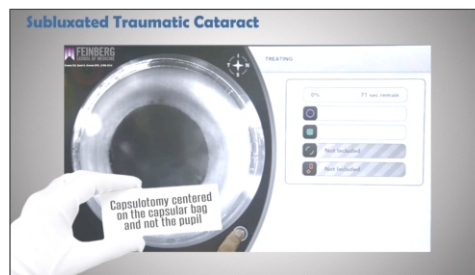
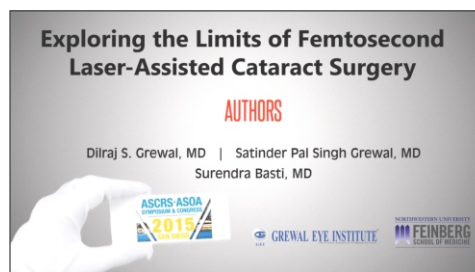


Dual Awards for GEI at ASCRS - 2015

Grewal Eye Institute, region's leading eye care chain carries forward the legacy of consistent award winning by bagging dual awards at American Society of Cataract and Refractive Surgery (ASCRS) 2015. The awards were held in San Diego, California, USA. The video presentation was on exploring the limits management of intraoperative challenges in Femtosecond Laser cataract surgery, which is the safest and most accurate form of cataract surgery.

The prestigious international awards have been conferred on GEI wherein numbers of ophthalmologists participated in the conference from across the globe. The video has been selected from submissions to the ASCRS not only from India or US alone, but from all over the world.

The trio of Dr. SPS Grewal, Dr. Surendra Basti & Dr. Dilraj Grewal presented two virtual films on Femtosecond Laser. Both the films were awarded by the ASCRS, one of them titled 'Exploring the Limits of Femtosecond Laser-Assisted Cataract Surgery' won the first award whereas the other one titled 'Management of Intraoperative Challenges During Femtosecond Laser-Assisted Cataract Surgery' won the 1st runner up award. The films were produced and presented by Dr. Dilraj Grewal, presently working as Retina Fellow, Department of Ophthalmology, Duke University, Durham, USA and Dr. Surendra Basti respectively. It is well to note, too, that GEI



won two different awards at the world symposium at San Diego, which is a rare achievement.

Dr. Grewal commenting on the achievement, said "We have always been pioneers in bringing latest technology to India, and many a times to Asia. Being early bird users of the latest technology, we are able to understand it, use it, manoeuvre it and get best results out of it. We keep on sharing this knowledge with the medical fraternity from various platforms so as to

serve the suffering humanity. I am glad that our efforts are recognized and appreciated."

Femtosecond laser cataract surgery is gaining fascination of ophthalmologists worldwide as it gives a patient safer and better chance of a spectacle free vision for distance. There is no blade, no injection. All the steps are performed to accuracy of microns.

GEI is the world's fourth JCI accredited and India's first ISO 9001:2000 certified eye care hospital. GEI is the single stop for all eye care needs under one roof. The institute offers internationally benchmarked, premium quality eye care with many cutting edge techniques available at single premises.

The informative & user-friendly website 'www.gei.co.in' assists patients both from India & abroad. The institute keeps conducting various eye camps, public education seminars and symposiums for the Continuous Medical Education of Ophthalmologists, on a regular basis, and our NGO "Roshni" aims at assisting poor eye patients in need of treatment. ●

Top Eye Surgeons present Latest Techniques to Local Doctors in Seminar on 'Diabetic Macular Edema'

Grewal Eye Institute, conducted a special seminar for Ophthalmologists today at the institute's auditorium. The unique seminar, a part of the ongoing Continuous Medical Education (CME) Program of GEI, witnessed participation of more than 150 Ophthalmologists from the region. The CME Seminar titled 'Diabetic Macular Edema' educated participating doctors on the revolution in the management of DME. The seminar was addressed by a panel of top eye surgeons, including Dr SPS Grewal, CEO, GEI himself. Participation in the seminar was free for Ophthalmologists.

Experts in the field from the different part of the country deliberated on the subject of Diabetic Retinopathy to thrash out recent developments and research in Diabetic Macular Edema.

It was highlighted that for monitoring the diabetes and for reducing the progression of Diabetic Retinopathy, it is important to rely on **HBA1C (Glycated Haemoglobin)** test which gives us average of last three months of blood sugar than to the reports of the fasting blood sugar, post random blood sugar or random blood sugar. Recent studies have found that the Diabetic Changes worsen in those cases who have a high HBA1C.

The beneficial effects of the **anti-VEGF injections in the eye** to reduce the edema



Dr. SPS Grewal

and to improve the vision were highlighted. Till now all effort in Diabetic Retinopathy were to preserve the vision. The advent of these injections lot of patients get improvement in vision once the treatment is started. There was lot of excitement about the new **Micro-pulse Yellow Laser**. The laser photocoagulation with the regular green laser leads to damage the retinal cells and it effects the vision. Lot of patients who have undergone laser treatment realise that there is some decrease of vision after the laser treatment. The micro-pulse, multi-pattern yellow laser is unique that it does not kill the cells. It rejuvenate the cells. Therefore, it leads to the beneficial effects of the laser without permanent loss of the vision. Those cases where the vision has decreased or there is a vitreous haemorrhage the **role of surgery** was highlighted. There were beautiful videos shown where the patient



with very poor vision had improved after a successful Pars Plana Vitrectomy surgery.

The most important point discussed at the CME was the **role of systemic control**. Diabetic Retinopathy occurs if the systemic parameters that is the blood pressure, blood sugar, haemoglobin, urine albumin, serum protein, cholesterol, and all these parameters have a contribution towards development of Diabetic Retinopathy.

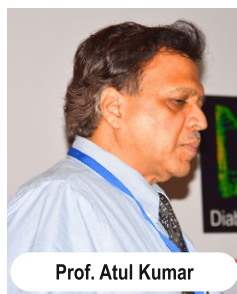
Those cases who have Diabetic Retinopathy one has to control all these parameters to have a beneficial effect or to reduce the effect of Diabetic Retinopathy.

GEI has always been at the forefront in bringing latest machines and new techniques & procedure to the region, thus benefiting the local populace.

We believe, it is our duty to spread the knowledge of the highly advanced tools that GEI surgeons use, but a local eye doctor might not have access to. We are committed to the spread of Medical Education via such seminars and will continue such programs in the future too. ●



Prof. Amod Gupta



Prof. Atul Kumar



Don't lose sight of monsoon mayhem



Monsoons has been long symbolized as a relief from torturous summer, from the agony of seeing plants and crops wilt. Unfortunately, they don't provide relief to the eyes. During monsoons, temperature, humidity and wind movement are conducive for propagation, survival and spread of viral, bacterial and fungal eye infections. Eye care thus becomes essential as eyes become more

prone to conjunctivitis, stye and corneal ulcers. Stye is a bacterial infection involving the roots of lashes. Some people are predisposed to developing styes, and monsoons make them more vulnerable. Poor hygiene and rubbing of eyes, especially with unwashed hands, are predisposing factors. It is painful, can recur and one may have multiple times. It needs to be aggressively treated so that infection does not spread beyond eyelids. Antibiotics need to be used for longer time for styes. Start hot compresses and consult your eye doctor.

Another common eye infection during rains is corneal ulcers, which is the infection of the cornea. It causes severe eye pain, pus discharge and permanent loss of vision. It is caused by bacterial, viral or fungal infection. It is a serious condition and an eye emergency. One should immediately consult an ophthalmologist.

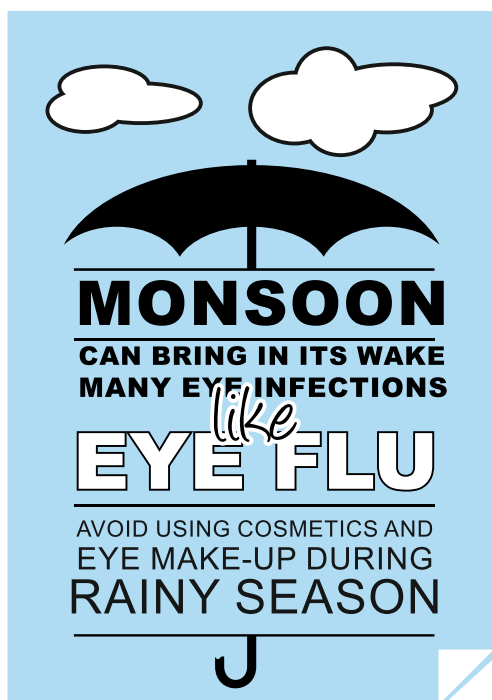
The treatment has to be aggressive and tailored according to the stage of severity, damage to cornea, virulence and type of causative microorganism. Fungal ulcers are difficult to treat. They occur after injury with vegetative matter. Corneal ulcers can leave behind corneal opacity that may

necessitate eye transplant. However, little vigilance about personal hygiene can save you from most eye infections. Nose and fingers are the common sources. Keep your hands clean. Do not touch eyes with dirty hands. Avoid keeping big nails. Wash hands before touching eyes, face or instilling eye drops. Hand sanitizers are effective.

Do not use contact lenses during redness or in infected eyes. •

Benefits of using Sunglasses

- Avoid skin cancer, as 10% of all skin cancers are found on the eyelids.
- Sunglasses are useful to avoid photokeratitis, essentially a snowburn of the eye, it's temporary, but can be painful and causes blurred vision.
- The sun's brightness and glare interferes with comfortable vision and the ability to see clearly by causing people to squint and the eyes to water. Sunglasses provides comfort.
- Sunglasses keep you from squinting which can increase the wrinkles around your eyes.
- Looking cool. Need another reason? •



MicroPulse Multipattern Yellow Laser

There was a time when people used to go blind from Diabetic Retinopathy since there was no treatment available. The advent of Laser drastically changed the scene. Now after the use of 20 years Laser has become a big boom for patient with Diabetic Retinopathy. However, with the Laser when we put multiple spots on retina, at each spot retina gets burnt. Wherever the laser hits the Retina it actually burns the seeing cells resulting in reducing of overall vision.

Panretinal Photocoagulation reduces the contrast. The night vision is reduced and hampers with driving at night. For patient with Diabetic Maculopathy, the Laser treatment reduces the central vision and may affect the quality of vision. All of you who have gone through laser, must have realised that there is decreased vision after laser treatment. Although, in long term it prevents loss of vision.

The MicroPulse Multipattern Yellow Laser delivers Laser energy in such a way that it does not lead to burns on retina but it

leads to resolution of changes due to Diabetic Retinopathy. The same energy is delivered in small bursts and shots like a stroboscopic light and there is no burning. In fact if you have a MicroPulse Multipattern Yellow Laser and your eyes are seen after two to three days there will be no visible marks as such. The only difference is that the beneficial effect takes a little longer time to come and is long lasting.

So with the MicroPulse Yellow Laser we are looking at providing treatment to a patient with Diabetic Retinopathy and besides preventing further loss of vision we expect some improvement. ●

What happens during MicroPulse Multipattern Yellow Laser photocoagulation?

To perform MicroPulse Yellow laser photocoagulation your eye must be dilated. The lights in the office will be dimmed and you will be seated facing the laser machine, your doctor facing you.

A large lens will be placed on the front of your eye to allow your doctor to see into your eye to do the MicroPulse laser therapy. A drop of a topical anesthetic makes this comfortable. Based on the type of laser used, you may experience some flashing lights during the procedure. If you move during MicroPulse laser therapy there will be no harm to your eye, but it may make treatment a bit longer. ●



▲ After MicroPulse Yellow Laser patients often notice better vision.

We All Serve You

CEO	Dr. SPS Grewal (Gold Medalist, Fellow: Moordfield Eye Hospital, UK)
Cataract &	Dr. SPS Grewal
Lasik Clinic	Dr. SPS Grewal
Glaucoma Clinic	Dr. Guneet Mann
Retina Clinic	Dr. Ajay Aurora Dr. Manpreet Brar
General Ophthalmology	Dr. Shuchi Goel Dr. Reema Sadhu Dr. Sanjay Mishra
Squint & Pediatric Clinic	Dr. Amit Gupta
Cornea Clinic	Dr. Mukesh Aggarwal
Community Oph.	Dr. Pooja Aggarwal
Anaesthesiologists	Dr. Sukhbir Grewal (Former Assoc. Prof. PGI, Chandigarh) Dr. Mukta Goel
Dermatologist	Dr. SD Mehta
Visiting Faculty	Dr. Dilraj Grewal
Optometrists	Mr. Pawan Kumar Ms. Shivali Thakur Mr. Shekhar Barua Mr. Gagan Kapoor Ms. Sujata Pathak Mr. Nitesh Pradhan Mr. Saurav K Gupta Mr. Mukesh Yadav Ms. Kusum Yadav Ms. Twinkle Chopra