



FORESIGHT 2020



Newsletter of **GREWAL EYE INSTITUTE**

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Don't Avoid Road Safety Gears

Enjoying dinner with family, 22 years old Suresh, was busy thinking about his exam and plans to go abroad. After dinner he decided to go for ice cream. He left his house on a motorbike. Since the shop was only a short distance away, he didn't feel the necessity to wear a helmet. But unfortunately, on the second turn, his motorbike skidded and he fell down, his left temple hitting the road.

With the help of a few passersby, Suresh was taken to home. He had only a small bruise on his left eyebrow and there was swelling of tissues. There was no bleeding and stiches were not required. He took pain killer and went off to sleep.

Next morning, he got up and realized that he couldn't see with left eye. He immediately rushed to the doctor. The vision in the left eye was reduced to count fingers only. A CT scan showed that there was no head injury or bleeding inside the brain. The best treatment was given to him, but the vision didn't improve. Suresh couldn't imagine that his not wearing a helmet could play havoc with his life and that a small bruise on the eye brow could lead to loss of vision.

Optic nerve is a bundle of thin and sensitive nerve fibers connecting the eye to the brain, which carries messages from the eye to the brain. About 1.5mm thick, with covering around it, the optic nerves from two eyes traverse backwards to cross each other at a point behind the nose. During this path, the nerve passes through a bony canal which is about a centimeter long. The direction of the bony canal is exactly in line with a point, just temporal to each eyebrow.

Any time there is a strong impact on the temple, which usually happens when one falls, there is a rapid movement



Motorcycle helmets are one of the most important considerations of all safety concerns, especially when you consider the current statistics stating that brain injury is one of the most dominant causes of motorcycle fatalities. One should always prefer full-face helmets, the more coverage the better. You're definitely going to have more protection.



Bony canal in skull behind the eye where optic nerve goes to brain.

of optic nerve within the bony canal in skull and the nerve gets stretched in its bony path. The blood vessels are torn and the vision is lost permanently. Even a trivial trauma like tumbling and falling down on the road, falling from a bicycle, falling from a scooter or impact in a roadside accident on the outermost part of the eye brow, has potential of seriously affecting vision. Unfortunately there is no treatment available for such situation. The available treatments lead to limited recovery only, because the damage to the tissues is due to loss of blood supply.

But, it is preventable blindness. Had Suresh been wearing a helmet that fateful evening, he still would have been in a position to fulfill his dreams. The line, "If I had worn helmet," will remain permanently etched in mind. •



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Common Eye Disorders in Newborns



Arrival of a newborn brings happiness to the entire family. The baby becomes the cynosure of all eyes. But for the parents, it is important to look beyond the color of their little one's eyes. They should examine the baby's eyes to ensure there aren't any gross abnormalities.

Any eye abnormality detected at birth should be immediately brought to the notice of an eye specialist. A neonate's eyes are slightly smaller than adults. It takes only two years for a baby's eyes to develop to adult size.

Eye infections in newborns are common. Between birth till four weeks, a baby can suffer neonatal conjunctivitis. This infection needs to be controlled by using appropriate antibiotics.

Continuous watering from one or both eyes, accompanied by copious discharge is a frequent problem in babies. During the first four weeks of a baby's life, tear secretions are less than normal. Any watering from eyes during this period is abnormal.

Buphthalmos or infantile glaucoma is a baby born with 'Kala Motia' and symptoms include watering and sensitivity to light. The eye is bluish and big in size due to increased pressure in the eye. It needs treatment with drops followed by surgery. Repeated examinations may be done under anaesthesia. Failure to treat leads to permanent damage to optic nerve and complete blindness. Any obvious abnormality of the eyelid should be taken seriously. It is not often, but a child may have a congenital coloboma, a condition in which a part of eyelid may be missing. Normally lids cover upper 1-

Some parents expect boy, some expect girl. But some expect just happy and healthy child.

2mm of cornea. In case it covers more than that, it's a condition called drooping of the eyelid or Ptosis. The lid can be lifted up with surgery.

It is important to make assessment of the alignment of the eyes and vision. Parents must keep an eye on baby's eyes. Early identification and treatment is important and can actually change the way your baby looks at the world. •

Warning signs that a child might need glasses

Consistently sitting too close to the TV or holding a book too close.

Losing his/her place while reading.

Squinting.

Use finger to follow while reading.

Excessive tearing.

Eye rubbing.

Close one eye to read or to see better.

Complaining of headache or tiredness.

Lower in usual grades in class.

Avoid those activities which require near vision, such as participating in sports or other recreational activities.

Improve your Visual Concentration

Without blinking focus your gaze on the tip of your nose and remain like this as long as you can. Close your eyes and relax.

Focus on third eye 'area between the eye brows and above nose' without blinking. Close your eyes and relax. You may find it hard at initiation stage but keep your focus on that area and after sometime you'll feel comfortable with this posture.

Keep your head still and try to focus on your left shoulder for as long as you can. Close your eyes and relax then repeat this sequence for the right shoulder.

How we detect the disease?

How is Diabetic Retinopathy detected?

Eyes should be dilated during the exam, which means eye drops are used to enlarge your pupils. This dilation allows the doctor to see more of the inside of your eyes to check for signs of the disease.

I had an operation for squint in childhood. My eyes seemed straight for a few years but now one eye is drifting out. As I have already had surgery, is there anything that can be done about it?

It is not uncommon for a squint that has been corrected in childhood to re-appear in adulthood. Yes, further surgery is often possible and it would be worth having an assessment by a specialist squint surgeon.

How Glaucoma is diagnosed?

An eye specialist can diagnose glaucoma during a complete eye examination. Findings consistent with glaucoma are high pressure inside the eye, optic nerve damage, and/or vision loss.

How often do I need eye examination if I am suspect of Glaucoma?

The frequency of your checkups depends on the stage of Glaucoma and control of IOP. IOP needs to be checked every 2-3 months and visual field & OCT every six to nine months.

For more severe glaucoma, examinations may be done monthly. •

Some Aspects of Vision

Vision is not just ability to see or read. The vision has lot of other aspects to. Some of these are given below:

Visual Acuity is acuteness or clearness of vision which depends upon sharpness of the retinal focus, functioning of retina and interpretative faculty of the brain. **Colour Vision** is the ability of eye to distinguish objects wave-lengths of the light they reflect, emit or transmit. **Field of Vision** is normally described as the entire area that a person can see with eyes fixed on one position. **Dark Adaptation** is the adjustment of the eye to low light from bright light. •

Handy tips to use your Smart Phone



- Too bright or too dark screen can cause eye stress. Adjust your brightness settings to auto so that the screen brightness is adjusted automatically according to the ambient light.
- Keep your smart phone screen clean and smudge free all the time. It will help you see pictures and read text clearly.
- Adjust your text to adequate size so you can read your mails and messages comfortably.
- It is preferable that if you hold your phone at least 45cm inches away from the face/eyes instead holding it close to the eyes.
- Give lot of weightage to screen resolution when buying your phone. •

Floaters and Specs



Normally, eye floaters or specks are absolutely nothing to worry about. Everyone experience them when looking into a light background and they cause no ill effects. But if one experiencing them in every back-

ground or they increase in number and cause any vision loss, immediate medical advice is recommended. This could be one of the symptoms of Retinal Detachment. •

Demystifying Myths

The dictionary defines the word 'myth' as an unproved, collective belief that is accepted with criticism and is used to justify a social institution. Most of the myths are results of unwritten observations of people or community and they are far from the truth/logic.

Some myth relate to the progression or increase in number of glasses. You know a person with refractive errors wears glasses to see clearly. The commonest myth is, "If I do not wear glasses my number will increase."

Glasses are never prescribed to arrest increase of number. Increase in number is a genetically determined inherent attribute of person. The only environmental factor known to increase number is reading or work from too close a distance and for too long. Parents should ensure that their child reads and writes from a proper distance. Recommended distance is about 40cm.

"Please prescribe me some medicine so that my number does not increase," is another common myth. There is no proven medicine, tablets or eye drops that can decrease or arrest the progression of number.

Time, speed and extent of progression of number is genetically determined and cannot be predicted or changed in an individual by any statistical model. Number usually increases during the phase of growth of the body, that is up to the age of 18 years. It is therefore important for spectacles wearers to get their eyes checked every 4 to 6 months, up to age of 18 years. You may need an earlier check-up if you feel your vision has deteriorated. If you are above 18 years of age, have a stable number of glasses for one year and keen to remove glasses you can consider vision correction procedure.

SMILE is a proven, safest and faster tool available today. It is an acronym for Small Incision Lenticule Extraction (SMILE). It is a minimally invasive and innovative procedure wherein instead of the excimer laser ablating the cornea, the femtosecond laser is used to create a lenticule which is then extracted through a keyhole corneal incision (2-4mm incision compare to 20mm used in Lasik). •

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- Quick, hardly takes few minutes
- No flap created
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- No burning of corneal tissues
- No pain during or after procedure
- No flap related complication
- Less incidence of dry eyes
- No bandage after SMILE
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