KSOS NEWSLETTER

OFFICIAL NEWSLETTER OF KERALA SOCIETY OF OPHTHALMIC SURGEONS

Volume 3, 2017



An Interview with **Dr. Padmaja Krishnan**

Dr. Padmaja Krishnan – Energy Personified

Interviewed by **Dr. Thomas Cherian**
Hon. General Secretary, KSOS



When the KSOS decided on Dr. Padmaja Krishnan for the 'Masters' Interview' for this edition of the newsletter, Dr. Leila Mohan asked me to suggest a person to conduct the interview. I gave her a couple of names, but then Leila Madam asked me whether I could do this job. I was only too glad to take up this pleasant responsibility. Immediately, I rang up Padmaja Madamand told her about this. Her first response was, "Why me?" I said, "I'll explain that later, but I need an appointment with you now". It was decided to have the interview at her residence on a Saturday evening.

When I reached "Aishwarya", her residence at Malapparamba, Kozhikodeat the designated time, she received me with that familiar infectious smile, along with Krishnan Sir and introduced me to her parents. After exchanging pleasantries, we sat down towork. Once again, she repeated the question she had asked me earlier, "Why me?" I explained to her that it was the unanimous decision of the KSOS and that she was by no means a choice of exclusion. Padmaja Madam was never an office bearer of the KSOS or any other association. But her contribution to the Ophthalmic fraternity in Kerala has been phenomenal. She was an all-time favourite teacher for generations of Post-graduate students. It is a common practice for students to go and meet their teachers whenever they go for conferences. But here you have a teacher who always comes looking for her students.

Padmaja Madam had a distinguished teaching career almost entirely at Government Medical College, Kozhikode, from where she retired as Professor of Ophthalmology in 2006.Thereafter, she spent a few years teaching DNB residents at Comtrust Hospital, Kozhikode, before moving to MES Medical College, Perinthalmanna. The fact that her PG student won the inaugural KSOS PG Gold medal at Drishti 2016 is testimony to her dedication as a teacher.

I started off the interview with my stock question: "Madam, could you please tell me what made you choose Ophthalmology?"

A: Medicine was never my first choice and given my way I would have done Physics or Engineering. My mother wanted me to take Medicine after my maternal grandfather Prof. R.K.K.Thampan and aunt Prof. A. MalathySankar, both renowned obstetricians. I grew up in Mumbai wheremy dad worked as an Engineer.His passion was Literature and he encouraged my siblings and meto read.After MBBS fromLokmanyaTilak Municipal Medical College, Bombay, I followed my grandfather and aunt and joined as a Resident in Obstetrics &Gynaecology inmy college. It was my aim to "become like my aunt yet not like her"-meaning devote myself equally to my profession and family. Realising the impossibility of achieving this I gave up OBG, got married to Dr. R. Krishnan and moved to Kozhikode. Krishnanhad just completed his MD in General Medicine was tutor in Calicut Medical College.

Shehad never considered a career in Ophthalmology-but having given up OBG, she moved to her uncle, Prof. Sankaran's specialty, which seemed far more relaxed. "Let me add I do not regret any of these decisions-and though I was never a fantastic surgeon, Ophthalmology continues to fascinate me."

In a lighter vein, she added, "I often tell students who do not get the specialty they wanted for post-graduation, that if you cannot marry the man you love, learn to love the man you marry."

Q: Is there any difference between the Post Graduates during the earlier part of your career and the Post Graduates today?

A: Yes. Formerly, the PGs seemed more dedicated to their patients. With fewer resources theyhad tothink, reason and innovate.They read more, referred to Duke Elder and discussed cases and concepts among themselves. Today's students are lucky in the resources they have, are technologically better, and very good at understanding and handling equipment. But the explosion in knowledge, surgical techniques and investigations means they are constantly playing "catch up." When developments in Ophthalmology occurred slowly, Ophthalmologists too evolved leisurely. Today's students read the barest minimum, it seems to me, no doubt from all the other demands on their time and sadly their reference is often not a recognized textbook butGoogle. The Internet thoughis a double edged sword and the informationat your fingertipcan be unreliable and misleading if not properly evaluated.

Earlier,prescribing spectacles was the bread and butter of the Ophthalmologist. And all of us including our PGs spent time mastering Refraction. Nowadays, young Ophthalmologists consider refraction a chore and the task of Opticians or Optometrists and the Auto-refractometer. Yet giving patients a proper pair of glasses is as important for patient satisfaction as the best surgery.At PG Examinations my younger co-examinersoften dissuade me from asking troublesome questions on refraction! All the same, the present bunch of students is proving to be quick at learning- and they are smart.

Q: Madam, how has the practice of Ophthalmology changed over the years?

A: Oh! It has undergone a lot of changes. When I started practising Ophthalmology, I didn't have even a slit lamp. But today's Ophthalmology practice is all about gadgets. Earlier, we had to rely a lot on basic clinical skills but like in the rest of Medicine these have declined and with it I fear, the doctor-patient relationship. With costs of treatment rising, patients somehow both expect more and trust us less.

Q: Madam, your favourite subjects to teach were Neurophthalmology and Uveitis. Could you please tell me why?

A:All the major developments in Cataract occurred later so there was less to teach, the same for Glaucoma where the Bjerrum screen, Pilocarpine and Timolol were all we had; Retina seemed a dead end. Neurophthalmology and Uveitisinvolved basic concepts and the need to think and reason. My five year sojourn in the UK exposed me to the newer instruments and technology, which was fast catching up in Ophthalmology.

Padmaja Madam took her Diploma in Ophthalmology from London.

She spoke at length about the teachers who influenced her in her career. She speaks with affection about Prof. M. Prabhakaran, Prof. Sankaran, Prof. J. Muthiah, Prof. B. Sailakumari, Prof. K.B. Venugopal and Prof. M.S. Venkitachalam.

"My earliest baby steps in Surgery were learnt from K.R. Bhat Sir but it was T.A. Joseph Sir who introduced us to sutures after Cataract surgery, TrabeculectomyandOculoplasty. Venkitachalam Sir, with his passion for squint alsogot us interested in much else including cooking and music. Saila Madam used to constantly remind us that a person had two eyes if we gave her the findings from just the abnormal eye!"

She fondly remembers the days she spent with Drs. Indira Varma, K.M.Saraswathy, R. Premalatha and R.Velayudhan Nair in the Ophthalmology Department of Calicut Medical College. Indira Madam was a friend and close confidante, with whom she used to share all the small and mundane things within and outside Ophthalmology.

Q: During our student days, you were an Assistant Professor, we have never seen you sitting somewhere. You were always running around the department. Similarly, Krishnan Sir was also an Assistant Professor in the Medicine department. I have seen him literally running around within the Casualty as the Medicine Duty MO. What was your energy concoction?

A: Haha! My husband for one and many others suspected I was hyperthyroid but multiple thyroid tests proved normal. It's just the way I'm wired, can't sit still for long.Krishnan loved his work and enjoyed the frenetic pace in the casualty.

Dr. R. Krishnan, after retiring as Prof. and HOD from Govt. Medical College, Kozhikode, now works at MES Medical College, Perinthalmanna as the Head of the Department of Medicine. She hasone daughter Jyothi, a PhD from Berkeley, married to Nitin an engineer with an MBA and one son, Vijay, a Psychiatrist, married to Diptia DGM with the Adithya Birla group. The Krishnans have a grandchild, Tanvi, who, Madam says is the light of their lives today. Her hobbies are reading, knitting and crochet, while listening to audiobooks on her I-pod. Dr. Krishnan is a keen photographer.

Padmaja Madam says her happiness is in seeing so many of her former PGs all



of whom started out 'handicapped' by the limited resources (apart from patients) at Calicut doing so well in all subspecialties and in the forefront of Ophthalmology. She attributes this to the strength of the foundation theylaid down in their formative years. With all humility, she says, "If I have been an inspiration to anyone, it was always inadvertent". She urges the PGs to read, think and analyse.

With this, she signed off and invited me to join her family for dinner.



FROM THE PRESIDENT'S DESK

Greeting to all KSOS members. Hope you all had a wonderful onam. We have come to the last quarter of this KSOS year and this is the 3rd and final Newsletter from this team. It is my privilege to announce that we were able to accomplish almost all the agenda we had planned this year. The most notable ones were the regularization of our society registration, indexation of our journal, payment gateway through our website and getting GST registration for our society. We could achieve all this only because of team work and I would like to thank all the executive committee members especially the secretary and treasurer for all effort they have put in. The recently concluded eye donation fortnight was well observed in almost all eye hospitals and institutions, by organising awareness classes, seminars and walkathons. As you all know Nov 14 is the world diabetes day and I request all the institutions to organise camps and awareness programmes on diabetic eye disease on that day or week. Drishti 2017 is fast approaching and preparations are on full swing. Team Kollam is all geared up and putting all efforts to make it a memorable conference. Please register, come in large numbers and make our annual conference a huge success. See you all at Kollam.

Thanking You,

Dr Saju Joseph,
President KSOS.



GENERAL SECRETARY'S MESSAGE

Respected senior members, my dear friends,

This is probably the last time; I am addressing you from this column. Drishti 2017 is round the corner and our term as office bearers of the society is drawing to a close. With the indexing of the Kerala Journal of Ophthalmology (KJO) and the Payment gateway in the website functioning well, the last two frontiers have been conquered.

Right from the word 'go', you have supported and encouraged us; the journey has been exciting. As office bearers of this August body, we set quite a few targets for ourselves, and each one of these have been successfully completed. Every member of this team has gone that extra mile, and the team work has been exemplary. Let me congratulate both our Presidents, Dr. K. Mahadevan and Dr. Saju Joseph for leading and guiding us in thick and thin.

Kollam Drishti is all set to be the grand finale, and we have a no nonsense team in action there. Hope to meet you all at Kollam.

Before I sign off, let me, from the bottom of my heart, say two words to each one of you, 'THANK YOU'.

Sincerely,

Thomas Cherian

Hon. General Secretary, KSOS

E mail: tcherian@rediffmail.com, ksos.gensec@gmail.com, Mobile: 93886 05608



CHAIRMAN - SCIENTIFIC COMMITTEE

Dear friends,

One more Drishti is round the corner. Preparations are going on in full swing with the help of local organizing committee. Main features of Drishti 2017 are

1. Highest number of free papers
2. Highest number of instruction courses
3. Teachers of tomorrow interzone lecture competition
4. Quiz for general ophthalmologist with exciting prizes
5. What is new from Trade
6. AIOS ARC sessions
7. PG Gold medal examination and Lectures
8. Medicolegal session and NABH session
9. Trauma symposium
10. CE Oommen memorial oration by stalwart in uvea Dr Jyotirmay Biswas
11. Basic science courses
12. Wet lab including intravitreal injection
13. Surgical video theatre
14. Great debate
15. Nearly 20 national faculties

It will be an unforgettable experience . Come and

Mahesh G

Scientific committee Chairman



TREASURER'S REPORT

The IT return for the financial year 2016-17 was filed successfully. The service tax till June 2017 was also cleared up-to-date. GST for the month of July wasRs1,58,270and that of August was Rs 1,49,500 including the collection for Drishti has been paid.

The major expense for our society is the Journal. After it was indexed the overall expense in bring out the journal will around Rs 10 lakhs every year. We need to get more sponsorship for the Journal.

After the Drishti being brought under the direct control of KSOS it has become more transparent and profitable. It is the only major source of income for the society. This has to be followed in the future conferences also.

The bankbalance is ₹15,34,327.60in the savings and as FD ₹1,06,61,691.00.

Dr Rajiv Sukumaran

KSOS Treasurer



EDITOR - WEBSITE

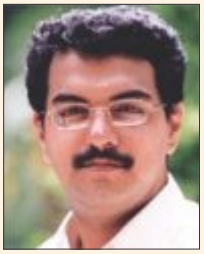
The most important development in the website is the online registration of Drishti. From this year onwards we can register for Drishti online through KSOS website. The online registration for Drishti 2017 has already started. The response from the delegates is very encouraging and till now nobody has faced any trouble. Visit www.ksos.in for more details. It is very simple and we have the most trusted and popular payment gate way 'CC avenue 'for the transactions.

We have made few other changes in the website. From now onwards, the member can modify his/her personnel data at any time. You can also upload your photo. I request all of you to update your personnel details by yourself and contact me if you face any trouble. Only if the database is complete, we can go to the next level of up gradation of our website

The work remaining now is to make KSOS member registration online. It is in the final testing and KSOS account is already registered with CC avenue payment gateway as separate domain (to avoid mixing up with Drishti account)

I thank all for your support

Dr. Bastin V A
Editor Website, KSOS



KJO - EDITOR

Dear friends,

I am happy to inform you that Kerala Journal of Ophthalmology (KJO - Journal of Advanced Ophthalmology and Research) is now indexed in Index Copernicus.That means an article in KJO is now sufficient to be recognized by MCI for consideration for promotion in Medical Colleges.It is going to help things in many ways.One, our Journal should have more inflow of articles making KJO self sufficient .Two, it is a great oppurtunity for our members to publish articles in an indexed journal.It doesn't stop with that.Our journal has had a radical face lift in the past 2 years.The system of article submission is now on line and transparent.As a result we have submissions from all over India and even abroad.Finance has always been an issue and we need to formulate permanent mechanisms to sort it out.I also wish to place on record my sincere thanks and gratitude to the KSOS executive for supporting me at all times.I also thank all the members for their wholehearted co-operation and help.

This is my last year as editor KJO.I have put in lot of effort and wish my successors the very best in bringing up the journal to new heights.

Jai KSOS
Dr Ashok Nataraj
Editor KJO



EDITORIAL

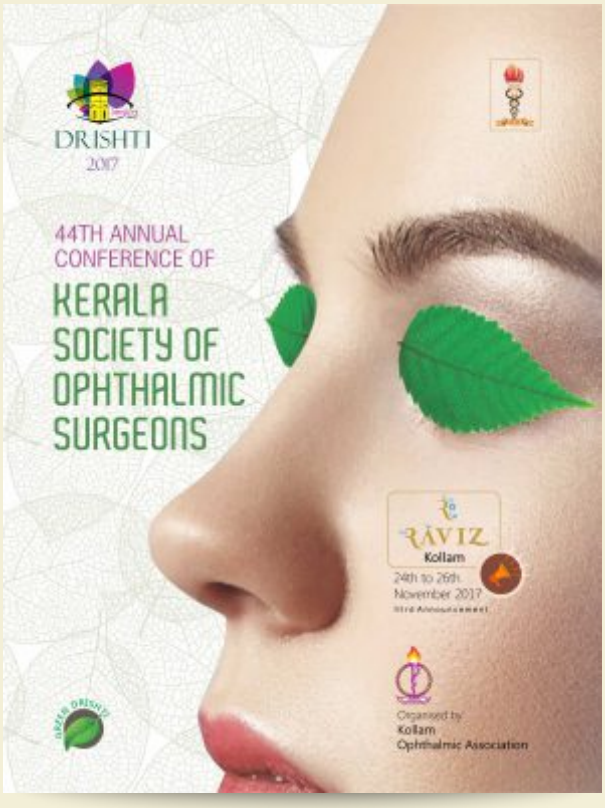
It had been a great experience being part of KSOS executive team..As the younger generation leap forward, the newsletter and communication media are bound to change! Looking forward to Drishti 2017!

Dr. Leila Mohan
Editor

EYE DONATION CAMPAIGNS PHOTOS



Drishti 2017



WEEKEND FUN FILLED REUNION OF KSOS



OBITUARY



Dr. N. Jayanth

Renowned Ophthalmic Surgeon Dr N Jayanth passed away at Kannur on 13 Aug 2017. He was working as the Medical Director of Vasan Eye Care Hospital, Netra, Kannur.

His sudden demise has created a big void in our ophthalmic fraternity. A renowned ophthalmologist, an astute clinician, an excellent organizer and above all, a great humanitarian, Dr Jayanth's contribution to ophthalmology in Kerala have been quite invaluable. His loss is certainly an irreparable one.

Dr Jayanth was a charter member of Kerala State Ophthalmological Society (KSOS), when it was formed way back in 1975 at L. F Hospital, Angamaly. He served as the Secretary of KSOS consecutively for 4 years from 1994-1997 during which time he established a strong infrastructure and firm foundation for KSOS by instituting proper by- laws,memorandum and constitution, made it into a Registered Society and also computerized its office. Dr Jayanth, along with Dr B V Bhat coined the termDRISHTI for the annual conferences of KSOS. As the President of KSOS for the year 2002 to 2003, he was instrumental in organizing maximum number of continuing medical education programs during those days and he initiated and implemented effective measures to activate all District ophthalmic clubs in the state.

One of the early IOL surgeons in the state, Dr. Jayanth was a life-member of a number of Ophthalmic Societies such as the All India Ophthalmological Society (AIOS), Strabismological Society of India and Intraocular Implant and Refractive Society of India (IIRSI) He also had the unique distinction of attending all the KSOS annul conferences ever since KSOS was formed. He was a regular participant of All India ophthalmological conferences too.

Dr Jayanth was the recipient of the Life Time Achievement Award of KSOS at the Annual Conference of KSOS 2012 at Trivandrum.

In spite of his busy professional life he found time for his social activities as well. Dr Jayanth was an active Rotarian of Cannanore club and contributed tremendously in their social activities, besides being a Paul Harris Fellow of Rotary International. He was a Freemasonand had the unique distinction of becoming the Assistant Regional Grandmaster for South India, a great honor for a Freemason.

Dr.Jayanth was a talented photographer as well, with deep knowledgeand through understanding about the art of photography and the cameras. He was also a computer wizard and an electronic expert. In his early days he was a student of Classical Bharathanatyam. An accomplished mridangist and tablist, Dr Jayanth was an ardent lover of music. He was indeed a multi-talented personality.

His wife is Dr. Asha, a pediatrician at Radha Nursing Home, Kannur. Their son Thejas is settled in Australia, working as Manager in a reputed RetailGroup Company. Daughter Megha is an English literature post graduate and an MCA holder.

Let us pay our homage to late Dr Jayanth.

by Dr. NSD Raju



Dr S Mohan Das

Dr S Mohan Das was one of the pioneer ophthalmologists in Kollam expired on 29th may 2017. He started his ophthalmology practice in Health Services in 1971 and at that time he was the only one ophthalmologist for entire Kollam district. A towering personality, an icon of courage and commitment and had led the profession to great heights both district and state level. He was founder member of Kollam ophthalmic association and the organizing secretary of KSOS Annual conference at Kollam in 1987. He was the past president of KSOS, senior state vice president of IMA. He was an Ex Army personnel , with pleasing personality and exemplary commitment to the profession and society. His wife Dr Uma Mohandas (ophthalmologist), two sons Dr Arun and Dr Anil both are consultant psychiatrist in UK.

by Dr.Anish Madhavan



Dr Ramakrishnan

Dr. M.V. Ramakrishnan, was born on 12th September 1962 as son of Mukundhan Thayyil & Vijayalakshmi.K.L. at Koyilandy, Kozhikode. He underwent his schooling from Govt.Boys High School, Koyilandy & predegree from Malabar Christian College, Kozhikode. He acquired MBBS in 1985 from Calicut Medical College as a student of 23rd batch and took MS Ophthalmology from Calicut Medical College in 1992. For a brief period immediately after that, he worked in Luke Memorial Hospital, Perumbavur. Following which, he joined ESI Hospital, Feroke and worked there for a period of 4 years. At the same time, he was doing private practice from home. For a brief period of 2 years, he worked in Vatakara Cooperative Hospital; after which he joined Malabar Eye Hospital, Kozhikode. He started RK's Eye Clinic in Koyilandy, in 2005.

About his family - he married Dr. Sreeja I K (Microbiologist, Regional Public Health Lab, Kozhikode) in 1989 and they have 2 children - Vivek (Asst. Manager, Federal Bank, Aluva) & Vaishnavi (3rd year MBBS student, Calicut Medical College).

by Dr. Chandrakanth

Update on Ocular inflammation

CME was held on 20th Aug at Dr. C.K. Jayaram Panicker Memorial Hall, LRC Complex, Government Medical College, Kozhikode.



Dr. V.R. Rajendran,Principal Government Medical College, Kozhikode was the Guest of Honour. Dr. Jyothi P. T. Head of Department of Ophthalmology & the Organizing Chairperson welcomed the gathering.

The program was inaugurated by Dr. Saju Joseph, President Kerala Society of Ophthalmic Surgeons.Dr. K.B. Venugopal Former Professor & HOD, Department of Ophthalmology,GMC, Kozhikode, Dr. Thomas Cherian, Secretary, Kerala Society of



Ophthalmic Surgeons & Dr. K.S. Chandrakanth, President, Kozhikode Ophthalmic Society were felicitated on the occasion. The vote of thanks was proposed by Dr. Silni Chandra, Organizing Secretary.

Eminent speakers from South India spoke on the occassion. Dr. Padmamalini Mahendradas- HOD of Uveitis & ocular Immunology,



Narayana Nethralaya, Bangalore, Dr. Mahendra Babu B. Chief - Uvea & Cataract Services, Aravind Eye Hospital, Salem, President Uvea Society of India, & Dr. Anuradha V.K. HOD, Uvea Clinic, AEH, Coimbature, Dr. Padmaja Krishnan Professor & HOD, Department of Ophthalmology, MES Medical College, Perinthalmanna, Dr. Thomas Cherian, Senior Vitreoretinal Consultant from Little Flower Hospital Angamaly & Dr. Prakash V.S. Senior Vitreo Retinal Consultant from Comtrust Eye Hospital, Kozhikode were the Guest Speakers.



TACO events from April 2017 to July 2017

On April 21 st TACO held an academic meet on Refractive surgery .Dr Nitesh Narayan , Director Cornea Services Win Vision Eye Hospital Hyderabad discussed elaborately " The complications of Refractive Surgery" .TACO started its Young Academic Session on the same day for postgraduate students to provide a platform and present interesting cases and for journal presentation .Dr Asha Susan Kuruvilla post graduate student of Government Medical College Trichur presented an article " Five Year Clinical Trial on Atropine For The Treatment of Myopia



Dr Nitesh Narayan and Dr Bastin

May 19th TACO members had their academic event which was concentrated on two retina topics by Dr Jay Sheth and a talk on Leber's Milliary Aneurysm by Dr Rekha Asst Professor Medical College Trichur .



Dr Jay Sheth

On June 16th 2017 there was a meeting which was chaired by Prof Dr Charles Skariah and Dr Bhaskar Sreenivasan from Sankara Nethralaya Chennai discussed widely the Medical Management of Evaporative Dry Eye .Dr Maithreyi S K from I vision eye Care Centre Chalakudy talked on Levels of Energy .



Dr Bhaskar Sreenivasan

TACO's senior most member and pioneer IOL surgeon Dr John Williams was felicitated by Trichur IMA on July 1st (Doctor's day) for his life time achievements



A PG update on Biometry and YAG Lasers was held at Aswini Hospital Thrissur on July 2nd 2017 The Post graduate students of Govt Medical College, Amala Medical College and Jubilee Mission Medical College and Optometry students of I Vision Hospitals were the targeted audience. The meeting was well attended. The speakers were Dr Nisha Balan , Dr V K Lathika Dr Merine Paul and Dr Babu Krishnakumar. All the speakers made a sincere effort to clarify each of the topics from basics to advanced methods.

Dr Rajani , Dr Andrews and Dr Aneeta Jabbar moderated the sessions. There were lively interactions between the delegates and the speakers. The meeting was concluded at 2 pm with lunch.



TACO PG update at Aswini Hospital

TACO July meeting was held on 21st evening. Dr Fairooz P Manjandavida specialist in Ophthalmic Plastic Surgery, Orbit and Ocular Oncology talked on " Current trends in Management of Retinoblastoma "The session was chaired by Dr Ani Sreedhar.



Dr Alex felicitating Dr Fairooz

THIRUMIZHI-2017

CME on Cataract organized by I Vision eye care centre Chalakudy under the aegis of KSOS and TACO was conducted at Garuda hotel Trichur on August 27th 2017. The one day course was planned for clinicians whose practices comprise anterior segment and cataract surgeries, general ophthalmologists and post graduate students. The program was prearranged in four sessions. First session focused on Small Incision Cataract surgeries. Second session spotlighted mainly on Phacoemulsification. Third session was an interesting debate on some controversies and other surgical practices which was well appreciated by the delegates. Fourth session covered all the recent advances on cataract surgery. The external faculty included veteran Phaco surgeon Dr Ramamurthy from Coimbatore, Dr Mohan Rajan and Dr Sujatha Mohan well known anterior segment surgeons from Chennai, Dr J K Reddy the well experienced Corneal, Cataract and Refractive surgeon from



Coimbatore, Dr Shibu Varkey from Vasan Eye Care Trichi . Our KSOS faculty were Dr Minu Mathen from Trivandrum, Dr Saikumar S J and Dr Rajesh Chells from Cochin, Dr Anup Chirayath, Dr Rani Menon, Dr Merene Paul and Dr Rajini K C from Thrissur, Dr Radharamanan from Chalakudy ,Dr Freddy T Simon from Aluva , Dr Laila Mohan from Calicut and Dr Jaison from Kannur

The meeting was inaugurated by Dr Ramamurthy the past President AIOS, presided by Dr Thomas Cherian respected Hon Secretary KSOS and felicitated by Dr Rajini K C respected President TACO .The eye donation pledge was led by Dr Anthrayose Department Head Jubilee Mission Medical College Thrissur. The meeting concluded at 4. 45 pm.

TACO conducted a three hour refresher course for the post graduate students on 23rd September 2017 at Hotel Ashoka Inn.There was a talk by Professor Ramanjit Sihota on "Early Diagnosis of Glaucoma ".This was followed by four post graduate presentations of 5 minute and discussions of 10 minutes. The discussions were led by Prof Sihota and Dr Ganesh V Raman HOD Glaucoma



Aravind Coimbatore.After this session Dr Ganesh V Raman conducted a written quiz for the PG's. There were 20 questions of 5 marks each. The top student and the runner up were rewarded. Both were bagged by Government Medical College students. Dr Asha Susan Kuruvilla and Dr Nimmy J got the first and second prizes respectively

TACOPSIA 2017 " GLAUCOMA REVISITED"

TACOPSIA 2017 " GLAUCOMA REVISITED" was conducted on 24th September 2017 at Hotel Ashoka Inn from 9 am to 3.30 pm. The featured speaker being Dr Ramanjit Sihota MD FRCS FRCOph ,Head Glaucoma Research Facility and Services ,RP Centre ,AIIMS New Delhi.Other national faculty were Dr Ganesh V Raman HOD Glaucoma AEH Coimbatore and Dr Gowri Murthy from Prabha Eye Clinic and Research Centre ; Bangalore. KSOS Faculty were Dr Arun Varghese from Alexander Eye Clinic, Dr Girija Rafeeq from Little Flower Angamaly, Dr Meena Nair from Chaithanya Eye Hospital Trivandrum,Dr Saikumar from Giridhar Eye Hospital and Dr Susan



Philip from RIO Trivandrum. TACO faculty included Dr Radharamanan from I Vision Chalakudy,Dr Rani Menon from Rani Menon's Eye Clinic ,Dr Smita Narendran from Medic al College Trichur and Dr Anjana Krishnan from I Vision Chalakudy.All the speakers presented updated very informative presentations and we were able to crack all aspects of Glaucoma management like pearls for screening, diagnosis and comprehensive management.

The meeting was inaugurated by Dr Saju Joseph President KSOS.TACO presented Life Time achievement award to Dr K C Joseph ,senior member TACO presently working in CCMK Hospital Chalakudy.The TACO Oration award was bestowed upon Dr Arup Chakrabarthi ,Medical Director CECC Trivandrum. He presented his work " Optimizing Cataract outcomes in Vitrectomized Eyes " which was a very enlightening and attention-grabbing deliberation.

The annual souvenir of TACO was release during the inaugural function. Dr Ale.x Joseph handed the souvenir to Dr Ramanjit Sihota

TACO also encouraged the undergraduate students who excelled in the Ophthalmology examination in the Third MBBS Part 1 February 2017 examination.TACO President Dr K C Rajini presented Gold medals and certificates to Amrutha Viswanathan from Government Medical college



,Vandana from Jubilee Mission Medical College and Adarsh Vijayakumar from Amala Institute of Medical Sciences .

TACO presented god medal and certificate to the Post Graduate student who got top marks in the district in the May 2017 MS (ophthalmology) examination.Dr Saju Joseph President KSOS gave this medal to Dr Jain George from Amala Institute of Medical Sciences.

Dr Aneeta Jabbar the Organizing Secretary of TACOPSIA proposed the vote of thanks.

The CME was well attended by about 150 delegates from all over the state and it concluded at 3.40 pm.

KOLLAM OPHTHALMIC CLUB





The new office bearers of Kollam Ophthalmic Association came into being on February 2017. The activities of the Association are listed below

1, Glaucoma week and awareness walk was conducted on 17/3/2017 and was inaugurated by Dr.Rajiv Sukumaran, State treasurer KSOS. About 75 members participated in the walk.

2, Talk on Ocular trauma by Dr. Biju John,RlO, TVM on 20/4/17. 35 members attended .

3, Talk on DCR and lid laceration by Dr.Ani Sreedhar,LF Hospital,Kochi on 15/6/2017.About 22 members attended.

4, Talk on fixed drug combination on Glaucoma by Dr.Kiran Gopalakrishnan, Precise hospital, TVM on 17/8/17. About 29 members attended.

ROP Screening by District Hospital Palakkad

Retinopathy of prematurity is a vasoproliferative disorder of the retina affecting premature babies. Our country has a birth rate of 25.8 per 1000 live births per year, out of which 30% are premature infants. Of these infants, 1.2% is at the risk of visual impairment due to ROP.

With improvement of neonatal care survival of low-birth-weight babies, has led to a rise in the incidence of ROP. It is essential to develop effective ROP screening programmes to detect the disease in a timely manner, treat it promptly and refer to tertiary centres for advanced management.

ROP is a classic example of a situation that requires multi-disciplinary cooperation and coordination in order to ensure timely intervention. The preliminary step in overcoming the mounting challenge of ROP is to increase the number of effective ROP screening and treatment units.

Being a backward district, Palakkad does not have enough centers for ROP screening. Under the patronage of NRHM, we started ROP screening at Women and Child (W&C) Hospital at Palakkad in May 2015. The screening is done every thursday. Screening is done for babies that are born at W&C Hospital Palakkad, Medical College Hospital Thrissur and different private hospitals in and around Palakkad. From September 2015 onwards, Retcam shuttle from Aravind Eye Hospital, Coimbatore has also been visiting our hospital and screening our patients. They have offered free treatment for all patients.

Till date, we've screened around 203 preterm babies, out of which 26 babies had ROP and needed frequent follow-up. Of these 26 cases, 2 babies needed laser and 1 baby required Intra-vitreal injection (injection -Bevazizumab), which was done free of cost at Aravind Eye Hospital, Coimbatore.

'ROP babies are not born blind; nature has given a narrow screening window and it's our duty to intervene at the right moment. Our timely referral may save a child's vision,

Dr.Geetha VKP
Junior Ophthalmic Consultant
Didtrict Hospital, Palakkad

ARC- AIOC-COC- Postgraduate refresher course

ARC-AIOS-COC Postgraduate refresher course in Ophthalmology, in association with Amrita Institute, Kochi was held on 14th- 16th July 2017 at Amrita Institute of Medical Sciences, Kochi with Dr. Gopal S Pillai as organizing secretary. The event had an itinerary of 11 capsules over the 3 days. Phaco wet lab was also conducted for the purpose of hands- on training for PGs. Viva and clinical examination was



conducted by 4 sets of examiners for each group.

The event witnessed the talks of some of the most renowned personalities in the field of Ophthalmology such as – Dr. Krishnaprasad -ARC South Zonal member, Padmasri Dr. MahipalSachdev, one of the pioneer in phacoemuslsification in India, Dr. Namrata Sharma- General Secretary of AIOS, corneal surgeon and Dr. SanthoshHonavar- a renowned oncology and oculoplastic surgeon who gave the talk regarding his field of expertise. Various other faculty were



CORAL - 2017

The 2nd annual CME of the Cornea Interest Group, CORAL - 2017, was conducted on May 7, 2017 at Hotel Abad Plaza in Kochi under the aegis of KSOS & COC. This year the topic of the meeting was 'Ocular Allergies'. DrBhaskarSrinivasan, Senior Consultant, SankaraNethralaya, Chennai was the guest speaker. He gave talks on the various clinical aspects of ocular allergies with specific emphasis on the addressing the chronic ocular allergies and the various surgical approaches required in these cases. Other guest speakers included Dr Rajesh V, Pulmononlogist and Allergy specialist, who spoke on the basics of allergy and systemic approach to diagnosis and management of various allergic conditions. Mr Nikhil Masurkar, Managing Director, EntodPharma gave an insight into the newer upcoming technologies in preservative free topical medications and their role in ophthalmology. These guest faculty were amply supported by our own KSOS faculty in academic deliberations. The meeting was well attended and had good interaction from the participants.





CME Organized by COC and Little Flower Hospital

Little Flower Hospital, Angamaly and Cochin Ophthalmic Club jointly organized the midterm conference of Strabismus and Pediatric Opthalmology Association of India at Saj Earth Resorts, Kochi on 21st May, 2017. The CME was inaugurated by Fr. Sebastian Kalappurakkal and was graced by Dr. Tony Fernandez. 135 delegates from all over India attended the conference. The conference was enriched with the deliberations



by eminent national faculty including DR. Pradeep Sharma, Dr. SudharshanKokhar, Dr. A.K Khurana, Dr. Rohit Saxena, Dr. SubashDadeya etc. The academic deliberations covered all aspects of the speciality with special emphasis on practice patterns and clinical scenarios. There were sessions touching upon refractive errors, pediatric cataracts, strabismus, pediatric retinal disorders and interesting case discussions. The conference received tremendous feedback from the participants in terms of academic content and practice based approach.



EYETRENDZ-REFRACTIVE 2017

A CME on current trends and recent advances in corneal laser refractive surgery was conducted on July 23, 2017 at Hotel Marriot, Kochi under the aegis of KSOS.

The CME was inaugrated by Dr Saju Joseph- the President of KSOS. Dr Joggy Joseph, the president of COC presided over the inaugral function. Dr Anil B Das, the CMO of lotus eye hospital and Institute, Kochi delivered the vote of thanks. The CME was conducted by Lotus Eye Hospital and Institute Kochi, the organizing chairman being Dr SK Sundaramoorthy. The organising secretaries were Dr Prashob Mohan and Dr Sushma Poojary.



Among the highlights of the CME were key note addresses by eminent refractive surgeons Dr Arulmozhi Varman and Dr Rohit Shetty, a live refractive surgery session showing RELEX SMILE, Femto LASIK and blade LASIK surgeries, and an interactive session where post graduates asked questions to clear their doubts.

Monthly Meetings - COC

Monthly meeting of COC for April 2017 was conducted on April 18th at IBIS hotel Cochin. The Scientific Programme included talks on

1. Newer paradigms in the post operative management of ocular surgery - combating infection and inflammation by Dr AshishBachhav, Cornea Consultant, Mumbai
2. Novel Fixed Dose Combination : Unlocking the New Treatment possibility by Dr Meenakshi Y Dhar.
3. Challenging Situations in Corneal Surgeries by Dr Rajesh Sinha.
4. Consensus on dry eye pertaining to Asian scenario by Dr. Aditya Sudhalkar, from Baroda.

Monthly meeting of coc for june was conducted on june 16th at Hotel IBIS Cochin. Dr, Gopal S Pillai spoke about " Optimizing Visual acuity gains in diabetic macular edema. What is new?" and Dr. Sony George spoke about "Complications in Phacoemusifications".

Monthly meeting of July was held on July 21st at Hotel Olive Downtown, Cochin. Dr. S.J. Saikumar spoke about the recent trends in Phacoemulsification and Precision using Verion Image Guided System. Dr.Meenakshi Dhar spoke on Astigmatism Management using Toric IOL and Patient selection for multifocal IOLs.



IDUKKI MALANAD OPHTHALMIC CLUB

ACTIVITY OF IMOC IN AUGUST-17 TO September2017 AUGUST 2017

13-8-17 **Imoc Under The Agesis of Ksos Conducted CME**
Operation Theatre Asepsis and Infection Controll
Faculty 1. Dr Sasikumar, 2. Dr.Thomas Cherian, 3. Dr.Rajeeve Sukumaran, 4. Dr. P.I. Mohan Chairman. Dr. C.V. Anthrayose & Dr. Soman Mani



27-8-17 **Eye Donation Fortnight**
Awareness Class and Eye Camp at Thodupuzha Dr. Alex of Alphonsa Eye Hospital Took Class

September 2017

21-9-17 **CME and Generalbody**
Role of Alcaftadine in Allergic Conjunctivitis
By Dr. Jacob Mathew Ekm

OPHTHALMIC SOCIETY OF KANNUR

Report on Eye Donation Fortnight Activities

In association with the 32nd Eye Donation Fortnight from August 25th to September 8th Malabar Eye Hospital,Kannur organized an eye camp and awareness class on Eye Banking and eye donation at Krishnamenon Womens College, Kannur on 25th August under the aegis of IMA Kannur and NSS unit of Krishnamenon Womens College. The program was inaugurated by Dr.BV Bhat, past President,IMA Kannur and Senior Ophthalmologist and was presided over by Dr.PK Gangadharan, past President,IMA Kannur.



Awareness class for the students was conducted by Dr.Seema KM , Consultant Ophthalmologist, Malabar Eye Hospital ,Kannur. The class covered various aspects like the magnitude of corneal blindness,basics of eye banking and community involvement and an overview of corneal transplantation procedures. A second eye camp was organized on 26th August at the old bus stand premises,Kannur.

TRIVANDRUM OPHTHALMIC CLUB





Ananthanayanam CME -Fault finding in ophthalmology : by RIO , Trivandrum,
May 14 th 2017.at auditorium, medical college, Trivandrum

TOC meeting July 2017 : Topic-Recent advances in IOL power calculation

13th July 2017, Thursday 07:00 pm, Hotel Hycinth.
Speaker : **Dr Arup Chakrabarthi** Chair : **Dr. Suseela Prabhakaran**
Convenor : **Dr Jay Mathew**

TOC meeting September 2017 : Topic -Macular Hole Demystified- A practical guide to general ophthalmologists

21 st September 2017, Thursday 07:00 pm, Hotel residency tower :
Speaker : **Dr Asok Natraj** Chair : **Dr. Mahadevan** Convenor : **Dr Harshali**

Eye run 2017 27/8/2017 : Organised by chaithanya eye hospital in accordance with the eye donation fortnight.

CME 2017 Thorny Issues in Cataract Surgery August 13 Trivandrum.

Chaithanya Eye Hospital and Research Institute conducted its Annualtwo day CME on 10th and 11th June, at Hotel Apollo Dimora, Trivandrum.The Organizing Chairman for the event was Dr



Abraham Kurian, Organizing Secretary Dr Anil Krishnan Nair and the Organizing Secretary for the scientific session was Dr Minu Mathen.

The CME was named PHAKOLOGY as the title says, it was all about Cataract Surgery .In an attempt to try something new, something different, this year we divided our efforts into two, so that it could serve the advanced cataract surgeons and also the very basic.

The CME was divided as Phakology and Comprehensive Cataract Capsule. Phakology was more of an advanced cataract symposia which covered all new advanced technologies in cataract. The Master speakers also shared their volume of experience in cataract surgery.

Comprehensive cataract capsule was an intensive cataract course for post graduates and for the upcoming surgeons. The training was orchestrated by our own cataract department with significant contributions from a host of cataract surgeons,



fromwithin and outside the state. A Phaco Wet-Lab program was alsoconducted,which was a hands on experiencewith high end phaco machines and model eyes ,for the postgraduates.

The official inauguration was conducted on 10th June 2017 at 10:30am by KSOS President Dr. Saju Joseph by lighting the lamp, followed by releasingof the book "Foundations of Cataract Surgery" (edited by Chaithanya Faculty). This was distributed to all faculties who attended the meeting.

The Key Note speakers of the sessions were:

1. Dr.Mahipal Sachdev (Center for Sight, New Delhi)
2. Dr. Mathew Kurian (Narayana Nethralaya, Bengaluru)
3. Dr. Mohan Rajan (Rajan Eye Care, Chennai)
4. Dr.Pratha Biwa's (BB Eye Foundation, Kolkata)
5. Dr.M.S.Ravindra (Karthik Nethralaya, Bengaluru)
6. Dr.Venkatesh R (Aravind Eye Care, Pondicherry)

Special Sessions like debate: "Clash of Ttitans" and Court Martial in Ophthalmology were conducted .The Court martial was a totally new experience and was a grant success.



There were about 140 participants for the CME program. The program ended with Quiz competition for Post graduates. The Winner Dr.Rekha Sravya M, will be fully sponsored for2018 Annual AIOSConference.

KOZHIKODE OPHTHALMIC SOCIETY





KOS meeting was held in the month of June, 2017. We had a wonderful talk by Dr.Fairooz.

Topic- OSSN

Ocular Oncology in a Nut shell followed by interesting case presentation.

In the month of July, 2017 we had a talk by Dr.Bhaskar Sreenivasan from Sankara Netralaya,Chennai.

Topic- Ocular Allergy, Viral Keratitis, Choice of tear substitute.

In the month of September, 2017, we had an academic session. Speaker was Dr.Rohit Shetty, Narayana Netralaya, Bangalore followed by ONAM and EID celebration.

On September 23rd, 2017 we had our installation ceremony of new office bearers. We had two speakers Dr.Shibu Varkey , Medical Director, Vasan Eye Care, Trichy- Topic: Indian Premium IOL, EDOF IOL, Toric IOL.

Eminent Speaker Dr.Anand Babu, Chief- Cornea Services, RIO, Chennai.

Topic- Phakic IOL

We had three CME's.

a) Live surgery CME conducted by Dr.Sreekanth Eye Care and Research centre.

b) CME conducted by Medical College, Kozhikode in August, 2017.Topic-Ocular inflammation. National Speakers: Dr.Padma Malini, Dr.Manohar Babu, Dr.Anuradha V. K. shared their knowledge and experiences.

c) CME conducted by Puthalath Eye Hospital. Topic- National Symposium on Oculoplasty and Ocular Oncology. Eminent Speakers- Dr.Santhosh Honavar, Dr.Fairooz, Dr.Parag.K.Shah, Dr.Senthil Nathan, Dr.Narayanan Kutty Warrier, Dr.Yamini Krishnan enlightened the audience.

Eye Donation Fortnight was conducted by Comtrust Charitable Trust Eye Hospital, Kozhikode.

Dr.Leila Mohan , Medical Director, Comtrust Charitable Trust Eye Hospital gave a talk on Eye Donation in Dr.LIVE Programme.

Eye Donation talks and walk was conducted by Medical College, Kozhikode.

Readers Corner

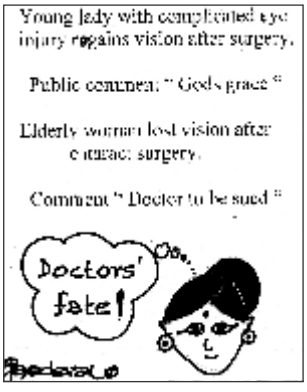


Dr. K.R Bhat

Neither before nor after my professional life, I had to face such a horrific situation. It was in the year 1981 when I was working as a tutor in ophthalmology at Allepey medical college. On a pleasant evening at about 5 PM, Prof. Joshu Sir sent for me to manage a case of eye injury in the casualty. I saw a boy of about 8 yrs of age lying on the couch with a 'thorthu' on his face. On enquiring with the parents, they tearfully replied that the boy had sustained the injury due to a fall whire riding his new bicycle in the courtyard. The father caught hold of my hand and requested me for help to save the 'lost' eye. I went around the screen to the see the boy, obviously in pain. As I removed the towel covering the boy's face, I was shocked to see such a condition for the first time in my life. The eyeball was outside the orbit, eyelids tightly held behind the eyeball, the conjunctiva circumferentially torn, the extraocular muscles taut, but the eyeball was freely moving about, connected by the optic nerve. It was actually a 'paraphimosis' of the luxated eyeball from the orbit by the brake handle of the bicycle when the boy fell down. The orbicularis oculi was tightly contracted behind the eyeball. I thought for a while and asked the casualty sister to give me a 2 ml syringe and inj. xylocaine. Meanwhile, the eye was cleaned of dirt after topical xylocaine. Whether it was just presence of mind or on some 'superhuman' spirit guidance, I just gave a simple facial block on that side. The boy was very co-operative and in two minutes the 'para-phimois' f the eyeball was gently and fully relieved. I slowly and smoothly reduced the luxation of the globe and assessed his vision by having him look at my watch. The boy read the time correctly . I looked at the fundus, which was found to be normal. A lavish application of chlormycetin eye ointment and a firm pad and bandage was given to the patient. The boy was almost well by the next day, the conjunctival tear healed in a week's time and the boy happily resumed school. Prof. Joshu Sir appreciated my work and asked me if I had done this procedure before. I replied neither before nor later to which he enquired as to how I got the idea instantaneously. I modestly replied: my teachers' blessings and Almighty's directions!

Lighter Moments





KSOS in Media



കണ്ണുകൾ കഥ പറയുന്നു കൺതുറന്നു കാണുക

നേത്രദാന പക്ഷാചരണം

തൃശൂർ: തൃശൂർ ലയൺസ് ക്ലബും ജൂബിലി മിഷൻ ആശുപത്രിയും സംയുക്തമായി സംഘടിപ്പിച്ച ദേശീയ നേത്രദാന പക്ഷാചരണം സമാപിച്ചു. ജില്ല അഡ്മിനിസ്ട്രേറ്റിവ് മെഡിക്കൽ ഓഫിസർ ഡോ. ഷീജ ഉദ്ഘാടനം ചെയ്തു. ജൂബിലി മിഷൻ ആശുപത്രി ഡയറക്ടർ ഫാ. ഫ്രാൻസിസ് പള്ളിക്കുന്നത്ത് അധ്യക്ഷത വഹിച്ചു. ലയൺസ് ക്ലബ് പ്രസിഡൻറ് കെ.എസ്. പ്രവീൺ നേത്രദാന സമ്മതപത്രം കൈമാറി. ലയൺസ് ഡിസ്ട്രിക്ട് ചെയർപേഴ്സൻ കെ.എം. അഷ്റഫ്, സോൺ ചെയർമാൻ ജെയിംസ് വളപ്പില, ചീഫ് മെഡിക്കൽ ഓഫിസർ ഡോ. അലക്സ് ജോസഫ്, ഐ.എം.എ ജൂബിലി ഡിവിഷൻ സെക്രട്ടറി ഡോ. സെബാസ്റ്റ്യൻ, ഡോ. റൊണാൾഡ് ഗോഡ്ലി എന്നിവർ സംസാരിച്ചു. സെമിനാറിന് സുപ്രണ്ട് ഡോ. സി.വി. ആൻഡ്രൂസ് നേത്രദാന പ്രതിജ്ഞക്ക് ആശ്രയ ചാരിറ്റബിൾ സൊസൈറ്റി എം.ബി.ബി.എസ് വിദ്യാർഥികളും നേതൃത്വം നൽകി.

Awards and acahievements

Dr.K. Narayanan Kutty one of the senior member of COC was honoured by IMA Cochin on Doctors day.

Dr. T.P. Ittyerah and **Dr. Tony S** Fernandez have been conferred Honorary FRCS(Glasgow)

Dr.MeenakshiDhar – Attended World Glaucoma Congress at Helsinki, Finland and presented a poster

Dr.Reesha K.R -Presented her poster on " FundusAutofluorescence Imaging in Toxoplasma retinochoroiditis" in ARVO 2017 at Baltimore, USA

KSOS in National & International conferences



IIRSI special gold medal was received by Dr. Minu Mathen during its annual convention at Chennai



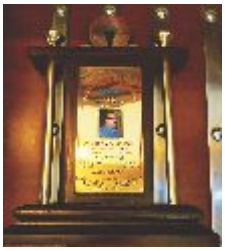
Dr. Mahesh at ASRS Conference



Dr.Reesha K.R -Presented her poster on " FundusAutofluorescence Imaging in Toxoplasma retinochoroiditis" in ARVO 2017 at Baltimore, USA



Dr. P.I Mohan at All India CSSD Meet at Bangalore



TACO Oration Award to Dr. Arup Chakrabarthi



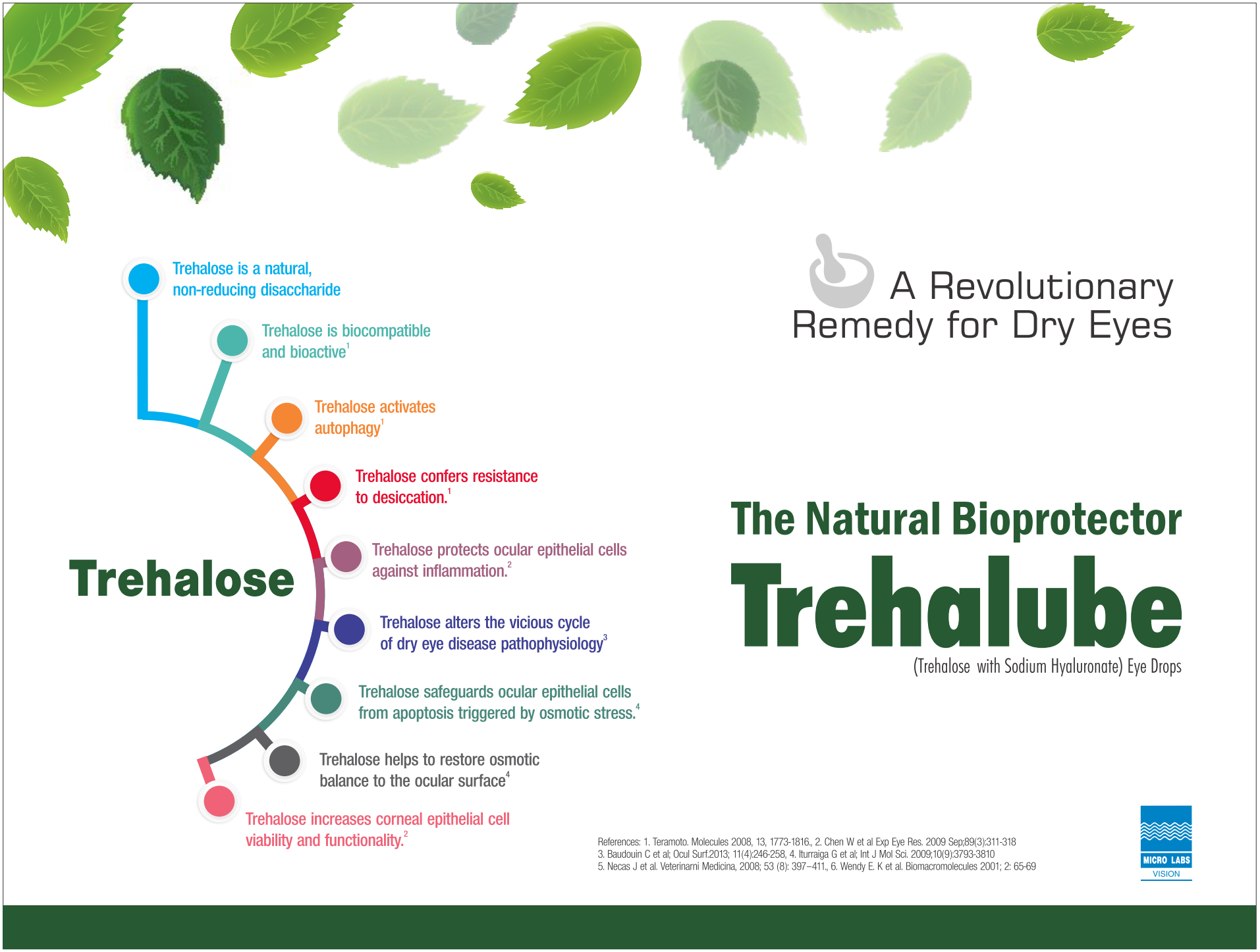
QPMA Award to Dr. Suseela Prabhakar



TNOA Award to Dr. Minu Mathen



Dr.K. Narayanan Kutty one of the senior member of COC was honoured by IMA Cochin on Doctors day.



A Revolutionary Remedy for Dry Eyes

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MICRO LABS VISION