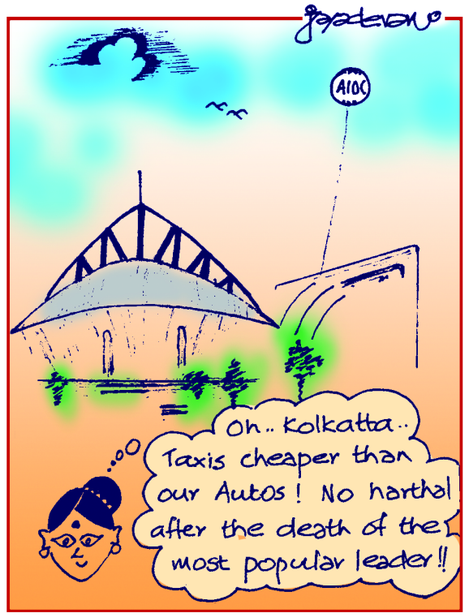
Nayana Darsanam

Dr P.Jayadevan



DRISHTI 2010

KOCHI

26th, 27th & 28th Nov

37th Annual Conference of
Kerala Society of Ophthalmic Surgeons

For information contact :

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EYE IMPLANTS

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Published by Dr B. Radha Ramanan (L.F.Hospital Angamaly, Ernakulam Dist. 683572. Ph 04802704932, 9447006421. email rramanan@sify.com) on behalf of Kerala Society of Ophthalmic Surgeons.

KSOS NEWS LETTER

For Private Circulation only
March 2010
Vol. XI Issue - 1

Official News letter of Kerala Society of Ophthalmic Surgeons

Dr. T P Ittyerah - The Pan Ophthalmologist 'unlimited'.

Dr. Bastin V A, *Nethra Eye Care Centre, Irinjalakuda*



How shall I begin my description of a stalwart in the field of Ophthalmology, a marvel of eternal fascination? I fall short of apt words. Shall I seek the aid of a story that I heard during my school days?

That of a wood cutter who lost his axe in the water while crossing a river…grief stricken, he sat on the river bank and wept. Suddenly an angel appeared before him …She dived and brought out a golden axe… "No" said the wood cutter…and then a silver axe…. Nothing satisfied him. Finally, the angel dived and emerged with an iron axe, which was readily accepted by the wood cutter as it was his very own. Pleased with his honesty, the angel gifted him all the three axes.

Similarly, here is a man, nay, a marvel in the fields of Retina, Oculoplasty and Cornea - all the three combined in the God chosen one - Dr. T P Ittyerah.

Born on 30th November 1945, the only son of his parents, the child was named after his grand father, Ittyera master. His father was an agriculturist and mother, a house wife. His maternal uncle, a successful medical practitioner was the only medical background in the family. He completed MBBS from T D Medical College, Aleppey in 1969 and MS (Ophthalmology) from Banarus Hindu University, Varanasi, in 1973 under the care of Prof. K.S. Mehra and guidance of Prof H.V.Nema, a great author of several useful books in

(Cont..... page 5)



PROUD MOMENT FOR KSOS

Dr N.S.D.RAJU got elected as Vice President of AIOS during Kolkata AIOC through online voting. In the election he came first of four contestants by a great margin. He will succeed as 70th President of AIOS at Kochi 2012. He happens to be 2nd President from Keralam after Dr S.Tony Fernandez. The director of Ranjini Eye Hospital,Cochin has held positions like Editor Proceedings, Member, Scientific Committee and Member Managing Committee at AIOS and KSOS President, Editor, KSOS Journal, President, Cochin Ophthalmic Club at state level. He has organized two All India Ophthalmological Conferences at Cochin and many KSOS conferences and good number of CME s. At community ophthalmology he has held 183 eye camps and thousands of free surgeries. He retains his membership in AAO and ASCRS. We are unanimous in applauding the achievement of Dr NSD Raju

(Cont..... page 4)

KSOS ACQUIRES NEW OFFICE SPACE



At IMA HOUSE Kaloor KSOS has rented out a room combining with Cochin Ophthalmic Club. The office room was inaugurated by cutting the ribbon by KSOS President Dr B.V.Bhat. at 10 AM. Eminent ophthalmologists of Kerala graced the function.



Dr Elizabeth Joseph
won Prem Prakash Award for the Best Paper in Squint session for her presentation 'Caudal/Cranial Partial Tenotomy in the Correction of Mild A/V Pattern Strabismus' at AIOC 2010



President's Page

Greetings from your President.

The first quarter of the year 2009-2010 has been glorious. KSOS members made a lively participation at AIOC – Kolkata and cheered out the victory of Dr. N S D Raju as the new Vice President of AIOS.

To add glamour to the euphoria, AIOC 2012 was allotted to KSOS unanimously to be conducted at Kochi. This being the first All India event to be hosted by Kerala Society of Ophthalmic Surgeons and every member of KSOS is obliged to actively involve in the event. Dr. N S D Raju as the Chairman of the Organising Committee of AIOC 2012 is chalking out a befitting organizing committee involving the KSOS members from the length and breadth of the state. We had excellent scientific CME programmes at Trichur, Kochi and Calicut. For the first time in Kerala a Two Day Interactive P G Coaching Programme was conducted for the exam going P. Gs in Ophthalmology by Cochin Ophth. Club.

A special General Body Meeting was held at Kochi to amend the byelaw of KSOS in order to catalize the activities of KSOS in the coming months. The new team is sharing no effort in providing enough and more scientific feasts, through CME programmes and Journals in the coming months.

All local (District) Oph.Clubs are requested to send monthly/ bimonthly /quarterly reports to the state office by e mail. This will greatly help us in strengthening and coordinating our activities at the state level. Congratulations to Cochin Ophth. Club for the wonderful monthly reports.

As the new president, I humbly seek the blessings of the galaxy of illustrious past presidents as well as esteemed members of KSOS to make this year eventful and lively.

With best wishes for Ugadi, Vishu & Easter.

Sincerely yours

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



Secretary's Page

Dear Friends,

Many thanks for electing me as the KSOS General Secretary.

We had an excellent KSOS secretary for the last 2 years. To follow the foot steps of Dr Sasikumar is a difficult task. But with the help of all of you I can try that.

This year started with good news. Our own Dr N.S.D.Raju elected as Vice President of AIOS and he will become the AIOS President in 2012. KSOS is going to host the AIOS conference in 2012 at Kochi. In this year we already conducted 6 CME programmes. The extra ordinary general body of KSOS on 7th of February at Kochi has passed the proposed amendments of KSOS bye laws.

But the very unfortunate truth as noted by the Immediate past president of AIOS Dr Babu Rajendran is 57% of KSOS members are not members of AIOS. I hope that all the KSOS members will join the AIOS in this year.

Jai KSOS

Dr Radha Ramanan



Scientific Committee Chairman's Page

Dear Colleagues,

I feel excited to be serving as Chairman, Scientific Committee KSOS, and to be an integral part of an organisation that has progressed by leaps and bounds.My ambition is to continue the excellent work carried out by my predecessors and at the same time try to keep pace with the fascinating changes taking place in our field at an explosive pace as well as to keep pace with the changing needs of our members.I plan for a few new segments in the scientific programme. Some programmes under active consideration are .."Meet the Expert", "Kerala Ophthalmic Premier League" etc. Emphasis will also be laid to eliminate unnecessary duplication or repetition of contents. It is also planned to have more number of instruction courses. Another new feature is to have all communication from the scientific committee by e-mail. I will look forward to hearing from you regarding your ideas on modification of already existing sections and/or starting some new events during the upcoming KSOS meeting. This is after all your programme!

Dr. Arup Chakrabarti

Ph : 9946410540, 0471-2555530



Editor Outlines

Friends,

I am just carrying out what you are supposed to hear from KSOS and what you have to send as feed back to your organization. Joining both hands will make my effort successful. Make this forum a good media to let others know of your achievements, your views, your criticisms, your applauses. Try out your views on IMC guidelines we have published in this issue. District Clubs are requested to report their activities regularly. With out your participation in writing what you think right, this newsletter does not find it worthy to survive.

With sincere regards

Babu Krishnakumar,

Aswini Hospital, Thrissur 20, Keralam-20, Ph 9895225633. babukkr@yahoo.com



6th Lakshadweep Surgical Eye Camp



6th Lakshadweep Surgical Eye Camp jointly organized by Little Flower Hospital, Angamaly and Dept of Health, Lakshadweep was conducted at Indira Gandhi Hospital, Kavaratti, Lakshadweep on 9, 10 and 11 th of February, 2010.

The team from L.F included Dr. E.J.Mani, Dr. Radharamanan B, Dr.Alex Baby, Dr. Joseph Francis and three theatre staff. Dr. Rachel Jose, Additional Director General, Ministry of Health and family Welfare, Govt of India also joined the team at Lakshadweep. The team had taken along with them an operating microscope, IOLs, instruments, visco etc for the smooth conduct of the camp. The patients consisted of people from all the inhabited islands of Lakshadweep including the far off Minicoy. 114 surgeries (cataract, trab, combined) were performed in two and a half days. The team left Kavaratti the third day afternoon to the airport island of Agatti where patients were waiting for us in the guest house.Dr. Hamsa Koya, DHS, Lakshadweep was in charge of the state of affairs. Later, the team members were honored in a gathering hosted by the Administrator of Lakshadweep.

Reported by : ***Dr.Alex Baby****., Little flower hospital Angamaly*

MEGA FIESTA AT KOLKATA

What else you call an academic festival which was attended by more than 4000 delegates over 4 days engaging 12 halls from 8am to 6 pm. AIOC is making its appearance in this imperial city for the 7th time and though the city has remained same a sea of revolution has resulted in Ophthalmology. Wide spectrum of topics were covered from 'Updates' in all subspecialties, 'Current Concepts', 'Clinical Challenges', 'Tips and Tricks from Experts' happened to be routine fare . Newer topics like 'Future of Ophthalmology', 'Genetics in Ophthalmology', 'Research Methodology' and Presentation Methods' could find a place in scheme. Introduction of instruments starting from slit lamp to OCT happened to be blissful. The quiz is becoming popular by the year it survives.

The joint meeting of 68th Annual Conference of All India Ophthalmological Society and 15th Afro Asian Congress of Ophthalmology materialized in Science City of Kolkata from 21st to 24th of January 2010. The official inaugural ceremony at the auditorium was presided over by Dr Babu Rajendran, the role model president of AIOS. Chief Guest of the evening was Swami Sarvabhuthananda, secretary of Ramakrishna Mission Institute of Culture, Kolkata. Mayor of Kolkata Shri Bikash Ranjan Bhattacharyya , guest of honour made an excellent communication and hosted the dinner of the evening. Invocation recital by Smt Swagata Lakshmi was outstanding as well as the 'Subha Swagatham' dance with the song which introduced what Bengal is. Dr Babu Rajendran summarized the year that was and introduced incoming president Dr Rajvardhan Azad.

2nd day (22nd January) of Conference made you relax ultimately at Nicco Park of Salt Lake organized by reception committee. The evening of Cultural extravaganza included 'By AIOS for AIOS' the singing and dancing performances. Impressive show by playback singer Shreya Ghoshal and team made the delegates dance with her tunes. The icing of the cake, the dinner went on to motivate the taste buds to the full extend.

KSOS made impressive achievements at academic as well as at organizational fronts at AIOC and made Kolkata a city of Joy for the members. Winning at the Vice President election by Dr NSD Raju happened to be a great feat. Dr Elizabeth Joseph won Prem Prakash Award for the Best Paper in Squint session for her presentation 'Caudal/Cranial Partial Tenotomy in the Correction of Mild A/V Pattern Strabismus'. KSOS members presented and chaired in 37 sessions, screened 10 films and put up 5 posters. Nearly 60 KSOS members made their presence felt at Kolkata.

Overseas delegates made their presence more this year, Bruce Spivy –President of International Council of Ophthalmology was noteworthy among them. 'Ophthabuzz' happened to be official Newsletter of the Conference which was printed every day for the delegates.

Dr C.V.Andrews
Member, Managing Committee, AIOS





KJO Editors Report

Dear friends,

Greeetings from the new editorial office of KJO.

Last few years have witnessed phenomenal improvement in the quality of KJO. The new editorial office has the added responsibility of maintaining this standard and improving some aspects. The main aim is to publish more articles that is useful for the general ophthalmologists. Also more articles are needed from our state and outside. We hope as the quality improves we will automatically get good response from everyone. We are starting some new sections in the journal which may be of practical use for everyone. Ultimately it is the reader who decides how good a journal is. We eagerly await your valuable suggestions for improvement of our own journal.

Jai KSOS

Dr.Mahesh G*, Ph : 0484-2316778, 9388467893*
maheshgopalakrishnan@yahoo.com



Website Editor Report

Let me thank all the members for electing me as the website Editor for 2010-2011 periods. The previous editor Dr Thomas George had done a fantastic job and I am basically planning to continue the same. We are continuing with the same computer firm and the same website engineer.

The website has recorded 6171 hits since november2009 .7 CMEs were registered in the site and they have been promptly posted. Regular emails are being sent to the members updating them of news especially conferences. However the emails of a lot of members are not available in the site and I request all members not getting mails to update their emails by going to the address change request site or just sent the email ids to web.ksos@gmail.com.

About 22 address change requests have been received and the same have been updated .Addresses of newly added members will be added once the information is received from the secretary. The DRISHTI 2009 winners and marksheets have been posted in the site and members are free to access the same. The website was also adequately used to campaign for Dr NSD Raju as AIOS Vice president with good results. Some of the newsletters which were not uploaded in the site are being done and the same will be online within 2-3 wks.

Please mail any suggestions/criticisms etc to web.ksos@gmail.com or bijujc@gmail.com so that we can improve the site. I take this opportunity to thank Dr Thomas Cheriyan for his constructive suggestions.

Dr. Biju John
9349351689, bijuje@gmail.com

IMC Guidelines

Relive your doubts on unethical act in advertising as written down by IMC.

CHAPTER6

6. UNETHICAL.ACTS

A physician shall not aid or abet or commit any of the following acts which shall be construed as unethical

6.1Advertising:

6.1.1 Soliciting of patients directly or indirectly, by a physician, by a group of physicians or by institutions or organisations is unethical. A physician shall not make use of him / her (or his / her name) as subject of any form or manner of advertising or publicity through any mode either alone or in conjunction with others which is of such a character as to invite attention to him or to his professional position, skill, qualification, achievements, attainments, specialities, appointments, associations, affiliations or honours and/or of such character as would ordinarily result in his self aggrandizement. A physician shall not give to any person, whether for compensation or otherwise, any approval, recommendation, endorsement, certificate, report or statement with respect of any drug, medicine, nostrum remedy, surgical, or therapeutic article, apparatus or appliance or any commercial product or article with respect of any property, quality or use thereof or any test, demonstration or trial thereof, for use in connection with his name, signature, or photograph in any form or manner of advertising through any mode nor shall he boast of cases, operations, cures or remedies or permit the publication of report thereof through any mode. A medical practitioner is however permitted to make a formal announcement in press regarding the following:

1. On starting practice.
2. On change of type of practice.
3. On changing address.
4. On temporary absence from duty.
5. On resumption of another practice.
6. On succeeding to another practice.
7. Public declaration of charges.

6.1.2 Printing of self photograph, or any such material of publicity in the letter head or on sign board of the consulting room or any such clinical establishment shall be regarded as acts of self advertisement and unethical conduct on the part of the physician. However, printing of sketches, diagrams, picture of human system shall not be treated as unethical.

Join KSOS

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

PROUD MOMENT FOR KSOS *Contd. from page 1*

Campaign for Vice President AIOS





and the result....

2010 AIOS Vice President Election

Total voters for ballot: **1380** (**13.9%** of 9905 total codes; and one additional abstention);

Vice President (**1352*** total voters this ballot; vote for 1):

Votes	Name	%
835	**Dr. N.S.D. RAJU**	**61.8%**
307	Dr. G. MUKHERJEE	22.7%
149	Dr. HIRENDRA KUMAR CHOUDHURY	11.0%
61	Dr. B.K. TRIPATHY	4.5%

*28 Votes were invalid

Dr. T P Ittyerah The Pan Ophthalmologist 'unlimited'.

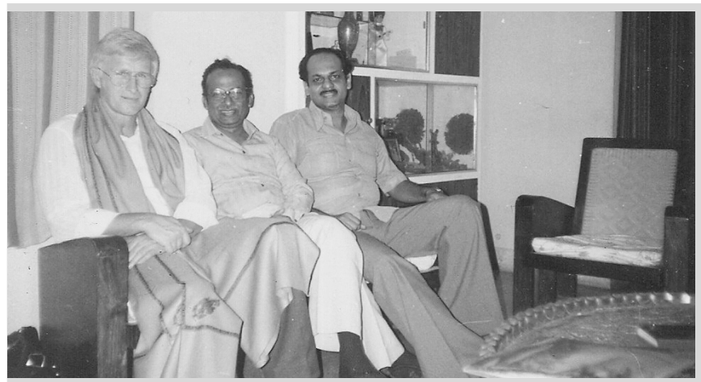
Contd. from page 1

ophthalmology. While doing MS, he had the opportunity to work there as clinical registrar in Ophthalmology. Later he moved to CMC Vellore, as junior lecturer in Ophthalmology under Prof. Anna Thomas and next to Pushpagiri hospital Thiruvalla, as Chief Ophthalmologist. Ever a diligent student, he took M Phil in Hospital and Health System Management from Birla Institute of Technology and Science, Pilani, Rajasthan in 1995.

"Sir, it is very difficult to get trained in more than one subspecialty. How did you get the opportunity to become experts in all the major subspecialties?"

Traveling down the memory lane, he reminisced. "In 1975, when I joined Little Flower Hospital, Angamaly along with Dr. K. Narayanankutty, the concept of subspecialties in Ophthalmology was slowly getting into vogue. The choice was between Retina and Glaucoma. Dr Narayanankutty chose retina and I had to take glaucoma. Later when Dr Narayanankutty left Little Flower hospital, I was advised to try my hand at retina as well". When Dr.K.E.Eapen rejoined the department after his fellowship & training in retina at several places in Europe, I had a dependable retina consultant to clear my doubts and share the work load."

Since then Dr. Ittyerah continues to reign as an unquestioned authority in the field of retina for thirty four long years with his untiring zeal. He reveals the



Dr Ittyerah with prof Frederic Rentch & Dr Tony Fernadaz

proptosis. Dr Divakaran Director Pain and Palliative Care Society Thrissur, spoke on current perspectives in palliative care.

Community Activities

TACO conducted 22 eye camps where 3599 patients were examined and 357 were taken for surgery. One Diabetic Retinopathy camp was arranged.

January 2010

January saw the annual CME organised by the Trichur Govt Medical college and Taco on the 17th. The topic chosen, Refraction- Basics to Latest, a comprehensive coverage of the concerned topic was undertaken by in house members and few eminent outside faculty, notably Dr Ramamurty, Scientific committee chairman AIOS and Dr Chitra Ramamurty from Coimbatore.

Community Activities

TACO organized 19 cataract detection camps , examined 2934 patients and 313 were subjected for cataract surgery.

One Diabetic Retinopathy camp was conducted.

One School screening camp where 570 children were examined.

February 2010

The annual family meet of TACO members was held on the lawns of Casino hotel Thrissur on 7th Feb. An event filled with fun and frolic , with a magic show thrown in completed the years programmes with a touch of grandeur.

The last Executive committee meet of the current term met on 25th feb to thresh out the procedures involved in setting up the new team of TACO office bearers for the coming year.A decision to remove the the post of vice president and replace it with President Elect was reached. It was also decided to reorganise the term of each TACO team in such a way that a fresh team could be installed in place in January of every year to enable better administration.

KOTTAYAM OPHTHALMIC SOCIETY CME ON RECENT ADVANCES IN OPHTHALMOLOGY

CME on Recent Advances in Ophthalmology jointly conducted by Alphonsa Eye Hospital, Pala and Kottayam Ophthalmic Society under the aegis of KSOS was held at hospital Auditorium, Alphonsa Eye Hospital, Pala. on 20th of December 2009.

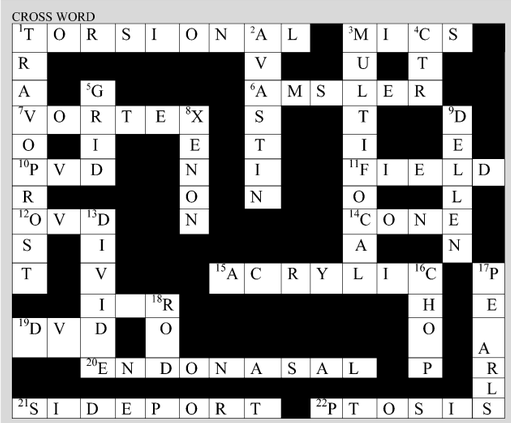
The CME was inaugurated by Dr.Roy Abraham, Principal, Co-operative Medical College, Cochin. Dr.K.C Baby welcomed the gathering. Dr. Amitha Varghese, President KOS and Dr.Radharamanan, Secretary, KSOS offered felicitations.



The first session was on recent advances in Retina. Dr.Shane Mathew spoke on Electrophysiology and Dr. Varghese Joseph on autofluroscence. The session on paediatric ophthalmology followed. Dr. Mahadevan spoke on ROP and Dr. Meena CK on recent advances in amblyopia managent. The next session was on glaucoma. Dr.Radharamanan of Little Flower Hospital enlightened the audience with the newer trends in visual field assessment; he spoke mainly on Glaucoma Progression Analysis(GPA). Dr. Deepa Paulose of Dr. Tony's SuperSpeciality Eye Hospital, Aluva spoke on ORA. In the next session of Cataract Dr. Philip Kuruvilla gave an insight about the Iris Claw Lens. Dr.Jacob of Vasan Eye care, Cochin spoke about the latest trends in cataract surgery. The Refractive surgery session followed. Dr.Freddy. T.Simon spoke about his experience with Femtosecond Lasik. Dr.Alex Baby spoke on C3R, topography and advances in Keratoconus management. Dr. Shaji A, Secretary , KOS thanked the gathering. A hand book of recent advances in ophthalmology titled "What is new in Ophthalmology" was released in the function. The CME was attended by 67 delegates and was appreciated by all.

***Dr. KC Baby**, Chairman Organizing Committee*

CROSS WORD



IDUKKI- MALANADU OPHTHALMIC CLUB

New District Ophthalmic Club was formed at Idukki district. It is named as Idukki- Malanadu Ophthalmic Club. This is the 13th Ophthalmic Club affiliated to KSOS. First President of the club is Dr Soman Mani, new secretary is Dr V.R.Mani and the treasurer is Dr Mohan Markose. They have nominated Dr Sarah Chirayath to KSOS Executive..

COCHIN OPHTHALMIC CLUB

October 2009

President Dr A.Giridhar, Secretary Dr Thomas Cherian, Vice President Dr R.R.Varma, Treasurer Dr Meenakshy Dhar, Scientific Committee Chairman Dr Sony George and Joint Secretary Dr Freddy T.Simon.

January 2010

The club has started a News Letter from January 2010 edited by Dr Freddy T.Simon

15th of January, 2010. There were case presentations by 3 members, Dr. Ashok Nataraj (Dr. Tony's Eye Institute), Dr. T.P. Sunilkumar (Dr. Sunil's Eye Hospital) and Dr. Prakash V.S. (Medical Trust Hospital). Each case presentation was followed by a lively discussion. Dr. Mary Joseph (Little Flower Hospital) presented her award winning paper (Dr. K.S. Subramanian Award for Post Graduate students, Drishti 2009) on 'Videonystagmographic and Clinical Analysis of Nystagmus Surgery'. The session was chaired by Dr. Davis Akkara. . Dr. Babu Rajendran, President AIOS, attended the meeting and addressed the COC members.

DRISHTI 2010

The preparations for 'Drishti 2010', Cochin has started. The logo for the conference was released by Dr. Augustine Mampilly, Chairman, Organising Committee, at the COC meeting on 15th January. The registration was also formally opened, with the COC President Dr. A. Giridhar registering as a Reception Committee member. The Organising Secretary Dr. Saikumar S.J. gave an update on the preparations for the conference.

CME National Symposium on Ocular Infections, Infection Control and Theatre Asepsis. 9th and 10th January 2010 by Amrita Institute of Medical Sciences, Kochi and Cochin Ophthalmic Club

Community Activities

COC conducted 35 eye camps, examined 6835 patients and 375 were operated for cataract. At 4 school screening camps they have examined 1774 school children 280 children were taken for detailed examination.

EYE BANK

The Little Flower Hospital Eye Bank collected 110 corneas, 13 were transplanted, 46 were sent to other hospitals.

A good number of COC members participated in AIOC Kolkata 2010. Its member Dr NSD Raju elected as Vice President of AIOS, Dr Elizabeth Joseph won award for her Free Paper and Dr Abhijith Khake won the third place in the ARC Symposium for his Post Graduate thesis. Dr Meenakshy Dhar selected for Leadership Development Programme.

February 2010

CME s

1. 1st NOEL MONIZ Memorial Lecture and Glaucoma Symposium. 7th February 2010 by Cochin Ophthalmic Club.

2. **Post Graduates' Update and Training Programme**

The Cochin Ophthalmic Club, under the aegis of KSOS, conducted a 2 day Post Graduates' update and training programme in Ophthalmology, at the IMA House, Cochin, on the 20th and 21st of February, 2010. 102 post graduate students from 18 post graduate teaching institutions in Kerala and one institution in Tamilnadu, attended the programme. This was a rigorous training programme, which included lectures, case presentations and OSCE sessions.



THRISSUR ACADEMY OF OPHTHALMOLOGY (TACO)

Dr. Jain V. Chimmen	(President)
Dr. Rolland Godly	*(Secretary)*
Dr. V.A. Bastin	*(Vice President)*
Dr. Bessy Ninan	*(News Letter Editor)*
Dr. Lathika V.K.	*(Scientific Committe Chairperson)*
Dr. Asha Warier	*(Treasurer)*
Dr. Merine Paul	*(Website Editor)*
Dr. Shobha M.E.	*(Camp Co-ordinator)*

December 2009

After the Drishti conference at Kannur, where TACO members put up a commendable performance, we moved on to further academic and community based activities. TACO won KSOS President's Award for Best District Club for the 7th time. Monthly meeting was held at Casino hotel Trichur on 22nd . Dr Bindu Das, Prof of Ophthalmology, Govt Medical college , Calicut spoke on Orbital tumors and

changes that retinal surgeries underwent with passage of time. "At that time, retinal surgeries were done with the direct ophthalmoscope and diathermy. We managed to get the carbon dioxide cryo from England. The problem with carbon dioxide cryo was that it didn't give good cryo reaction. So we had to make a partial thickness scleral flap to get the effect on choroid. The nitrous oxide cryo was too expensive during those days. But this problem was solved when Appasamy made affordable Indian nitrous oxide cryo on his own (That was the time when Appasamy was working in Asia Contact lens under Dr. Venkettaswamy, the founder of Aravind eye hospitals). Later Dr Ittyerah did training in retina under Dr SS Badarinath from Sankar Nerthralaya, Chennai and Prof P K Khosla and H K Thivari at R P Centre, AIIMS, New Delhi. He also got special training in vitrectomy from Gholam Peyman and Namperumalsamy, at Madurai.

"Sir, you are also a well known Oculoplasty surgeon. How did you come to be associated with this field?"

"That was a time when many patients were referred to distant places for Oculoplasty procedures. Many of them were very poor and could not afford the expenses. As for the doctors, Oculoplasty was not a charming area and none was willing to try his luck. Finally, it came to my head. I was trained under Dr. Y Dayal & Dr Batheria at R P Centre, AIIMS, New Delhi".

Bestowed with the boon of the Midas' touch, Dr Ittyerah has carved out a niche for himself as one of the best Oculoplastic surgeons in South India. He is also the fellow of International College of Surgeons in Retina and Oculoplasty.

As the years rolled by, Dr Ittyerah found himself at the helm of the Department of Ophthalmology at Little Flower Hospital, Angamaly, as unit head, Head of the Department and Faculty coordinator. Today, he adorns the chair of the Senior Consultant in Retina there.

Dr Ittyerah is not confined to his clinical work alone. The electromotive force with which he is blessed drives him to various offices. He was the Chief Editor of Indian Journal of Ophthalmology (1992), Kerala Journal of Ophthalmology (1977, 78, 79, 80 & 82), Kerala Medical Journal (1986).



With Dr TP Das & Abdhul Kalam

Known for his organizational skill, he was elected President of KSOS (1988), President, IMA Madhya Kerala branch, Chairman, Scientific committee and joint organizing secretary in the 43rd AIOS at Cochin and Secretary, Eye Bank Association of Kerala (1991-2004).

If one believes that behind the success of every man, there is a woman, that woman is Mrs. Leela, a home maker, but a pillar of support to Dr. Ittyerah. Blessed with three children- Liby Mary, the eldest, is a post graduate in Physics, married and settled at Salala, Oman. Dr. Peter, the only son, has followed the foot steps of his illustrious father and is an Ophthalmologist at Kochi. Susan, the youngest daughter is a computer Engineer working at Melbourne, Australia. An affectionate grand father to four grand children, the latest addition is an Australian citizen by birth.

Dr. Ittyerah has to his credit many publications both in the national and international journals of great repute.

"Sir, of all your literary creations, which do you consider the best?"

Pat came the reply. He showed me an article in the Journal of American Geriatric Society (Jan.2010, Vol. 58, No1 Page 187) -'Is there an alternative process to ageing and death?' "This article deserves a special acclaim as perhaps the first international medical publication by an Ophthalmologist from Kerala on a non ophthalmic subject".

There is a popular saying about Dr. Ittyerah among us that wherever he goes in the eye, he gets a worm! Dr T P Ittyerah has four publications about Nematode in the eye in the Indian Journal of Ophthalmology and one in the British Journal of Ophthalmology.

"Sir, can you cite an incident as the turning point of your academic career?"

He had answer ready in store." Not just one but two; first one is joining Little Flower hospital under the most popular and versatile eye surgeon Dr.Tony Fernandez, ignoring the PSC appointment as assistant surgeon to Kerala Health Services and the second is working under Prof.Frederic Rentch in Germany. Prof. Rentch is an eminent international figure, a Pan Ophthalmologist from Germany. Even at that time in 1986, when I joined for training under him, he used to do Phacoemulsification as well as three port Pars Plana Vitrectomy for complicated PDR. His sincerity, skills and dedication influenced me, in fact inspired me. He was not only a good surgeon, but also a good teacher and a true friend".

Dr T P Ittyerah has received many an accolade for what he is. To mention a few, 'Knight of the blind' by Lions international and T K Alexander Memorial Oration & Gold medal by KSOS.

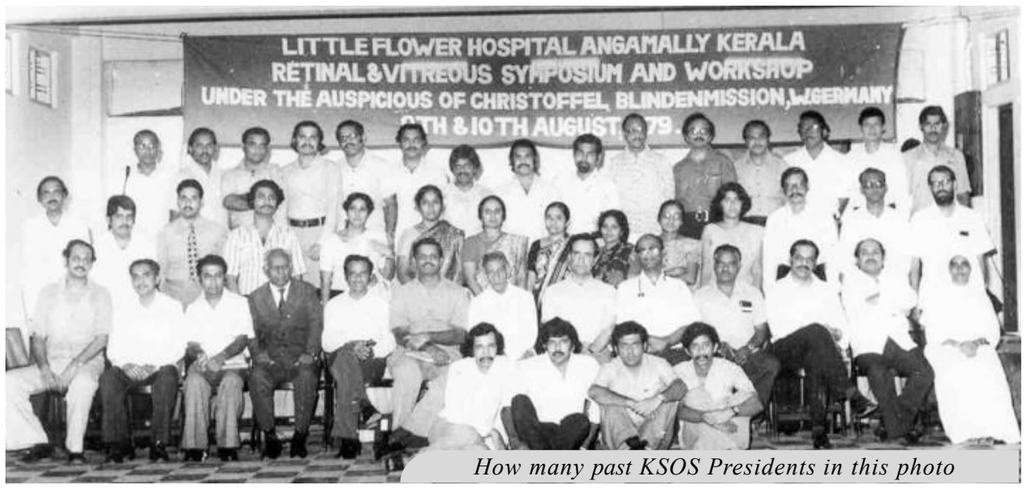
"Sir, is there any area in Ophthalmology where you have not trodden?"

"Off course" he smiled. "Phacoemulsification. I tried once, but I had to take my own nucleus from the vitreous. After that, I never attempted".

It was 4 pm. Dr T P Ittyerah looked at his watch. Patients were waiting for him at home and the work goes into late

hours of the night at times. An indefatigable hard worker, Dr. Ittyerah is at Little Flower hospital Angamaly from Monday to Wednesday. He is also a visiting consultant to Medical Trust Hospital, Ernakulam, Nethra Eye Care Centre, Irinjalakuda and Dr Tony's Super Specialty Eye Institute Alwaye. He finds time for writing articles for different journals and chairing sessions at various conferences. Yet, he remains ever fresh, being unaffected by the din and bustle around. The secret of this vigor and vitality, I am sure, one would be curious to know. The answer is simple. "Ophthalmology, I enjoy every bit of it. I derive pleasure in treating patients, reading journals, publishing articles, and sharing knowledge, so much that I do not need a separate hobby. I feel relaxed when I am involved with the subject. You see, a hobby is something which makes you comfortable and relaxed".

With a warm hand shake, I rose from my seat. And my heart murmured, "Sir, many untrodden paths await you and you have miles to go as you have culled the palm of glory in the field of Ophthalmology".

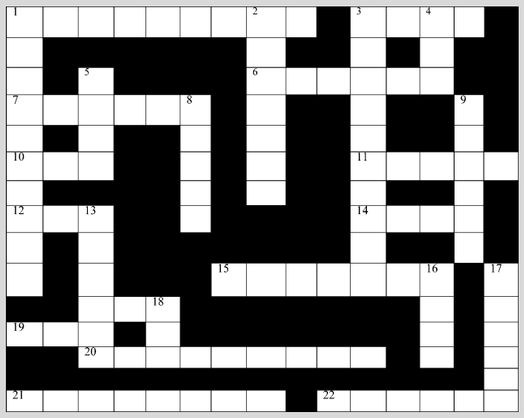


How many past KSOS Presidents in this photo

Cross WORD

Clues

Across	Down
1. Twisting phaco	1. Prostaglandin analogue
3. Sub 2 mm phaco	2. Intravitreal VEGF inhibitor
6. Grid to check scotoma	3. Say goodbye to glasses with this IOL
7. Whirlpool veins?	4. Useful ring in zonular dialysis
10. This can give rise to photopsiae shortly	5. Laser in diffuse macular edema
11. This is reduced in advanced Glaucoma	8. This arc was used for photocoagulation
12. Ocular viscosurgical device	9. Corneal depression causes pooling of fluorescein dye
14. Ice cream receptacle in the retina	13. British method to rule in phaco
15. Foldable lens material	16. Butcher the lens!
19. Dissociated vertical divergence	17. Jewels in a type of after cataract
20. DCR through nose	18. A stick for night vision
21. A path for the second instrument	
22. Droopy eyes!	



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KSOS News

FIRST COMBINED EXECUTIVE COMMITTEE MEETING OF KSOS

This meeting took place on 7th February2010at 10 am for the first time in its office at IMA House Kochi.

SPECIAL GENERAL BODY MEETING OF KSOS

The general body meeting was conducted at IMA House Kochi at 2 PM on 7th February 2010. After presidential remarks updating of the bylaws were taken for discussions and incorporating various suggestions made by the members Bylaws were updated. AIOC allotted to KSOS will be conducted at Kochi and the task of formation of Organising Committee was entrusted to Dr NSD Raju who is elected as Chairman, Organising Committee of AIOC 2012.

Dr MEENAKSHY DHAR

selected for The Leadership Development Programme of AIOS.

COMMUNICATIONS TO KSOS

Contact KSOS.
President, Secretary
Website Editor
If not reachable leave SMS with name and convenient time to call back



CONTINUING MEDICAL EDUCATION'S UNDER THE AEGIS OF KSOS

1. Recent Advances in Ophthalmology. 20th December 2009 by Alphonsa Eye Hospital, Pala and Kottayam Ophthalmic Society.
2. National Symposium on Ocular Infections, Infection Control and Theatre Asepsis.
   9th and 10th January 2010 by Amrita Institute of Medical Sciences, Kochi and Cochin Ophthalmic Club.
3. CME 2010 – REFRACTION- BASICS & BEYOND . 17th January 2010 by Government Medical College, Thrissur and Thrissur Academy of Ophthalmology.
4. 1st NOEL MONIZ Memorial Lecture and Glaucoma Symposium. 7th February 2010 by Cochin Ophthalmic Club.
5. Imaging & Investigative Techniques in Ophthalmology – An Update. 14th February 2010 by Comtrust Eye Hospital.
6. P.G.Update and Training in Ophthalmology. 20th &21st February 2010 by Cochin Ophthalmic Club.



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