

Beyond the Pages: KJO Podcast Series

The KJO Spotify Podcast Series is an innovative educational initiative by the Kerala Journal of Ophthalmology, bringing the journal's scientific content to life through engaging audio episodes. Featuring article highlights, expert discussions, research insights, and educational conversations, the podcast makes learning more accessible for busy ophthalmologists, residents, and eye care professionals.

As one of the first initiatives of its kind by an ophthalmology journal in India, the KJO Podcast Series extends scientific communication beyond traditional publishing—allowing you to listen, learn, and stay updated anytime, anywhere.

<https://open.spotify.com/show/033sinPeCwpfFfDCPvExRu?si=5Nd-SXgeQl2vxRluL6ogvA>

KJO Podcast Episode 1: Retinopathy of Prematurity

<https://open.spotify.com/episode/5R183j6kus3Bu8GkKsEab5?si=SY6K6WdMRHWBLdWtgq-i9A>

In this episode, host Dr. Rakhi D'Cruz focuses on Retinopathy of Prematurity (ROP). This podcast showcases the article titled, 'Demographic profile of suspected ROP among neonates at a tertiary care hospital Central India: a retrospective case record based analysis' in KJO 38,(1):33-41 Jan-Apr, 2026. It highlights a retrospective analysis detailing the demographic profile of suspected ROP in neonates at a Central Indian tertiary care hospital. Tune in to hear expert panelists Dr. Meena C.K., Dr. Anubhav Goyal, and Dr. Natasha Radhakrishnan share valuable clinical discussions and insights on this critical neonatal topic.

KJO Podcast Episode 2: Povidone iodine prophylaxis before the cataract surgery

https://open.spotify.com/episode/0F9hfzhYDNqojWxcXA3f3m?si=K_tnzzuoR3q6uEqi4CozoA

Hosted by Dr. Mithun Thulasidas, this 10-minute episode of the KJO podcast explores an observational study by Walsinge et al titled, 'Efficacy of preoperative povidone iodine painting in reducing microbial flora of eyelid and conjunctiva in cataract surgery patients: A prospective observational study. The highlighted article was published in the January-April

2026 issue of KJO. To provide deeper clinical insights, the episode concludes with an expert panel discussion on preoperative prophylaxis featuring Dr. Jaison V and Dr. Sasikumar S.

KJO Podcast Episode 3: Retropupillary iris claw lenses: Tips and tricks

https://open.spotify.com/episode/4xcoh1AN7vE8eC2StN0Snw?si=2LNpkkMNS_yaymZwnLr6yA

This episode, hosted by Dr. Ashish Kuruvilla, we are focusing on mastering surgical techniques for complex cases. We highlight an insightful retrospective cohort study by Dr. Mithun Thulasidas titled, "Secondary retropupillary iris-claw lens implantation in eyes with low corneal endothelial reserve," featured in the January-April 2026 issue of KJO.

Taking us beyond the research, Dr. Philip Kuruvilla and Dr. Saikumar S. J. share their expert tips, tricks, and clinical pearls on iris claw lens implantation.

KJO Podcast Episode 4: Glaucoma diagnostics: Practical concerns

https://open.spotify.com/episode/4wK8PT026gUzHHBvoygvqy?si=6rK8_kwQ06qk73qbTajRQ

Hosted by Dr. Manju M, this episode of the KJO podcast explores practical concerns surrounding glaucoma diagnostic modalities. The conversation is based on a highlighted article, titled 'Structure-function mapping using spectral-domain optical coherence tomography and automated perimetry in early diagnosis of glaucoma', published in Kerala Journal of Ophthalmology 38(1):p 52-57, Jan–Apr 2026. To provide deeper clinical insights, the episode concludes with an expert discussion featuring glaucoma specialists Dr. Radharamanan B and Dr. Smitha Narayanan.

KJO Podcast Episode 5: Neurodegeneration component of diabetic retina

<https://open.spotify.com/episode/0sM91Ok03vxuOLG54PvtJA?si=zq09oN-MTyOeSPnc5XsaFQ>

Hosted by Dr. Aishwayra B Iyer, this episode of the KJO podcast explores the neurodegeneration component of the diabetic retina. The conversation is based on an article titled 'The silent neurodegeneration in diabetic retina: Cross-sectional analysis and comparison of spectral-domain optical coherence tomography-based ganglion cell–inner plexiform layer thickness and inner retinal layers thickness' authored by Dr. Henna V. Valakkadavil and Dr. V Sudha, published in the January-April 2026 issue of KJO. To provide deeper clinical insights, the episode features a discussion with retina experts Dr. Gopal S Pillai and Dr. Natasha Radhakrishnan.

KJO Podcast Episode 6: The story of a macular hole that resolved spontaneously

<https://open.spotify.com/episode/51KvB5QFzVFmAIXYPdM582?si=ZZedkZgOQfyDNoM-LeuR5Q>

Hosted by Dr. Tisha Thomas Menacherry, this episode of the KJO podcast explores a fascinating case report. The conversation highlights the article 'Spontaneous resolution of a full thickness macular hole in treated diabetic macular edema' authored by Athul Mohan et al, published in Kerala Journal of Ophthalmology 38(1):p 78-80, Jan-Apr 2026', authored by Athul Mohan et al. and published in the January-April 2026 issue of KJO. To provide expert insights into this unique clinical scenario, the episode concludes with a panel discussion featuring skilled vitreoretinal surgeons, Dr. Thomas Cherian and Dr. Prakash V.S.