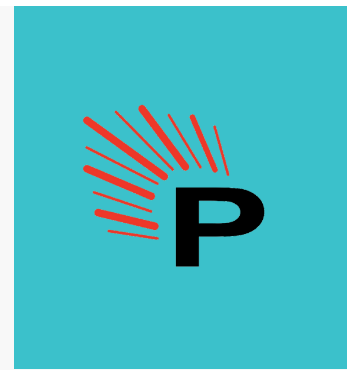


# Prabhava

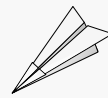
It's time to make your mark!



## ★ Star performer

We are proud to present the stars of PEC who shine brightly and perform to their best every day. Details on next page.

## Expresso



Share your thoughts, poems or art that you learnt or have been honing. Show us your creative side.

## Equipment IQ



We work with some of the latest eye care equipment in the world. Do you know about them? This section opens the doors.

### NEW TECH

## ADVANCEMENT IN MEDICAL TECHNOLOGY

Vein visualization is a growing technology used to aid venipuncture and avoid complications. They project near-infrared light on skin to see veins in real time. The vein visualiser is a handheld vein illuminator, and is designed for durability. The projected near-infrared light is absorbed by the blood and reflected by surrounding tissue. The information is captured, processed, and projected digitally in real time directly onto the surface of the skin, providing an image of the patient's blood pattern.



The technology allows providers to see blood patterns up to 15mm deep and clinically relevant veins up to 10mm. Clinicians can see peripheral veins, bifurcations and valves, and assess the refill/flushing of veins in real time. The visualiser helps locate veins for IV starts and blood draws. The device is handheld and noncontact, and provides a map of the patient's vasculature on the skin's surface to improve access to veins. The device is held above the skin, and the hemoglobin in the blood absorbs its infrared light, projecting a map of the veins on the skin above them.

### Celebrating the arrival of Zeiss Artevo 800



### Upcoming Event

Clinical meet on 24-Aug-2022



## INTERESTING TIDBITS

The Only Tissue in the Human Body That Doesn't Contain Blood Vessels Is the Cornea. In fact, a serious eye condition called interstitial keratitis is characterized by the growth of blood vessels into the cornea. It must be treated with topical corticosteroids or further medical intervention.



# Prabhava

## Star Performers



### Star Performer - Madhusudhana M

A diligent and dedicated professional, Madhusudhana helps in managing the OT



### Adherence - Santosh V

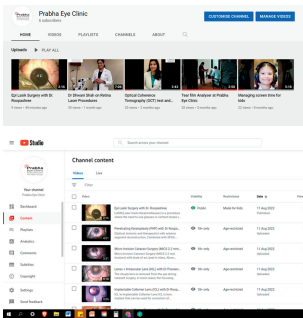
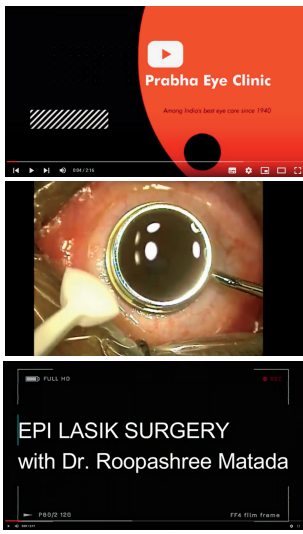
Taking care of patient's fears and concerns is easy with Santosh around.



### Applause - Shakunthala

Highly focused and goal oriented, this is to acknowledge the efforts and dedication.

## Patient Information Series Videos now on Youtube



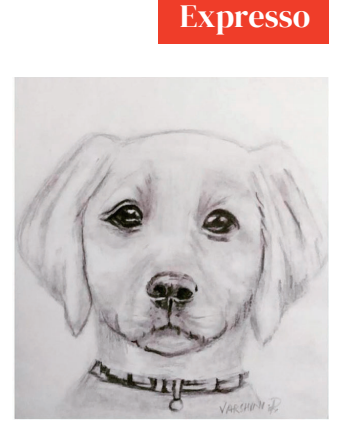
Our Youtube channel is now live with Patient Information Series videos and updates. Please subscribe to the channel and share videos that you think will be helpful for patients. Scan the QR code above or use the link <https://www.youtube.com/channel/UCr-ITXKb2X1rwxRZtv4mJlw>



Coming back to family!  
- Jyothi (Receptionist)



Forever Power Star Puneeth Rajkumar  
- Divya (Patient Care assistant)



A friend for life!  
- Varshini (Optometrist)

## Expresso

ಕಣ್ಣಿನ ಔಷಧಿಯನ್ನು ಹಾಕುವ ಮುನ್ನ ಜೋಕೆ !!! -by Savitha (Patient Care Assistant)

ಸ್ನೇಹಿತರ, ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಧಿಡಿರಾ OPD ಯಲ್ಲಿ ನಡೆದ ಒಂದು ಘಟನೆಯನ್ನು ನಿಮ್ಮೊಂದಿಗೆ ಈ ವ್ಯಾಖ್ಯಾನ ರೂಪದಲ್ಲಿ ಹಂಚಿಕೊಳ್ಳುತ್ತಿದ್ದೇನೆ. ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆಯ OPD ಯಲ್ಲಿ ಉಪಯೋಗಿಸುವ ಅತ್ಯಂತ ಮುಖ್ಯವಾದ ಔಷಧಿಯೆಂದರೆ ಕಣ್ಣಿನ ಡ್ರಾಪ್ಸ್. ಈ ಡ್ರಾಪ್ಸ್ ಅನೇಕ ಕಾಯಿಲೆಗಳಿಗೆ ಸೂಚಿಸುತ್ತಾರೆ. ಹೀಗೆ ೧-೩ ಡ್ರಾಪ್ಸ್ ಅನ್ನು ಗುಣೋಮಾ ತೊಂದರೆಗೆ ಒಬ್ಬ ವಯಸ್ಸು ಪೇಷಂಟ್ ಉಪಯೋಗಿಸುತ್ತಿದ್ದರು. ಅವರು ಈ ಡ್ರಾಪ್ಸ್ ನ ರೀತಿ ಕಂಡುಬರುವ ಇನ್ನೊಂದು "ನೀಲಗಿರಿ" ತೈಲದ ಡ್ರಾಪ್ಸ್ ಹಾಕಿ ಅತಿವ ನೋವು, ಉರಿ, ಧೃಷ್ಟಿಹೀನತೆ ಇಂದ ಒಪಿಡಿಯ ತುರ್ತು ವಿಭಾಗಕ್ಕೆ ಬಂದಿದ್ದರು. ಅವರಿಗೆ ಕಣ್ಣು ಬಿಡಲು ಸಾಧ್ಯವಾಗದೇ, ಪರೀಕ್ಷೆ ಮಾಡುತ್ತಾ, ಕರಿಗುಡ್ಡೆ ಮೇಲ್ಬಾಗದ ಚರ್ಮಕ್ಕೆ ಹಾನಿಯಾಗಿ ಹುಣ್ಣು ಆಗಿತ್ತು. ತಕ್ಷಣ ಕಣ್ಣು ವಾಶ್ ಮಾಡಿ ಚರ್ಮ ಮತ್ತು ಗುಣವಾಗುವಂತೆ ಡ್ರಾಪ್ಸ್, ಒಯಿಂಟ್ಸ್ ಅನ್ನು, ಕೊಟ್ಟು ಚಿಕಿತ್ಸೆ ಕೊಡಲಾಯಿತು.

ಈ ಘಟನೆಯಿಂದ ನಾವು ಕಲಿಯೋ ವಿಷಯಗಳೇನೆಂದರೆ, ಕೆಲವರಿಗೆ ಧೃಷ್ಟಿ ತೊಂದರೆ, ಮತ್ತು ಕೆಲವರಿಗೆ ದೇಹದ ತೊಂದರೆಯಿದ್ದಾಗ ಎಲ್ಲ ಔಷಧಿಗಳನ್ನು ಒಟ್ಟಿಗೆ ಇಟ್ಟಿರುವ ಸಂಭವ ಇರುತ್ತದೆ. ಹಾಗಾಗಿ ರೋಗಿಗಳು ಮೊದಲು ತೆಗೆದು ಕೊಳ್ಳುವ ಕ್ರಮಗಳು ಹೀಗಿವೆ.

೧. ಕಣ್ಣಿನ ಔಷಧಿಗಳಿಗೆ ಕಲರ್ ಮಾಡಿ ಇಟ್ಟುಕೊಳ್ಳುವುದು

೨. ಬೇರೆ ಡಬ್ಬಿಗಳಲ್ಲಿ ಇಟ್ಟುಕೊಳ್ಳುವುದು

೩. ಅವುಗಳನ್ನು ನಂಬರ್ ಮಾಡಿ ಗುರುತಿಸಿಕೊಳ್ಳುವುದು.

೪. ನಿಮಗೆ ಸಂದೇಹವಿದ್ದಲ್ಲಿ ಮನೆಯವರ ಸಹಾಯ ಪಡೆದುಕೊಳ್ಳುವುದು

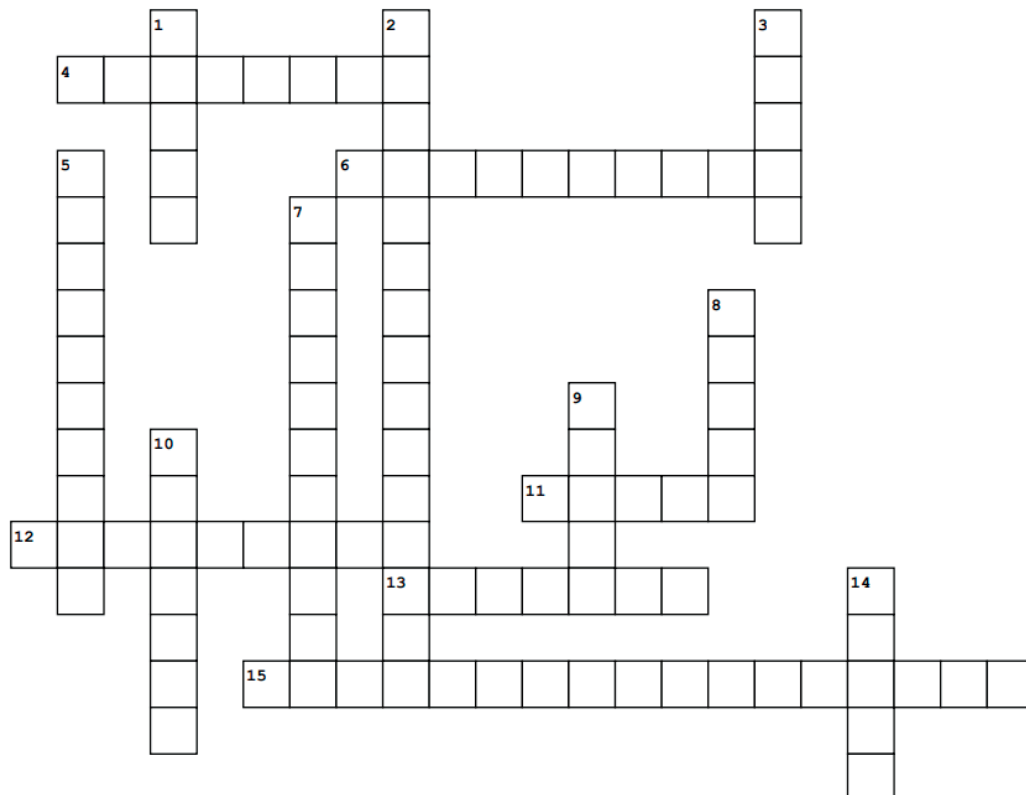
೫. ಆಯುರ್ವೇದ ಡ್ರಾಪ್ಸ್ ಹಾಕುವ ಮುನ್ನ ಕಣ್ಣಿನ ಡಾಕ್ಟರ್‌ನನ್ನು ಸಂಪರ್ಕಿಸಿ.



# Prabhava

## Crossword - by Dr. Kavya

Let's learn more about the Nation..



**Across**

- 4. designed our national flag
- 6. kalpavruksha
- 11. largest democracy in the world
- 12. First manned space mission
- 13. the PM addresses the nation from here on the independence day
- 15. on the emblem

**Down**

- 1. longest river of India
- 2. father of modern India
- 3. - eye sign seen in Hallervorden Spatz syndrome
- 5. world's tallest brick minaret
- 7. highest civilian award
- 8. strings help it move
- 9. "...-Aadmi"
- 10. the "1000 -Eyed" bird
- 14. its seeds are edible and called foxnuts

### Guess maadi nodi

Some people can recognise eyes easily and some can guess or need prompting. Which category do you belong to? Here's a test. Guess, which celebrity's eyes are these?

Last month's answer: Michael Jackson



Correct answers will be revealed in the next issue.

# Prabhava

## Travel Diaries

- Dr. Sreepriya

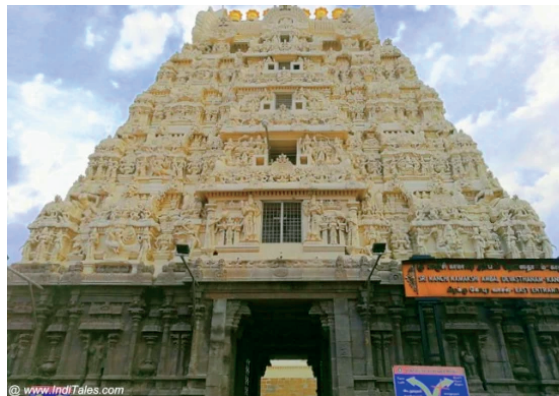
*A day trip to Kanchipuram City, famous for its majestic temple architecture and mesmerizing silks.*

We instantly planned for a day trip to Kanchipuram, owing to my love for its famous silk sarees.

We left early in the morning at 4:00 AM. The weather was cool, but with the sun beaming, it would soon change to a typical hot summer morning, before which we planned to cover most of the onward travel. We had a sumptuous breakfast at a decent hotel on the Bangalore-Hosur Highway and got on to our drive soon. We reached the Kamatchi Amman temple, only to realise that there was a huge crowd waiting for the Goddesses's Darshan. The huge temple complex and its architecture was amazing. We also planned to visit the Varadarajaswamy temple where the Golden Lizard temple is part of. The huge temple complex which included the Kalyani was so impressive and the view of which was very relaxing to the eye. The Mirror room where Lord Perumal gives darshan during festival seasons and the Thousand pillared Mandapam are situated in this complex. We needed to alight a fleet of around 30 steep stairs to get the darshan of Arulmigu Varadarajaswamy.

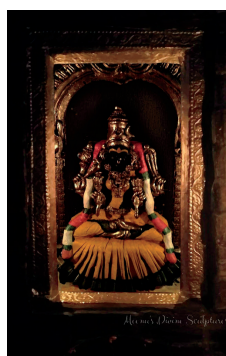


Arulmigu Varadaraja swamy



Kanchi Kamatchi Amman Temple

The Garbhagudi is lit up with the Kuthuvilakku (ornamental brass oil lamps) and the Lord Varadarajaswamy appears so majestic. Further we went to the Golden Lizard Temple. The story of the golden lizard at the Kanchipuram Varadaraja Perumal temple begins with a curse by Sage Gautama. Sage Gautama had two disciples who were brothers. One day the water they offered to the sage contained two lizards. The angry sage cursed the disciples to become lizards. The terrified students begged for forgiveness, when the sage relented and asked the brothers to perform penance at the Varadaraja Perumal Temple. Bhagawan Vishnu as Varadaraja was pleased with the penance and blessed them with liberation. He then turned the body of the two brothers into silver and golden lizards. Then he declared that those who visit the temple should also touch and worship the two lizards which will help in removing all sins and curing all illnesses. We finished our turn in touching the golden lizard. I was now waiting to see my favourite elegant Kanchipuram Silk Sarees, one of which became my priced possession as a memoir to this lovely trip. In total, It was a well spent Sunday and a good time with my family.



Kanchi Kamatchi Amman Temple



Golden Lizard on the ceiling