



FORESIGHT 2020



Newsletter of **GREWAL EYE INSTITUTE**

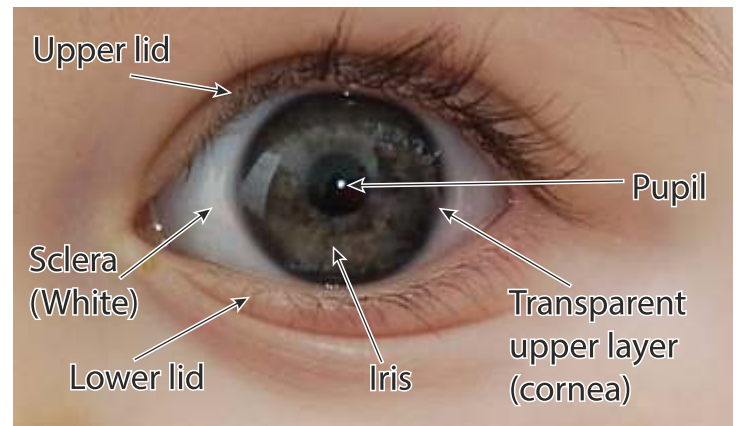
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The Scare of Scarlet Red

My eyes are bloodshot red". I could perceive the panic in the voice of Mr. Shukla over the frantic early morning phone call. I tried to console him and suggested to come to GEI. First look and the diagnosis were obvious. It was a sub-conjunctival hemorrhage. It is a relatively benign condition with an alarming onset.

Visible as a bright red patch on the white of the eye, sub-conjunctival hemorrhage usually causes a person to panic due to its grave appearance. However, if one knows the outcome, one need not panic. The sub-conjunctival hemorrhage is a sheet of blood that spreads between conjunctiva and sclera. The blood collects between two layers of the eye, the conjunctiva, a thin sheet of transparent tissue, and the sclera, white part of your eye. It results from ruptures of a small blood vessel on the surface of the eye. It is not a bleeding inside the eye & never affects vision.

The bleeding can occur as a result of injury to the eye or the head. It can occur due to act of sudden physical effort like violent coughing, vomiting or sneezing. People with high blood pressure and those on medications such as aspirin or steroids are predisposed to it. Even excessive straining such as attempting to lift heavy loads can be a cause. I saw a young boy last week with a bleeding resulting from Bungee jumping. Something trivial like rubbing the eye hard can also cause it. Such patches can occur in all age groups. Patients who have undergone eye surgery may have such patches after surgery. The first symptoms, if present, are slight discomfort and foreign body sensation. It does not cause any pain or discharge from the eye, and there is no change in vision. The patient becomes aware of the patch only when others notice it or when the patient looks in a mirror. The patch may increase in size in first few



▲ Eye Anatomy

The blood collects between two layers of the eyes, the conjunctiva, a thin sheet of transparent tissue, and the sclera, the white part of your eye.



▲ Sub-Conjunctival Haemorrhage

Visible as a bright red patch on the white of the eye, sub-conjunctival haemorrhage usually causes a person to panic due to its grave appearance.

hours. It is not due to continual bleeding. It is just spreading of the blood. Depending on the size, blood usually clears up in 1-3 weeks. Blood does not change its color during clearing. The blood around the edge of cornea (the central visible black part of eye) is the last to clear. It is advisable to visit an eye specialist when you first notice the patch. The eye specialist will carry out a brief examination to rule out any local reason. Few investigations are usually ordered. If it is associated with pain, discharge or any visual symptoms then promptly visit us as it could be due to some serious cause. Sub-conjunctival hemorrhage can be recurrent. Most of cases need reassurance and not medication. •



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Don't guess, leave it to experts

A stitch in time saves nine, is an eighteenth century idiom meaning that preventive maintenance is preferable. It holds so true for health. What does it really mean? How do we interpret it? Is it visiting the doctor at the earliest possible after we are sick or is it the effort towards an early preventive diagnosis? What has medicine to offer for early diagnosis? Is it the experience of the doctor? However there is still some belief in society that doctor should be able to advice even without examination. It is not possible. People are still reluctant to get tests done. I presume it is because of ignorance.

This is we called guessing game. Patients in India are last to embrace technology in health sector. Buying a TV or car we will look at best technology but for getting eyes checked we want to use only "experience" of doctor. Ideally, experience of doctor should be complimented with the latest technology. •



*I will not adjust myself to world.
I am adjusted to myself.*

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GREWAL EYE INSTITUTE

Even NASA Approves Advanced Vision Correction

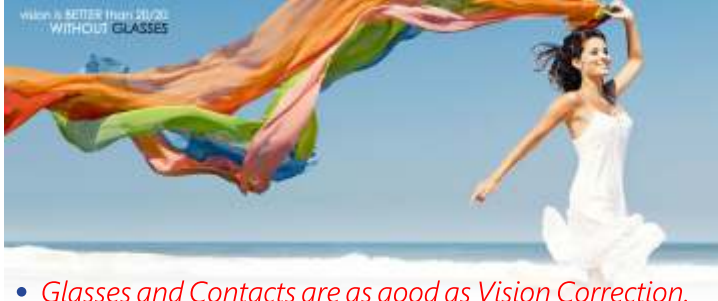


Poor eyesight has long been the bugaboo of many aspiring astronauts, disqualifying more would-be space travelers than any other physical requirement since the beginning of the U.S. astronaut program in 1959. A good news for non 20/20 vision space dreamers and for you if you are afraid that Lasik Laser Procedure is not safe and is complicated. Yes, after Air Force, Navy and now NASA approve Advanced Lasik Procedure for Astronauts. An estimated 50% of rejected NASA candidates are dismissed due to poor vision. This is the proof that Lasik is safe enough for you to see clearly on earth, space, moon or even Mars. GEI offers you surgeons with years of experience in Lasik and an Institute which is certified from JCI, USA. It is safe & painless. •

Dangerous Eye Symptoms that you should not ignore

- A few stray floaters are not a big deal, but if you have a floaters like seeing flock of birds in the sky, it is definitely time to visit GEI.
- Do not ignore if you experience severe foggy with light sensitivity and pain. It could be Glaucoma.
- If an eye injury occurs, unless it is very minor, it should be checked immediately by an ophthalmologist.
- If you experience sudden blackout for several minutes, urgently contact an ophthalmologist. •

Vision correction Procedure - Myths and Facts



- *Glasses and Contacts are as good as Vision Correction.*

You need to carry your contacts and glasses all the time and think when you missed some important moments in life when you didn't have your contacts and eye glasses on. LASIK gives you clear vision all the time without messing around the things.

- *LASIK is costly and a luxury that I can't afford.*

Calculate how much you have spent over glasses, contacts, solution and how much you will spend in coming years. After calculations you will find LASIK a much affordable procedure.

- *LASIK is a new introduced procedure and there is risk.*

Is an effective and common procedure to correct refractive errors from last 20 years. And we at Grewal Eye Institute are doing this procedure for last one decade. Believe us the results are amazing. •

Tips for good Contact Lens care

- Do not use water to clean/store your soft CL as this may lead to derangement of lens quality and also increased risk of corneal infections.
- Always place lens in your clean lens case and fill with fresh solution on every day basis irrespective of whether the lens has been used on that day or not.
- Proper cleaning of the contact lens with clean hands is always recommended using the appropriate certified lens cleaning solution so as not only to clean all the debris deposited on the lens but also to decontaminate them. •

How Technology makes difference?



Difference is the ability to take accurate decision with all information available. That is the difference made by the latest tests available with ophthalmologists today. The latest tests have taken the guessing game out of patient management. Take any eye disease and we at GEI can now diagnose it at very early stage. It is difficult to treat a disease if it has reached advanced stage. Early diagnosis also means cheaper treatment, shorter and complete recovery. Besides increasing the accuracy of diagnostic yield, the precise tests also help monitor the progress of disease.

Two decades ago, looking at the eye of diabetic I would have said, 'there appears to be swelling of retina'. Today I can tell my patient that your retina in the central seeing area is 456 micron thick, double than the normal average. Earlier, on follow up, I would tell the patient that there appears to be an improvement in your condition. Today I tell that with treatment swelling of retina has reduced from 456 microns to 283 microns. I also give the print. Just think over the change modern investigative tools have brought. •

Do you know?

- Eyes are composed of more than 2million working parts.
- Eyes can process 36,000 bits of information every hour.
- Eyes remain 100% functional at every moment, day or night, without rest.
- Under the right conditions, the human eye can see the light of a candle at a distance of 14 miles.
- Men are able to read fine print better than women can.
- It is impossible to sneeze with open eyes. •

Contact Lens: Safety Issue

Hardly a day goes by at GEI when we do not see a case with complications of Contact Lenses (CL), some of them even vision threatening. The fault may lie in eyes, contact lens, solutions, storage or handling. People with existing dry eyes, ocular allergies, repeated corneal infections, long hours on computers and dry dusty environment are more likely to develop complications and it is better for them to avoid CL.

The soft contact lenses have some inherent disadvantages. First, they are like a sponge and pollen, debris, tiny bugs stick to their front surface. The inner surface of lids rubs constantly over it, with every blink leading to follicles (pimple like swellings) on the under surface of lids. It leads to persistent discomfort, foreign body sensation, pain and discharge especially when contact lenses are removed.



Second pertains to oxygen supply to cornea. Cornea is clear glass like and has no blood vessels. It gets nourishment from tear film. Contact lens affects the oxygen supply to cornea and we see many cases with unwanted blood vessels developing in the cornea.

The most serious and vision threatening complication is the infection of cornea. It is not uncommon. Poor hygiene, wearing contact lens in bathroom, sleeping with contact lens, long wearing time, using CL beyond recommended wearing life are some of the reasons. It is an emergency and if not aggressively treated leads to loss of vision. The contact lenses should always be worn under prescription and care of an ophthalmologist who is trained to diagnose and handle the complications. In case you experience any symptoms of irritation, immediately get rid of the lenses and contact us at GEI.

Many people prefer contact lens over laser because of confidence of ignorance. If you are eligible for Bladeless, then laser vision correction is a safer alternative and one time expense only. •

WE ALL SERVE YOU AT GEI

CEO	Dr. SPS Grewal (Gold Medalist, Fellow: Moorfields Eye Hospital, UK)	Anaesthesiologists	Dr. Sukhbir Grewal (Former Assoc. Prof. PGI, Chandigarh) Dr. Mukta Goel
Cataract & Lasik Clinic	Dr. SPS Grewal	Dermatology	Dr. SD Mehta
Glaucoma Clinic	Dr. Guneet Mann	Optometrists	Mr. Pawan Kumar Ms. Shivali Thakur Mr. Shekhar Barua Mr. Gagan Kapoor Ms. Sujata Pathak Mr. Nitesh Pradhan Ms. Kusum Yadav Ms. Twinkle Chopra Ms. Shalini Ms. Shikha Gupta Ms. Astha Mishra
Retina Clinic	Dr. Ajay Aurora Dr. Manpreet Brar Dr. Divya G. Thakur		
General Clinic	Dr. Shuchi Goel Dr. Sanjay Mishra		
Squint & Pediatric	Dr. Amit Gupta		
Cornea Clinic	Dr. Mukesh Aggarwal		

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