

EDITORIAL

The Power of Nutrition : Enhancing Vision Through a Healthy Diet

In today's fast-paced world, maintaining good health is more important than ever. One aspect of health that often gets overlooked is vision. While many people rely on corrective lenses or surgeries to improve their eyesight, a nutritious diet can play a significant role in maintaining and even enhancing vision. In the rapidly advancing field of medical sciences, ophthalmology has emerged as a critical area of focus. The eyes are not just windows to the world; they are complex organs that play a crucial role in our overall health and well-being. Maintaining good eye health is essential, as it impacts not only our vision but also our quality of life. Moreover, the eyes are vital for our daily activities, from reading and driving to recognizing faces and enjoying the beauty of nature. Poor vision can lead to a decrease in productivity and an increase in the risk of accidents and injuries. Therefore, protecting our eyes through proper nutrition, regular eye exams, and wearing protective eyewear is paramount.

A diet rich in vitamins, antioxidants, and minerals can significantly impact eye health. For instance, beta-carotene, found in orange-colored fruits and vegetables like carrots and sweet potatoes, is converted by the body into Vitamin A, which is crucial for maintaining healthy vision. Without adequate vitamin A, night blindness can occur, and the overall health of the cornea can be compromised. Essential vitamins and minerals are crucial for maintaining the structural integrity of eye tissues. Without an adequate supply of these nutrients, the tissues can become weaker, increasing the risk of eye problems such as corneal degeneration or weakened blood vessels.

Vitamin C, another powerful antioxidant, is essential for tissue repair, collagen formation, and immune system function. Increasing vitamin C intake can help prevent macular degeneration and slow down the progression of cataracts. Foods rich in vitamin C include citrus fruits, bell peppers, and strawberries.

Vitamin E, which can only be obtained through diet, is another vital nutrient for eye health. It helps delay the onset of cataracts and significantly lowers the risk of macular degeneration. Nuts, seeds, and green leafy vegetables are excellent sources of vitamin E.

Lutein and zeaxanthin are highly pigmented antioxidants that protect the eyes from blue light damage. These nutrients are concentrated in the macula and help shield it from oxidative damage, preventing macular degeneration. Foods rich in lutein and zeaxanthin include spinach, kale, and other leafy greens. Zinc is another essential mineral for eye health, as it helps the body metabolize vitamin A and maintain normal night vision. High concentrations of zinc can be found in the retina, and it plays a role in preventing macular degeneration. Foods rich in zinc include meat, shellfish, and legumes.

Omega-3 fatty acids, which are essential for combating inflammation associated with dry eye syndrome, are also crucial for eye health. These fatty acids are not produced naturally by the body, so they must be included in the diet. Natural sources of omega-3s include fish like salmon, tuna, and sardines.

The World Health Organization (WHO) also highlights the importance of providing healthy diets to all, as it is crucial for ensuring optimal health for people. In conclusion, a diet rich in these nutrients can help maintain and improve vision. By incorporating a variety of fruits, vegetables, nuts, seeds, and fish into your daily meals, you can protect your eyes from age-related diseases and ensure they remain healthy for years to come. Remember, what you eat today can have a lasting impact on your vision tomorrow.

K. Bangar Raju
EDITOR

Sri Krishna Kumar Contributions Lauded



An all-staff meeting was organized on 4th November to share the joyous news of elevating Sri Krishna Kumar Atmakuri to the position of Managing Trustee of Sankar Foundation.

Speaking on the occasion, Sri Krishna Kumar expressed his happiness at the hospital's growth and sought the cooperation and support of the employees in achieving excellence.

Addressing the employees, the General Manager, Sri K. Radhakrishnan highlighted Sri Krishna Kumar's significant contributions to the foundation in taking the hospital to greater heights. Dr. T. Raveendra, Dr. Nasrin, Dr. Krishna Prasad, Dr. T. Krishna, Dr. Sirisha, Sri Ramesh Kumar, DGM, Sri Venugopal, DGM, Sri S.K.L. Rao, AGM, and Smt. K. Padmavathi, Senior Manager, also addressed the gathering and wished him success in his future endeavours.

National Recognition for our Newsletter



The monthly newsletter of Sankar Foundation "**Visionary Insights**" has bagged **2nd Prize of PRSI National Awards 2024**. The award will be presented to Sankar Foundation by Public Relations Society of India (PRSI) at its 46th All India Public Relations Conference to be held at Raipur during 20th to 22nd, December 2024 under Newsletter (English) category. The Board of Trustees and Sri K. Radhakrishnan, GM (Admn & Operations) congratulated the Editorial team and its Editor K Bangar Raju, Dy GM (PR & Liaison). The team was appreciated for achieving this milestone and for the prestige the award carries. This award puts Sankar Foundation on the national centre page.

Performance at a Glance

Total Eye Surgeries 4,64,074 Since Inception
Total OP Screened 26,99,869 Since Inception

5 Super Foods for sharp Eyesight

According to **Dr. Ajay Sharma** Director - Vitreo Retinal Services, these super foods are essential for the betterment of our eyes.



Carrots: Long associated with good vision, carrots are rich in beta-carotene, a type of vitamin A that helps the retina and other parts of the eye to function smoothly. Beta-carotene's antioxidant properties also protect against macular degeneration and cataracts.

Spinach: It is a powerhouse of nutrients including lutein and zeaxanthin, two essential antioxidants found in the retina. These nutrients act like natural sunglasses, filtering harmful high-energy wavelengths of light and protecting the eyes from damage. Regular consumption of spinach can help in reducing the risk of macular degeneration.

Fatty fish: Fishes like salmon, tuna, and mackerel, rich in omega-3 fatty acids, are crucial for eye health. Omega-3s are known to contribute to the structural integrity of the retinal cells and help in preventing dry eyes, a common issue in the digital age.

Nuts and seeds: Almonds, flaxseeds, and sunflower seeds are excellent sources of vitamin E, an antioxidant that protects the cells in the eyes from free radicals. Regular intake of these nuts and seeds can help in delaying age-related eye damage.

Citrus fruits: Oranges, lemons, and other citrus fruits are high in vitamin C, another potent antioxidant. Vitamin C plays a significant role in health and repairing tissues, including those in the eyes. It is also known to lower the risk of developing cataracts and macular degeneration. In the end, the key to healthy eyesight might just lie in what we put on our plates. Remember, taking care of your vision is an ongoing process, and a nutrient-rich diet is a pillar to ensure your eyes stay healthy for years to come.

DO YOU KNOW?

What are the top 3 eye diseases?

Those diseases include age-related macular degeneration, cataract, diabetic retinopathy, and glaucoma. Other common eye disorders include amblyopia and strabismus.

How To Improve Eyesight Naturally: 10 Easy Tips

1. Eat a Healthy Diet.
2. Quit Smoking.
3. Reduce Screen Time.
4. Know About Hereditary Conditions.
5. Stay Hydrated.
6. Wear Protective Eyewear.
7. Get Regular Eye Check-Ups.
8. Practice Good Eye Hygiene.
9. Get enough sleep
10. Exercise your eyes

➡ Schedule Your Eye Exam at Sankar Foundation Eye Hospital for Healthy Eyesight

Which fruit is good for the eyes?

Citrus fruits like oranges, lemons and grapefruit are high in vitamin C. Vitamin C helps the body form and maintain connective tissue, including collagen found in the cornea of the eye. Vitamin C also supports the health of blood vessels in the eye.

WHAT DRINK IS GOOD FOR EYES?

Lemon water

Cutting open a lemon and dunking it into a jug of water is more helpful to the eyes than you might have imagined. Lemons are high in lutein and zeaxanthin, which help against macular degeneration and cataracts. It also is a rich source of vitamin C, which can help reduce inflammations in the eye. 19 Aug 2022

Which foods improve eyesight?

The 10 Best Foods For Eye Health To Include In Your Diet

- ➡ Raw red peppers. Peppers are one of the vegetables that contain the most vitamin C per calorie. ...
- ➡ Seeds. ...
- ➡ Dark, leafy vegetables. ...
- ➡ Carrots. ...
- ➡ Lean meat and poultry. ...
- ➡ Eggs. ...
- ➡ Broccoli and Brussels sprouts. ...
- ➡ Beans and legumes.



Are bananas good for your eyes?

Integrating bananas into your diet can contribute significantly to the health of your eyes. They are an excellent source of essential nutrients that help slow down sight loss conditions like retinitis pigmentosa and macular degeneration, thereby being instrumental in preventing blindness.

Which dry fruit is good for eyesight?

By incorporating almonds, walnuts, raisins, dried apricots, dates, prunes, and cashews into your diet, you're not only treating your taste buds but also providing your eyes with the essential nutrients they need for optimal vision. So, snack wisely, and nourish your vision with these delightful dry fruits!



(Inputs: **K Bangar Raju**, Dy General Manager (PR & Liaison))

Advances in the Diagnosis and Management of Paediatric Strabismus

Dr Rahul Bhogi,
Fellow, Paediatrics



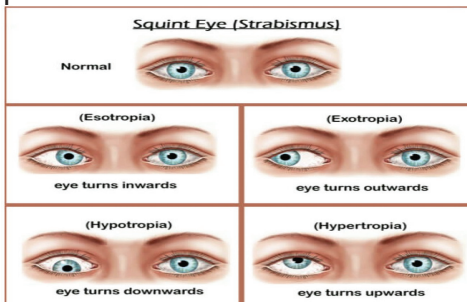
Looking Ahead :

While advancements in paediatric strabismus care are promising, challenges remain. Future research is needed to refine surgical techniques, enhance diagnostic tools, and improve access to care in underserved areas. Paediatric ophthalmologists also play a vital role in educating families about the importance of early diagnosis and treatment to prevent long-term visual complications.

Conclusion :

Paediatric strabismus, though common, is a condition that demands early intervention for optimal outcomes. With technological innovations and a growing emphasis on personalized care, children with strabismus now have brighter visual futures. Let this *Children's Eye Health and Safety Month* remind us of the importance of safeguarding the vision and well-being of our youngest patients.

Paediatric strabismus, commonly known as crossed or misaligned eyes, affects approximately 2-4% of children worldwide. This condition, where one or both eyes deviate from proper alignment, can impact visual development, depth perception, and quality of life if untreated. **As November named as "Children's Eye Health and Safety Month",** it's an opportune time to discuss advancements in the understanding, diagnosis, and management of paediatric strabismus.



Understanding Paediatric Strabismus :

Strabismus can present as esotropia (inward deviation), exotropia (outward deviation), or vertical misalignment. The condition may be congenital or acquired and can result from refractive errors, neurological disorders, or muscular imbalances. If untreated, it can lead to amblyopia, where the brain suppresses the input from the misaligned eye, impairing visual acuity. The psychosocial impact of paediatric strabismus also cannot be overlooked. Children with strabismus may face difficulties with self-esteem and social interactions due to the cosmetic appearance of their eyes.

Advances in Diagnostic Tools Timely and accurate diagnosis is essential for effective treatment. Traditional diagnostic methods like the Hirschberg test, cover-uncover test, and prism testing remain valuable. However, recent advancements in technology have enhanced diagnostic precision: Synoptophore and Automated Eye Tracking Devices allow precise measurement of deviation angles and binocular function, reducing subjectivity in assessments.

Photo-screeners and Portable Devices: Tools like handheld auto refractors are making it easier to identify strabismus in non-verbal or young children during mass screenings.

Artificial Intelligence (AI): AI-powered tools are being developed to analyse strabismus from digital photographs or videos, promising more accessible and reliable diagnosis.

Treatment Modalities :

The treatment of paediatric strabismus has evolved significantly over the years, with an emphasis on individualized and multi-disciplinary approaches.

NONSURGICAL INTERVENTIONS:

Glasses and Prisms: Many cases of accommodative esotropia can be effectively managed with refractive correction. Newer lens technologies, such as high-definition optics, improve visual clarity and compliance.

Orthoptic Exercises: Digital platforms now gamify vision therapy, enhancing engagement and adherence among children.

Botulinum Toxin (Botox): For selected cases, Botox injections into extraocular muscles offer a less invasive alternative to surgery.

Surgical Interventions: Strabismus surgery remains the gold standard for cases unresponsive to nonsurgical methods. Recent advancements include:

Adjustable Sutures: Allow fine-tuning of alignment postoperatively, improving surgical outcomes.

Minimally Invasive Strabismus Surgery (MISS): This technique uses smaller incisions, reducing postoperative discomfort and improving cosmetic results.

Advanced Imaging for Preoperative Planning: Techniques like MRI and ultrasound assist in complex cases, such as strabismus associated with cranial nerve palsies.

Binocular Vision Restoration: Advances in binocular vision therapy emphasize restoring depth perception and stereopsis. Virtual reality (VR) systems are emerging as effective tools for enhancing binocular function through immersive exercises.

Addressing Barriers to Care :

In many regions, delayed diagnosis and limited access to care remain challenges. Telemedicine initiatives, including mobile clinics and virtual consultations, are improving access to early screening and follow-up care.

Performance - November 2024

BASE HOSPITAL

➤ Total Eye Surgeries	2729
➤ Cataract Surgeries	1954
➤ Retina Surgeries	86
➤ Retina Injections	173
➤ Glaucoma Surgeries	22
➤ Cornea Surgeries	155
➤ Pediatric Surgeries	04
➤ Orbit & Oculoplasty	59
➤ Total OP Screened	11,443

BRANCHES

➤ Srikakulam-Eye Surgeries	348
➤ OP Screened	1576
➤ Maddilapalem-Surgeries	116
➤ OP Screened	1287
➤ Gajuwaka-Surgeries	28
➤ OP Screened	1224
➤ Madhurawada-Surgeries	10
➤ OP Screened	619

➤ Total 40 Outreach free eye camps conducted and screened 2722 patients and Performed 1038 surgeries

Sankar Foundation Organizes Innovative Competitions for School Students on Eye Health

- Competitions Focussed on Digital Eye Strain

Sankar Foundation Eye Hospital, located in Naiduthota, Visakhapatnam, renowned for its quality ophthalmic services in the north Andhra districts, successfully organized a comprehensive program for school students focused on ophthalmology and eye health, featuring innovative competitions. The event aimed to raise awareness about eye health among students, especially in an era where increased screen time from cell phones, computers, and other digital gadgets is leading to eye-related issues.

Shri Atmakuri Krishna Kumar, the Managing Trustee of Sankar Foundation, was the Chief Guest, while General Manager Sri K Radhakrishnan was the Guest of Honor, presented prizes and



Sri Atmakuri Krishna Kumar and K Radhakrishnan presenting prizes and certificates to the winning school students.



certificates to the school students who excelled in the competitions at a function held on 13th November. The program was skilfully steered by DGM (CR & PC) Sri V Ramesh Kumar.

In this program, 415 students from 86 schools in Visakhapatnam city enthusiastically participated in many competitions on eye problems and eye health. The week-long event saw the participation of nine accomplished



judges and who judged the winners. The judges included Mrs Lalitha Kumari, Mrs Rajani, Mrs Beena, Sri A Srinivas, Sri L Ramakrishna, Mrs Anuradha, Dr Annaji Rao Kota, Mrs Lakshmi Kapoor, Mrs Nomitha Karmakar.

Competitions included drawing, painting on eyeglasses, group singing of patriotic songs, debate, role play, and storytelling, conducted in both English and Telugu languages. As part of the Children's Day and World Sight Day celebrations held from November 6 to November 13, the employees of the hospital's training department-K. Vinod Kumar, Bhuvana Kalyani, Alekhy, Jaya, Devi, and Manjula-organized this awareness program.



The Glaucoma Case Carnival, organized in association with the American Academy of Ophthalmology (AAO), took place on 17th November, 2024 in Visakhapatnam. This event was part of a case-based educational initiative on glaucoma.

Dr. Karine Duarte Bojkian, Assistant Professor of Ophthalmology at the University of Washington, USA, and Dr. Joel Schuman, Professor of Ophthalmology at Sidney Kimmel Medical College, Thomas Jefferson

University, USA, participated via video conference. Dr T Raveendra, Director of CQI & Research, and Phaco & Glaucoma Specialist at Sankar Foundation, spoke on changing paradigms in glaucoma management and especially on new technologies including the potential role of Artificial Intelligence in glaucoma management. He also presented innovative



Glaucoma Case Carnival

- Dr. T. Raveendra Led a team to the Carnival

surgical techniques for improving safety and efficacy.

Dr. Jayamahesh K. Phaco and Glaucoma Surgeon and Managing Director of Sri Sai Balaji Hospital, presided over the meeting. Dr. Kiranmaye TVH, Glaucoma Consultant at Arka Advanced Eye Care, moderated the program. The panelists included Dr. P. Manju Valli, Phaco and Glaucoma Consultant from Sankar Foundation, and Dr. B. Vishnuvardhan Reddy, Phaco & Glaucoma Consultant at RV Super Specialty Eye Care.

Dr Harshit, Dr Rahul, Dr Kavitha, Dr Sruthi, Dr Ditsha, Dr Sushmitha from Sankar Foundation participated.

Orbit and Oculoplasty: Pioneering Advances in Eye Care and Aesthetics

Orbit : The orbit refers to the bony cavity that houses the eye and its associated structures, including muscles, nerves, blood vessels, and connective tissues. It's essential for providing protection and support to the eye, enabling proper eye movement and function. Conditions affecting the orbit, such as tumors, inflammations, or fractures, can significantly impact vision and overall eye health.

Oculoplasty : Oculoplasty, or oculoplastic surgery, is a specialized branch of ophthalmology focusing on the surgical treatment of disorders and deformities of the eyelids, tear ducts, orbit, and the surrounding facial structures. Common oculoplastic procedures include eyelid surgery (blepharoplasty), tear duct reconstruction, and the removal of orbital tumors. These surgeries not only aim to improve the functional aspects of the eyes but also enhance the aesthetic appearance, contributing to overall facial harmony.

Both orbit and oculoplasty play crucial roles in maintaining and restoring the health and functionality of the eye and its surrounding structures and it is a sub-specialty in Ophthalmology that deals with the management of abnormalities of the eyelids, lacrimal system, the orbit and the adjacent face.

Ptosis - Drooping of upper eyelid can be seen in adults as well as children. Early identification and management of ptosis is important during the developmental years of binocular vision, as it can lead to visual loss in children (amblyopia).



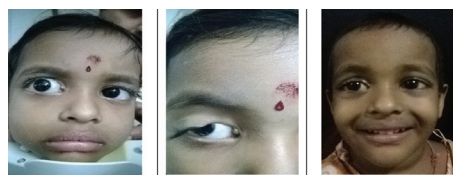
Bells Palsy - Facial nerve paralysis can lead to incomplete closure of eyelids due to partial or complete weakness of Orbicularis muscle and other facial muscles. Severe lagophthalmos can cause complications of corneal exposure and keratitis.



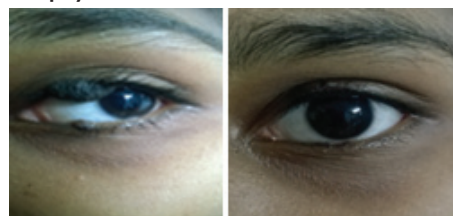
Dacryocystitis - Nasolacrimal duct obstruction causing inflammation of the lacrimal sac presents as persistent watering or recurrent conjunctivitis. Dacryocystorhinostomy with or without intubation or Dacryocystectomy are the surgical modes of treatment.



Congenital lid colobomas - Surgical correction not only provides cosmetic improvement but also relieves the patient from symptoms of irritation and watering due to conjunctival and/or corneal exposure.



Benign lid lesions - like Papilloma, Naevus, Epidermal cyst, Dermoid cysts, Sebaceous cyst etc need Excision biopsy. After removal the lesions are



Dr N J Sirisha
HOD, Orbit & Oculoplasty



examined for histopathological evidence of malignancy.

(Pic depicting before and after excision of junctional naevus)

Sebaceous gland carcinoma - Lesions with high suspicion of malignancy need to be excised along with tumour free margin. The same should be confirmed on biopsy of the specimen.



Traumatic lid lacerations - should be repaired within 24 hours of injury for best cosmetic as well as functional outcome. In case of tissue loss, primary suturing may not be sufficient and additional skin grafting as secondary procedure may be required.



LOWER LID REPAIR



UPPER LID REPAIR

CONCLUSION

Patients are not aware of the consequences of abnormalities in Orbit and Oculoplasty, so they present at very late stages when damage to the eye has already begun giving rise to symptoms. The cases can be detected during regular eye screening camps. Timely intervention not only saves vision but also gives good cosmeses.

Healthy Diet crucial for eye health, reduces vision impairments

-Improve your eyesight with these Nuts and Seeds to protect your vision as you age

This month, our newsletter delves into the pivotal role nutrition plays in enhancing and maintaining good eyesight. From preventing age-related macular degeneration to reducing the risk of cataracts and dry eye syndrome, a well-balanced diet rich in these nutrients is key to preserving your vision. Explore our tips and insights on incorporating eye-friendly foods into your daily meals for better visual health.



As we age, maintaining eye health becomes increasingly important to preserve our vision and overall quality of life. By incorporating specific foods that are high in antioxidants, vitamins, and omega-3 fatty acids, we can help safeguard our eyes against age-related damage and maintain good vision. Here are the foods that are particularly beneficial for eye health as you age.

Walnuts to Pistachios: 7 dry fruits you must eat for good eye-health. The key Dry fruits promoting eye health - almonds, walnuts, pistachios, dried apricots, raisins, dried blueberries, and goji berries benefit eye health with vitamins and antioxidants. Essential for vision, they combat conditions like AMD and cataracts. A balanced diet is crucial.



Eat a balanced diet rich in nuts, fruits, vegetables, eggs and whole grains.

Almonds: Almonds are rich in vitamin E, which may help protect the eyes from age-related macular degeneration (AMD) and cataracts.



Walnuts: Walnuts contain omega-3 fatty acids, which are beneficial for maintaining overall eye health and preventing conditions such as dry eyes.



Pistachios: Pistachios are a good source of lutein and zeaxanthin, antioxidants that play a role in protecting the eyes from harmful high-energy light waves like ultraviolet rays.



Dried Apricots: Dried apricots are high in beta-carotene, a precursor to vitamin A. Vitamin A is essential for maintaining healthy vision, and a deficiency can lead to night blindness.



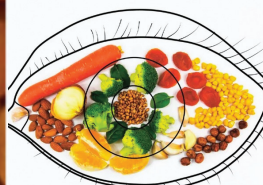
Raisins: Raisins contain a mix of vitamins, including vitamin A, which is essential for maintaining good eyesight, and antioxidants that can help protect the eyes.



Dried Blueberries: Blueberries, even when dried, retain their high antioxidant content, particularly anthocyanins. These compounds may contribute to reducing oxidative stress in the eyes.



Dried Goji Berries: Goji berries are rich in zeaxanthin, lutein, and vitamin C, which can contribute to protecting the eyes from age-related conditions and maintaining good vision.



(Inputs: **K Bangar Raju**,
Dy General Manager (PR & Liaison))

Refractive errors are common vision problems caused by an abnormal shape or length of the eye, which prevents light from focusing correctly on the retina. This results in blurred vision. Refractive errors can be corrected with eyeglasses, contact lenses, or refractive surgery. Regular eye exams are essential for early detection and treatment.

What are the types of refractive errors?

- ✦ **Myopia (Nearsightedness):** Difficulty seeing distant objects clearly.
- ✦ **Hyperopia (Farsightedness):** Difficulty seeing close objects clearly.
- ✦ **Astigmatism:** Distorted vision due to an irregularly shaped cornea or lens.
- ✦ **Presbyopia:** Difficulty focusing on close objects, typically occurring after age of 40.

The most common symptom is blurry vision. Other symptoms include:

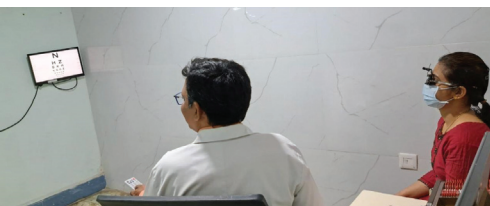
- ✦ Double vision
- ✦ Seeing a glare or halo around bright lights
- ✦ Squinting
- ✦ Difficulty reading
- ✦ Headaches
- ✦ Eye strain (when your eyes feel tired or sore)

Refractive errors can be caused by:

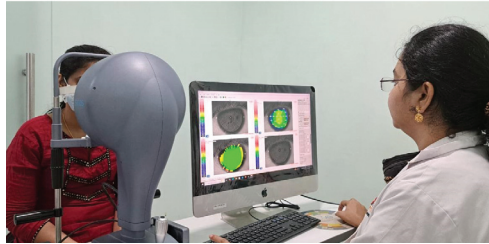
- ✦ Eyeball length (when the eyeball grows too long or too short)
- ✦ Problems with the shape of the cornea (the clear outer layer of the eye)
- ✦ Aging of the lens (an inner part of the eye that is normally clear and helps the eye focus)

Did you know?

- ✦ Refraction is the bending of light rays as they pass through one object to another
- ✦ The cornea and lens bend (refract) light rays to focus them on the retina
- ✦ When the shape of the eye changes, it also changes the way the light rays bend and focus - and that can cause blurry vision



REFRACTIVE ERRORS



What's the treatment for refractive errors?

Eye doctors can correct refractive errors with glasses or contact lenses, or fix the refractive error with surgery.

Glasses: Eyeglasses are the simplest and safest way to correct refractive errors. Your eye doctor will prescribe the right eyeglass lenses to give you the clearest possible vision.



Contacts: Contact lenses sit on the surface of your eyes and correct refractive errors. Your eye doctor will fit you for the right lenses and show you how to clean and wear them safely.



Surgery: Some types of surgery, like laser eye surgery like (PRK, LASIK, and SMILE) can change the shape of your cornea to fix refractive errors. Your eye doctor can help you decide if surgery is right for you.



Remember these tips while consulting your eye doctor

- ★ See your doctor for eye exams regularly
- ★ Tell your doctor if your vision gets worse or if you are having problems with your glasses or contact lenses
- ★ Encourage family members to get checked for refractive errors, since they can run in families

Myth Busters/Reality Check

- ★ Eating carrots will improve your vision. While eating foods rich in vitamin A can help you maintain good eyesight, it won't improve your vision or keep you from needing glasses or contacts.
- ★ You can improve your vision with eye exercises.
- ★ However, eye exercises may be helpful for convergence insufficiency, a condition that occurs when the eyes don't work together to focus on a nearby object.

Dr Yasaswini

Consultant - Cornea



- ★ If you cross your eyes, they'll stay that way. Your eye muscles allow you to move your eyes in all directions. Looking left or right, up or down, won't force them to remain in those positions.
- ★ Sitting very close to the TV can damage your eyes.
- ★ While sitting very close to the television may cause eye strain or give you a headache, it will not damage vision in children or adults.
- ★ However, habitually sitting close to the television may signal that the person is nearsighted and, in fact, needs glasses. Children have heightened ability to focus on nearby objects, so they might find it more comfortable to sit close to the TV.
- ★ Sun gazing—or, looking directly at the sun—can improve your health and well-being.
- ★ Staring at the sun for even a short time without wearing the right eye protection can damage your retina permanently and even cause blindness. Ordinary sunglasses and homemade filters are not safe for looking at the sun. The only safe way to look directly at the sun is through special-purpose solar filters that meet the ISO standard.
- ★ Reading in dim light is harmful to your eyes. It does not harm your eyes to read in dim light. But good lighting can make it easier to see what you are reading and keep your eyes from tiring out more quickly.
- ★ Excess Use of computers can damage your eyes and contribute to eye strain or dry eyes.
- ★ Wearing eyeglasses or contact lenses will make you dependent on them.
- ★ Wearing the wrong eyeglasses will hurt your eyes and cause achiness or blurriness, or give you a headache.
- ★ Ophthalmologists, optometrists, and opticians each play an important role in eye care. But their levels of training and expertise are quite different from each other. If you have any concerns about your eyes or your vision, immediately consult an Ophthalmologist.



Retina experts of Sankar Foundation Dr Ajay Sharma and Dr T Krishna leading a group of young doctors for sharing their knowledge and skills.

ఈనాడు విశాఖపట్నం

శంకర్ ఫౌండేషన్ మేనేజింగ్ ట్రస్టీగా కృష్ణకుమార్

నాయుడుతోట(వేపగుంట), న్యూసెటూడే: నాయుడుతోట సమీప శంకర్ ఫౌండేషన్ మేనేజింగ్ ట్రస్టీగా ఆత్మకూరి కృష్ణకుమార్ ఎన్నికయ్యారు. ఈ ఫౌండేషన్ వ్యవస్థాపకులు ఆత్మకూరి శంకరాపు మరణానంతరం మేనేజింగ్ ట్రస్టీగా కె.మణిమాల కొనసాగారు. ఆమె ఆ పదవి నుంచి తప్పుకొన్న నేపథ్యంలో ఇటీవల జరిగిన ఫౌండేషన్ బ్రస్ట్ బోర్డు సమావేశంలో కృష్ణకుమార్ ను మేనేజింగ్ ట్రస్టీగా ఎన్నుకున్నారు. ఈయన 13 ఏళ్లుగా ట్రస్ట్ బోర్డులో పనిచేశారు. ఈ సందర్భంగా ఆసుపత్రి వైద్యులు, సిబ్బంది ఆయనను అభినందించారు. తన తండ్రి స్థాపించిన ఈ ఆసుపత్రిని అంచలంచెలుగా అభివృద్ధి చేయడానికి, పేదలకు మరిన్ని సేవలు అందించేందుకు కృషి చేస్తానని కృష్ణకుమార్ పేర్కొన్నారు.



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Healthy tips to protect your eyes' retinas as you age

Getting older tends to go hand in hand with failing vision, but eye experts say there are things you can do to preserve your sight as you age. The risk of Age-related Macular Degeneration (AMD) and diabetic retinopathy increases among seniors, but vision loss and blindness aren't a foregone conclusion, according to the American Society of Retina Specialists (ASRS).

Not only is healthy vision key to staying active, but studies have shown that older adults with vision issues face a higher risk of developing dementia. What can you do to avoid that fate? Here are some tips from **Dr. T. Krishna, HOD, Retina Department, Sankar Foundation.**

Learn the signs of common retinal conditions: AMD is the leading cause of vision loss among older people. Another retinal condition, diabetic retinopathy, is also the leading cause of blindness in working-age adults. Hallmark symptoms of AMD include warping of straight lines, a decrease in the brightness of colors, gradual or sudden loss of central vision and dark, blurry areas in the centre of vision. Diabetic retinopathy symptoms include blurry central vision, seeing spots, floaters or a shadow across the field of vision, difficulty reading, eye pressure and difficulty with color perception.

Dr T Krishna, HOD
Retina Department

Know your family history:

Ask older family members if they have had vision issues. Retinal conditions may have a genetic component that runs in families.

Other common risk factors of retinal disease include older age, smoking, high blood pressure and high cholesterol.

Practice healthy retina habits:

People of all ages can maintain healthy retinas and reduce the risk of developing retinal conditions by:

- ◆ Quitting smoking & Reduce alcohol consumption
- ◆ Staying active
- ◆ Controlling blood sugar, blood pressure and cholesterol
- ◆ Eating nutritious food, including dark, leafy greens and fish
- ◆ Maintaining a healthy weight
- ◆ Getting regular dilated eye exams

Seek a retina specialist for expert care:

Retina specialists are medical doctors with up to 10 years of advanced medical training to specialize in ophthalmology and sub-specialize in diseases and surgery.



సాక్షి



శంకర్ ఫౌండేషన్

'విజనరీ ఇన్ సైట్స్'కు అవార్డు

సింహాచలం: శంకర్ ఫౌండేషన్ కంటి ఆస్పత్రి ఆధ్వర్యంలో నడుస్తున్న నెలవారీ వార్తాలేఖ విజనరీ ఇన్ సైట్స్ కు పబ్లిక్ రిలేషన్స్ సొసైటీ ఆఫ్ ఇండియా (పీఆర్ఎస్ఐ) ద్వితీయ పురస్కారం లభించినట్లు శంకర్ ఫౌండేషన్ డీజీఎం కె.బంగారరాజు మంగళ వారం తెలిపారు. ఈ అవార్డును పీఆర్ఎస్ఐ జాతీయ అధ్యక్షుడు డాక్టర్ అజిత్ పాఠక్, సెక్రటరీ జనరల్ డాక్టర్ పీఎల్ కె మూర్తి ప్రకటించినట్లు పేర్కొన్నారు. చత్తీస్ ఘడ్ రాష్ట్రం రాయ్ పూర్ లో ఈ ఏడాది డిసెంబర్ 20 నుంచి 22 వరకు జరగనున్న 46వ అలిండియా పబ్లిక్ రిలేషన్స్ కాన్ఫరెన్స్ లో ఈ అవార్డు అందుకోనున్నట్లు తెలిపారు. నేత్ర వైద్య రంగంలో తాజా పోకడలు, ఆవిష్కరణలు, ఏక పాత్రపై ప్రధానంగా దృష్టి సారించి వార్తా లేఖను ప్రచురించడం ద్వారా శంకర్ ఫౌండేషన్ కు ఈ అవార్డు దక్కిందన్నారు. ఈ సందర్భంగా విజనరీ ఇన్ సైట్స్ బృందాన్ని, ఎడిటర్ కె.బంగారరాజును, ట్రస్ట్ బోర్డు జనరల్ మేనేజర్ కె.రాధాకృష్ణన్ ప్రత్యేకంగా అభినందించారు.

Competitions for school children on eye problems

The Hindu Bureau
VISAKHAPATNAM

Competitions were organised for schoolchildren by Sankar Foundation Eye Hospital, Naiduthota, to raise awareness among them about how excessive use of cell phones and digital gadgets could lead to myopia or short sightedness, on Wednesday.

A total of 113 children from 22 schools in the city participated in the drawing competitions organised in connection with the forthcoming Children's Day and World Sight Day. The competitions will be continued till November 13 and more number of schools are expected to participate in the competitions, according to a statement issued here the hospital. K. Radhakrishnan, GM, V. Ramesh Kumar, DGM, and the judges Rajani and P. Lalitha announced the winners of the competitions.