS members in the website.22 Address change requests have been received since last November and have been effected promptly. The Journals (KJO) up to March 2010 have been uploaded .So also Newsletter up to March 2010. Since the newsletter is a heavy file (about 10 mb) some may find it difficult to download. So if any of the members want to view and read online a low resolution copy of the same, they can go to this site and do it- http://ksos1.blogspot.com/

KSOS CME Series 1-Common Procedures in Ophthalmology is also available in the journal section for downloading .Special thanks to DR Saikumar for promptly giving me the PDF version of this excellent book.

The CME /conference posting facility is also being utilised by the members and since February 2010, Five CMEs have been posted in the website. Emails regarding CMEs and other news are being sent periodically to the members and members who are not receiving the same are requested to log on to the site and update their email by sending an address change request.

I have been trying to create a database for Past Drishti award winners in the website, but with limited success. In my opinion the only sure way to preserve our past records, history etc is to digitize them and keep them in the web where the information will be accessible to any member at any time. I humbly request all members to help me by logging on to the website home page and updating any DRISTI awards (other than the past 2 years)that you know by clicking on the "ENTER PAST DRISHTI AWARD" link in the "News Updates" section and submitting the form.

Jai KSOS

Dr Biju John, Email: bijujc@gmail.com

Prof. MARY KURIAKOSE The Legend of our Lifetime

Cont.... from Page 1

"What made you choose the subject of medicine and how you reached there".

"I was attracted to medicine from my school days. I was an above average student at school and I might have thought it a legitimate right. In 1957 I completed Pre University from Queen Mary's College, Madras. I entered to my dream land ie Christian Medical College, Vellore where I did MBBS and passed out in 1965."

"Of all the branches of medicine how do you happen to be in Ophthalmology"

"While in the last months of senior House Surgency, I applied for the PSC post in Ophthalmology at Kerala. In those days one doesn't apply for a number of subjects hoping to get selected in the subject applied for. I offered only for ophthalmology. There were only few candidates. I got the 2nd rank; Dr. Zachariah Thomas of Kottayam got the 1st rank as he was already a D.O holder. In 3 months time I got the selection memo and the appointment order to join Medical College, Kottayam as Tutor in Ophthalmology. I joined in June 1967. In March 1968 I joined for D.O at CMC Vellore. By the way I was the 1st in the batch of four candidates – ie, 3 of Egmore Eye Hospital, Madras ie, the present RIO Chennai. On successfull completion of D.O. I rejoined at Medical College, Kottayam in 1969 and continued there till 1972.

My next goal was to acquire M.S. in Ophthalmology. To my great surprise and advantage, a G.O. that the staff members in the Govt. Medical colleges could register for MS as private candidate was issued. MS course was conducted only at Govt. Oph. Hospital Trivandram – 2 seats for MS & 4 for D.O. This order was to overcome the shortage of specialists in the medical college departments."

"Enlighten us your association with Masters in Ophthalmology who influenced your outlooks in the subject"

"I got deputation to Little Flower Hospital, Angamaly during the period of 1972 – 1975. My husband was working at FACT,Aluva. I was Dr. Tony's 1st assistant, later Dr. Narayanankutty & Dr. Ittyerah etc. This was indeed a great privilege for me to work with Dr. STF. I was due to appear for the MS exam, Dr. STF used to take the classes for me especially on squint. As the MS course was of private registration there was no formal course for me at Trivandrum and the classes at LF helped a lot. I spent 3 months at Sarojini Devi Eye Hospital, Hyderabad in the days of Dr. Siva Reddy and a week at Govt. Erskine Hospital, Madurai in the days of Dr. G. Venkitaswamy. I also attended the MS course at GOH, TVM, for 3 weeks – the clinical presentations, case discussion and lectures of Professor K.S.Subramanyam and M.G. Krishnan.

I can say with all humility and gratitude that all this training formed my foundation in ophthalmology".

"Were your friends extend helping hand in those days"

"I would like to narrate an interesting anecdote of those days. Dr. Zachariah Thomas & myself were registered for MS at Trivandrum from Kottayam. We had to make a few trips to TVM to meet Prof. K. S. Subramanyam & Prof. M.G. Krishnan. On one such trip, both of us went in his car one after noon and returned the same night. Thinking back, I wonder whether such mutual help & friendship can be seen now a day. The friendships of long ago are of that calibre helping each other to the utmost".

Madam on completion of deputation restarted her career in Government Ophthalmic Hospital, Trivandrum, first as RMO then lecturer and as Assistant Professor during 1975 to 1980. Her next assignment was at UK on WHO fellowship for one year (1980 to 1981). She had training in diagnosis and treatment of Retinal Diseases at Manchester Royal Infirmary Institute of Ophthalmology, London, Luton &Dunstable Hospital, Luton & Oxford Eye Infirmary, Oxford.

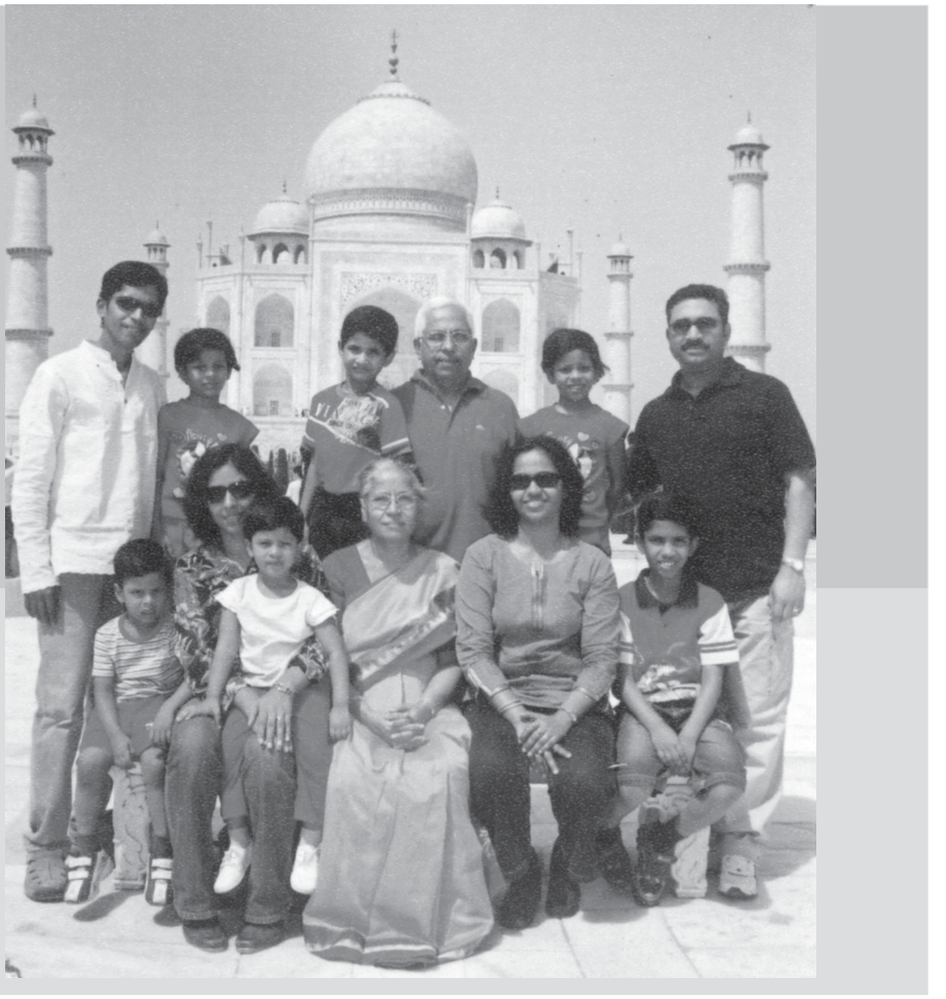
On return from UK in 1981 she was promoted and posted as Associate Professor at Medical College, Kottayam.

"How did you land in Thrissur Medical College"

"From Medical College, Kottayam I was promoted as Professor & Head of Department, Medical College, Thrissur. We, Medical College Professors at Thrissur during early days earned the name Thekkinkadu Professors! For 3-4 months there was no place to sit, no clinical works etc. We used to start at 4 am from KTYM to TCR & return by evening.

"You have fostered the department of Ophthalmology in Thrissur Medical College from infancy to a model to be emulated. Count the factors helped you at this effort".





"Setting up the department and office work was the main responsibility. By December 1983 the clinical work was started. It took another year or two for the students to reach us. I got full and excellent support from my colleagues in our department and other departments. Combined working pattern with district hospital team was very smooth. Principal and administrative staff has helped me a lot in unwrapping the government machinery to acquire high tech equipments for our department that were not available in other Government institutions in the state. We were doing all sophisticated surgeries like Keratoplasty, Squint, Retinal Surgeries and Cataract. I have special gratitude for my colleagues Dr Alex Joseph, Dr Renjakumar, Dr Devakey, Dr C.V.Radhadevi, Dr Suneethy, Dr Charles K Skariah and Dr Thresika Uvaraj in modelling department of Ophthalmology at Thrissur Medical College. My term at Thrissur MCH was from 1983 to 1998. A very happy, peaceful and fulfilling period in my life thanks to my colleagues both in the dept. & other departments, all the staff and students as well."

"Were the team work initiative propagated by you appreciated by the people/ patients"

"There were two units in Ophthalmology. But we were serving as one unit complementing each other and easing the difficulties of patients. In surgical days of first unit, second unit will take the rounds and vice versa. Patients were grateful for this practice. Present generation may take cue from camaraderie of those days".

"Could you cite a situation were you are part of a team that rose to situation and saved the suffering people"

"While I was working at Thrissur Medical College and when Dr. Saramma Balakrishnan was the Principal, in the heavy rainy season and land slide in the hilly areas, an emergency Govt. letter to send a relief team to Rajakumary, Idukki Dt with the draining away of the huts on the mountain sides, large number of refugees in the Govt. school had to be looked after. By 2 pm or so madam informed a few of us. By 4 pm we set out in the college bus. Dr. Rex, college students, staff and myself left. No questions asked or no grumbling. That is the spirit to be developed to work as a team helping each other for the others betterment. Let that be our motto in all the fields of activity."

You have done pioneering work in Eye Donation movement of Thrissur. How did it all happened.

While I was in Little Flower Hospital Angamaly I was drawn to Eye Donation and Keratoplasty. When I had a good team at Thrissur Medical College, we started Eye Banking at Thrissur. That was the first Eye Bank at Thrissur. The movement was taken up by public too when they were motivated. We had regular eye donation calls and we could answer to all the calls. The eyes of successful transplantations are still fresh in my heart.

"You may be having strange and funny incidences in your career, especially with officials. Can you share one of them with us"

"4 of us were selected from MC, TVM by the H&F.W ministry, New Delhi, for one year Fellowship by WHO at UK. The team included Oral Surgeon, Plastic Surgeon, Gastroenterologist and myself. Some thing strange happened to the selection a few months after we got the letter confirming our selection. We got another letter from the ministry that our selection is cancelled as it was oversight!! You can imagine our feelings. Fortunately one of my friend's father who was retired Secretary to the Govt. took up the matter with the Govt., which reversed the Govt. Order and we were again selected for the fellowship!! It shows how diligence can pay."

You have done a lot for KSOS as a member and later as its President in 1990. Do elaborate on the enhancements you ushered in.

"KSOS is a forum which has many potentialities. I had put my efforts to promote young generation to come forward in academic and organisational front. My special attention was also directed to encourage for better participation by female members. I have attended almost all conferences and CMEs."

Thrissur Academy of Ophthalmology (TACO) has acquired a covetable position in Kerala ophthalmic scenario. It is an organisation founded by a team lead by you. What was the inspiration behind it.

"We, handful ophthalmologists of Thrissur felt the need of a forum to discuss clinical matters and it resulted in TROC in 1984. Founders of first district club of the state included Dr K. Krishnankutty, Dr Alex Joseph, Dr K.C.Mathai, Dr Krishnan Nambeesan, Dr John Williams etc. We began the meetings at Ophthalmology Department of Thrissur Medical College where case presentations, journal extract presentation and discussions based on that were done including 'Vada and Masala Dosa'. We had hosted KSOS annuals. Later to be a full academic forum the name was changed to Thrissur Academy of Ophthalmology (TACO). I am proud to be its founder and happy to note that it has matured and claimed 7 consecutive award from KSOS President for being the Best Ophthalmic Club of state".

Have you come across with any handicaps in fulfilling your duties in KSOS being a woman

"Not at all. The dilemma with women is their hesitancy. If they were given a chance ladies has proved beyond doubt that they are always superior in solving the problems. I can quote many instances where women have made known their mettle. Time is ripe for young women to assert themselves."

What are the values you adhere to and would like to share with young generation in Ophthalmology that makes one dedicated to the profession.

"Of the many factors I place commitment to the patient, first. Allegiance to the suffering patient will automatically update you in academic front too. One of the factors in better management is communication with your patient. Positive communication will always win the trust of your patient."

You have achieved an unassailable position in ophthalmic front. How much support you could gather from family front.

"They have done their best to ease my stress and strain in combining professional and family duties. My husband is Dr. K.C. Kuriakose who is an engineering graduate from IIT Madras. He has retired as Chief Engineer, Instrumentation – FACT, Aluva. God has blessed us with 2 children. My elder son Dr. Manoj is a Dental Surgeon. He is married with Deepa, D/o Dr. Susan of RIO, TVM and Dr. Roonie Mathew MC TVM. They are blessed with 4 children

1st born Lignne & Liza 9yrs old twins!! Now in IVth std

2nd born Elijah & Elaika 6yrs old twins!! Now in std I

My daughter Susanne is married to Anil George S/o Dr. Punnoose. U. Panoor & Vimala Punnoose of Kottayam. They are blessed with 2 boys, Joyal Steephen 11yrs old now in VIth std and Joshna Kurian 8yrs old now in IIIrd std**"**

Professor Mary Kuriakose is a vivacious Ophthalmologist from whom there are many capabilities we have to copy down or to be exclaiming at. At present she is working as Chief ophthalmologist at Chathannoor Polyclinic in Kollam district, along with two other ophthalmologists. She is the recipient of Dr Alexander Memorial Oration Award of KSOS in 2004. TACO has awarded 'Lifetime Achievement Award' in 2005 for her. Dr Mary Kuriakose is with us to guide, alleviate our reluctance and provides strong footings wherever needed which transforms her to a legend.

CROSS WORD

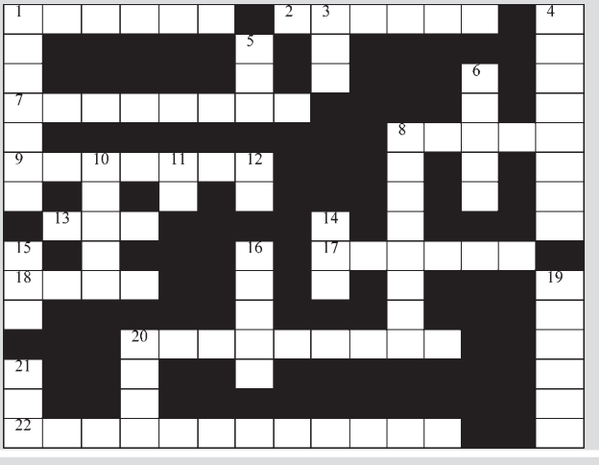
Dr. Bessy Ninan, Thrissur

CLUES ACROSS

1. A crazy bull has a wing and a groove.
2. Exaggerated papillary oscillations.
7. A cartilaginous ring at the upper and inner angle of orbit
8. This is used in spectacles to treat phorias
9. Inflammation of the uveal tract.
13. Histocompatibility antigens often associated with 9 across in short
17. Hidden membranes in wet ARMD
18. A poisonous syndrome rarely seen after cataract surgery.
20. A type of glaucoma due to aqueous misdirection.
22. An immunosuppressant drug used in Rx of dry eye.

CLUES DOWN

1. A skin test used in diagnosis of 11 down.
3. The pressure of the eye in short.
4. Guy follows gold to measure 3 Down
5. Serum levels of this enzyme raised in sarcoidosis.
6. Miss Doolittle tests for presence of antigen in serum.
8. Yellow nodule often due to allergy 11 down.
10. A snake like fish causing periphlebitis retinae.
11. A systemic cause for granulomatous uveitis in short.
12. This intortor passes through 7 across.
14. Retinopathy seen in premature in short.
15. A new terminology for dry eye syndrome in short.
16. A pear shaped cavity in the skull which houses the eye and adnexa
19. This glue used to stick muscles in squint surgery.
20. Sweat glands in lid margin for a daughter.
21. A preservative in short is epitheliotoxic.



Streamlining CMEs under the aegis of KSOS

To conduct a CME under the aegis of KSOS, the organizing secretary should contact the KSOS secretary through E mail/ phone and verify whether that date is available or not. Once the date is fixed the organizing secretary should write an official request to KSOS secretary. The final sanctioning of CME is based on following conditions

- The names of the outside faculty should be intimated to KSOS before finalizing. They should be acceptable to the KSOS as per the guidelines.
- The brochures of the CME should indicate that the CME is held under the aegis of the KSOS.
- One of the signatories of the certificate of the CME should be the President, Secretary or the Scientific Committee Chairman of the KSOS.
- CDs or Hand-outs of the Scientific Proceedings of the CME may be made available to the delegates.
- After the CME, a brief report along with a photograph of the same should be sent to the Secretary, KSOS for publication in the KSOS Newsletter.
- A DD for rupees 1000/- in favour of KSOS payable at Cochin .
- Travelling and accommodation expenses (if required) of KSOS President/Secretary or any other office bearer appointed by the President for official participation.

Continuing Medical Education under the Aegis of KSOS.

7. OCULI 2010 An Ophthalmic Medley on 18.4.2010 was organised by Department of Ophthalmology, Medical College Kottayam in association with Kottayam Ophthalmic Society.
8. International Symposium on Intraocular Surgery. CME was on 1st and 2nd May 2010 by Chaithanya Eye Hospital & Research Institute, Trivandrum and TOC.
9. Ananthanayanam 2010. Regional Institute of Ophthalmology, Trivandrum conducted this CME on 16.5.2010 with TOC.

Forth coming CME

CME 2010

Oraganized by:Chakrabarti Eye Care Centre, Trivandrum
Date 04-07-2010, Time 08 :00 am to 3.30 PM
Duration 8 Hrs
Venue :Hotel SP GRAND DAYS, Trivandrum
Organizing Secretary Dr. Sonia R John
Contact Email: arupeye@gmail.com

ICO Examination

Dr C V Radhadevi, Prof. Amala Medical college is informing all KSOS members that an advanced ICO examination is being offered by the International Council of Ophthalmology. The examination will test up-to-date knowledge and a high level of common sense decision making. Passing it will entitle the successful candidate to use the post-nominal acronym (PNA) FICO. The details of the same has been posted in the \"NEWS\" section of the KSOS website .Last date of Application is 31st July 2010. Visit http://www.ksos.in/newsdetails_ksos.php?foo=bmV3c19pZCUzRDcw for details

Attention KSOS Award Winners

We are trying to collect information about the award winners of the previous DRISHTI conferences so as to put up in the website as a permanent document.All members who have got any award is requested to log on to the following link and enter the relevant information (ie their name and the Title of the Paper/poster/video etc) in the appropriate cells The link is as follows .Copy the same and paste in your browsers\'s address bar and click go https://spreadsheets.google.com/ccc? key=0AtPrKpQSbcVvdEhmcXJiVWhIeUotN1JYZWU0M2ZRWFE&hl=en

Once the spread sheet opens Please enter the relevant information in the appropriate cells taking care to note that you are entering information in the correct Drishti year column

If you have difficulty in doing this Please sent the relevant details (Drishti year; Name of Paper/poster/video etc; Name of the first author/award winner;Name of the award session) to

bijujc@gmail.com

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Become office bearer of KSOS.
Present Papers at KSOS conferences.

IDUKKI-MALANAD OPHTHALMIC CLUB

April 2010

General body meeting was held on 22-04-2010. In the CME session Dr.Jacob Mathew spoke on Recent advances in IOL implants and Dr.Kala B.Thottam spoke on Evolution of Refractive surgery.The presentations were followed by discussion on the topics by the members. Dr.Soman Mani chaired the sessions and Secretary described the club activities.

Report prepared by Dr.V.R.Mani Secreary

COCHIN OPHTHALMIC CLUB

March 2010

Felicitation of Dr. NSD Raju

It was a proud moment for the Cochin Ophthalmic Club (COC) to felicitate its own member, Dr. NSD Raju, on his election as the Vice President of the All India Ophthalmological Society. The felicitation meeting was held on the 18th of March, at the IMA House, Cochin. The meeting was presided by the COC President, Dr. A. Giridhar. Dr. Tony Fernandes, Dr. K. Narayanankutty and Dr. Revathi Ramesh reminisced their professional association with Dr. Raju. Dr. E.T. Kuriakose presented Dr. Raju with a 'ponnada'. Dr. Raju gave a touching reply.



Scientific Programme

The monthly scientific programme of the COC was also held on the 18th of March. Dr. Elizabeth Joseph presented the 'Dr. Prem Prakash' Award winning paper (AIOC 2010 – Kolkota) on 'Caudal or Cranial Partial Tenotomy of the Horizontal Recti in the correction of mild A -V Pattern Strabismus'. Dr. Freddy T. Simon talked on 'Femtosecond Laser and Custom Ablation'.

Community Programmes

The various member hospitals of the COC conducted community programmes. A total of 31 camps, including 1 diabetic retinopathy screening camps were conducted during this period, and 5331 patients were examined in these camps and 460 patients were taken for surgeries.

Eye Bank

The Little Flower Hospital Eye Bank collected 112 corneas, 14 were transplanted, 38 were sent to other hospitals.

World Glaucoma Day Observance

For the second year in a row, the official World Glaucoma Day programme of the Cochin Ophthalmic Club was held at Little Flower Hospital, Angamaly. As advised by the World Glaucoma Association and World Glaucoma Patient Association to observe a **Glaucoma week,** the observance started on the Monday March 8th with a **poster exhibition** about Glaucoma in the Outpatient department. The **public function** on March 12th was inaugurated by Dr.A.Giridhar, President, Cochin Ophthalmic Club. A **public education talk** on Glaucoma was given by Dr Alex Baby to the attending general public of about 300. This was accompanied by a **free Glaucoma screening camp**. Of the 145 people attending the camp, a total of 17 were found to have Glaucoma- 4 new and 13 known. The Amrita Institute of Medical Sciences also observed the World Glaucoma Day. Free Screening was done on 15/3/10 to commemorate The World Glaucoma Day . 70 patients were screened for any evidence of glaucoma, 15 of them were found to have the same and treatment given to them.



April 2010

The Cochin Ophthalmic Club had its monthly meeting on the 29th of April, 2010. This was held at Hotel Gokulam Park Inn, Kaloor, Cochin. Dr. Arup Chakrabarthi, Senior Consultant, Chakrabarthi Eye Care Centre, Trivandrum and Chairman, Scientific Committee, KSOS, was the guest faculty for this meeting. He delivered an exhaustive lecture on 'The journey of a Phaco Surgeon'. The meeting was chaired by Dr. Roshan George. The KSOS President Dr. B.V. Bhat visited the Cochin Ophthalmic Club on 29th April. He attended the monthly meeting, and addressed the COC members.

Drishti 2010

The proposed venue for the forthcoming KSOS annual conference (Drishti 2010) was inspected by the venue



inspection committee on the 29th of April, 2010. The committee thoroughly evaluated the facilities at the 'Gokulam Convention Centre' and expressed satisfaction.

The first meeting of the scientific committee for 2010 was held on the same day. The meeting was called by the Chairman, Scientific Committee, KSOS and was attended by the KSOS President, Secretary, Editor - KJO, local organising committee chairman, secretary and the local scientific committee members and the COC President and Secretary.

The organising secretary, Dr. Saikumar S.J. gave an update on the preparations of Drishti 2010, at the COC monthly meeting.

Community Programmes

The various member hospitals of the COC conducted community programmes. A total of 26 camps, including 1 diabetic retinopathy screening camp were conducted during this period, and 3606 patients were examined in these camps and 287 cataract surgeries were performed.

Eye Bank

The Little Flower Hospital Eye Bank collected 108 corneas, 17 were transplanted, 35 were sent to other hospitals.

Workshop on Perimetry

A workshop on Perimetry and visual field examination was organized by the Cochin Ophthalmic Club on Sunday, the 11th of April 2010, at Hotel Abad Plaza, Cochin. The course was directed by Dr. Devindra Sood from New Delhi. The other faculty members included Dr. N.R. Rangaraj (Chennai), Dr. N.S.D. Raju (Cochin), Dr. Ashley Thomas Jacob (Kozhencherry) and Dr. Rajesh Radhakrishnan (Palakkad). The workshop was attended by about 60 delegates.

Awards and achievements

International Conference. Dr. Radha Ramanan was an invited faculty at the Ophthalmosurgery symposium, 'East – West 2010', conducted by the Ufa Institute of Ophthalmology, Ufa, Russia.

May 2010

Scientific Programme

The monthly scientific programme of the COC was held on the 20th of May, 2010, at the 'Dream Hotel', Kadavanthra, Cochin. **Dr. Aravind Venkataraman (Chennai)** was the guest faculty for this meeting. He delivered a lecture on 'NSAIDs in Anterior Segment Surgery'. The meeting was chaired by **Dr. V.R. Mani**. 62 members attended. Dr. Saikumar S.J., Organising Secretary, Drishti 2010, gave an update on the preparations for the annual event to be held in Cochin in November, and Dr. Sony George, Chairman, Scientific Committee, COC gave a brief outline of the programme of 'August Ophthalmica - 2010'.

Family Meet

The COC members' family get together was held on the 9th of May. The picturesque Bolghatty Palace lawn was the venue. This was a fun filled evening, 42 Ophthalmologists dropped in with their families. Variety entertainments by the members and their children and grandchildren were the attraction.

Drishti 2010

The second meeting of the scientific committee for 2010 was held on the 23rd of May, at the KSOS Office, IMA House, Cochin. The meeting was called by the Chairman, Scientific Committee, KSOS and was attended by the KSOS President, Secretary, Treasurer, local organising secretary and the local scientific committee members.

Community Programmes

The various member hospitals of the COC conducted community programmes. A total of 37 camps, including 1 diabetic retinopathy screening camp were conducted during this period, and 6042 patients were examined in these camps and 484 patients were subjected for cataract surgery.

Eye Bank

The Little Flower Hospital Eye Bank collected 116 corneas, 16 were transplanted, 40 were sent to other hospitals.

Achievements. Dr. Mary Joseph and **Dr. Aslesha Sawant** (Little Flower Hospital, Angamaly) cleared the DNB (Final) Examination held in May, 2010.

International Conference. Dr. A. Giridhar participated in the Asia – Pacific Round table meet on Polypoidal Choroidal Vasculopathy, held in Singapore. He represented India along with Dr. Tarun Sarma from Sankara Nethralaya, Chennai.

Condolences. The COC members express their heartfelt condolences to Dr. Augustine Mampilly and family at the demise of his mother Mrs. Mary Thomas.

Report prepared by Dr Thomas Cherian, Secretary COC.

THRISSUR ACADEMY OF OPHTHALMOLOGY (TACO)

March 2010

Installation

The installation ceremony of the new TACO team was held at Hotel Casino on 6.3.2010. President Dr Jain V.Chimmen took over from outgoing President Dr Elizabeth Jacob. TACO also arranged a reception for Dr NSD Raju, the new President Elect of AIOS. TACO was first to arrange a reception for Dr Raju.



Dr. Elizabeth receiveing Presidents Award for Best District Club for TACO at Drishti 2009

Community ophthalmology

In community ophthalmology 38 eye camps were conducted by District Hospital, JMMC, Ahalia Hospital, Amala Institute of Medical Sciences, Govt. Medical College, Trichur Eye and Diabetic Centre, Eye Vision, Manavaseva, NECC Irinjalakuda and Santhi Hospital Kodakara. A total of 4555 patients were examined and 620 underwent cataract surgery.

On 12.3,2010 World Glaucoma Day was celebrated by most of thr hospitals of Thrissur. Dr Rani Menon's Eye Care centre screened around 80 patients. At JMMC a public awareness talk and a free glaucoma screening camp was conducted.

April 2010

Academic

The monthly meeting was held on 21.4.2010 at Hotel Joy's palace. Dr Bessy Ninan of Vijayasree Eye Hospital presented a case of Optic Nerve Glioma. Dr J.K.Reddy spoke on Evolution of Sry Eye and update on Recent Advances in Dysfunctional Tear Syndrome.

In community ophthalmology a total of 16 camps were conducted by different hospitals and a total of 1881 patients were screened and 341 patients had cataract surgery.

Achievement

Dr V.K.Lathika, Scientific Committee Chairperson of TACO came out successful with her FRCS Glasgow attempt. TACO appreciated her effort with a memento.

May 2010.

Academic

The monthly academic meeting was held at Hotel Casino on 14.5.2010. Dr Raghuram of Coimbatore spoke on 'Post Operative Complications. Dr Shoha M.E. of JMMC presented a case of Orbital Murcomycosis.

Reported by Dr Roland Godly, Secretary TACO.

BOOK SHELF

THE ANCESTOR'S TALE

Richard Dawkins. A Phoenix Paperback. Rs 495.

The most astounding book which narrates the life on earth is never to be missed as it picturises stunningly how different forms of life evolved and some survives few disappears yet keeps on the earth a beautiful refuge to live on. Dawkins resorts to a method of pilgrimage, a travel back to origin of life some 3.5 billion years ago, starting with human life. As we go back we meet with 40 Rendezvous points where different species comes and joins with us in tracing back to ultimate destination 'the nucleated cell: the high-tech, miniature machine that is the micro foundation of all the large scale and complex life on this planet.' Journeying envisages back not only different life forms but the marked explosive changes of nature and this planet also. We can experience the continents drifting apart, comets striking calamitous changes and various adaptations life resorts to in accordance with. Mention is made on when Homo Erectus, 2 million years back communicated with language, bipedal way began 4.4 million years back, 18 millions years back the tail was lost to our ancestor, trichromatic colour vision began 40 million years ago in New world Monkeys who lived on tree tops, Tarsiers monkeys who lived 58 million years back had eyes larger than brain and knowledge spring which never stops. As he explores genealogy, Dawkins can't hide the embarrassment 'My B group (blood) gene relates me more closely to a B group chimpanzee than an A group human.' Explanatory graphics makes the reading all the more relaxed. Rendezvous 36 is with plants where he depicts green life the supreme power steps ahead of we humans. Knowledge makes one humble. 637 pages on life on earth is on evolution of all aspects narrated in a breezy way that make reading effortless.

Dr. Babu Krishnakumar

CROSS WORD

1 M	A	D	D	O	X	■	2 H	3 I	P	P	U	S	■	4 G
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7 T	R	O	C	H	L	E	A	■	■	■	■	L	■	D
O	■	■	■	■	■	■	■	■	■	8 P	R	I	S	M
9 U	V	10 E	I	11 T	I	12 S	■	■	■	H	■	S	■	A
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15 D	■	E	■	■	■	16 O	■	17 O	C	C	U	L	T	■
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21 B	■	■	O	■	■	T	■	■	■	■	■	■	■	R
A	■	■	L	■	■	■	■	■	■	■	■	■	■	I
22 C	Y	C	L	O	S	P	O	R	I	N	E	■	■	N

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Contact KSOS.
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If not reachable leave SMS with name and convenient time to call back



Honouring Prof. Mary Kuriakose
by Justice K.T. Thomas at 2003



Life Time Achivement Award to Prof. Mary Kuriakose
by Prof. K.V. Peter, VC, KAU,at TACO 2005



TACO Academic Meeting, May 2010



Glaucoma Day Celebrations
by Cochin Ophthalmic Club, March 2010



Dr. Radha Ramanan at UFA, Russia



Dr. Rani Menon
at ASCRS 2010



Dr. Minu Mathen at ASCRS 2010

NAYANA DARSANAM

Dr P.Jayadevan

"The regimen I adopt shall be for the benefit of my patients"
Hippocrates.

"A medical practitioner shall not receive any gifts"
Medical Council of India.

Medical Council President Arrested for receiving bribe !!



LETTERS TO THE EDITOR

"Good Newsletter. Can give more prominence to the article on senior ophthalmologist."

SMS from Dr. S. Sasikumar.

A perfect new way to communicate with and express your views and ideas with 1100 Ophthalmologists at pen tip or with email is appearing as a regular column in KSOS Newsletter. Relieve your anxieties, vent out your rage, hug your friends at this page.

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