

Prabhava

It's time to make your mark!



World Glaucoma Week March 12 - 18, 2023

In 2010, the World glaucoma patient association and the World Glaucoma Association together created an event with the unique idea of throwing a spotlight on glaucoma and enhancing its knowledge and awareness across the globe. This week healthcare workers and other health optimizers take various initiatives to highlight the significance of glaucoma and the importance of treatment. This WGW, know more and share some more.

What is Glaucoma ?

It is a condition where there is progressive damage to the nerve of the eye(optic nerve), leading to increasing peripheral vision loss.

Who are at risk?

- § Positive family history of glaucoma
- § Myopia
- § Long-term use of steroids
- § Prior trauma to the eye
- § History of inflammation in the eye



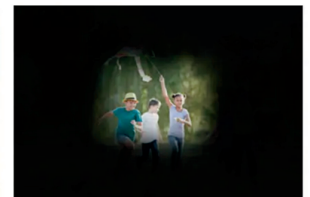
Normal Vision



Early Glaucoma



Advanced Glaucoma



End Stage Glaucoma

How do we test? § Tonometry to check the eye pressure

VISUAL FIELD TEST

It's a computerized testing of the peripheral vision. The instrument flashes small spots of light which vary in intensity and records the patient's responses.

OPTICAL COHERENCE TOMOGRAPHY (OCT)

In this test the main part of the nerve called optic nerve head is scanned for any structural damage

PACHYMETRY

To measure the thickness of the black part of the eye-helps us understand how accurate the eye pressure readings are

GONIOSCOPY

To assess how open or narrow the draining angle your eye is

ANTERION

Scans and measures the angle of your eye

TRABECULECTOMY

Conventional eye surgery to redirect the fluid from inside the eye to a small pocket we create on the white part of your eye just under your eyelids

GLAUCOMA DRAINAGE DEVICE

AGV or AADI are miniature devices that are anchored to the white part of the eye, with a tube that goes into the eye. The tube suction out the fluid onto the surface in the area in which the device is fixed

CYCLOABLATION

In case of painful blind eyes or uncontrolled pressures, we perform a simple laser procedure that destroys a part of the fluid-generating body in the eye-TSCPC or ECP or Cyclotherapy

MINIMALLY INVASIVE GLAUCOMA SURGERY(MIGS)

KDB goniotomy, BANG and iStent are the latest in the surgical armamentarium. These are usually combined with cataract surgery and involve enhancing the fluid outflow either by excising some tissue or placing a miniature device in the draining angle of the eye

How do we treat?

- § Eyedrops to lower your eye pressure
- § Laser to increase the filtering space inside your eye, as indicated
- § Surgery to increase the outflow of fluid from the eye

MYTHBUSTERS about Glaucoma

Myth - Only Elderly people get Glaucoma

Fact - Though older people are at increased risk of developing glaucoma; it can affect any age group of people right from babies to young adults as well.

Myth - Glaucoma can be cured

Fact -There is no cure for glaucoma; however, use of eyedrops or surgery or laser helps in halting or delaying the worsening of the disease

Myth - "I have no symptoms and I can see clearly, so I don't think there's anything wrong"

Fact - Most often patients can be asymptomatic and is the reason why it can be missed out in a majority. Some of them however can present with pain or redness

Myth - "I don't see any improvement in my vision despite regularly using my eyedrops"

Fact - The purpose of treatment is to delay the progression of the disease or preventing blindness in the long run. They are not meant to improve your vision.

Myth - "But I don't have diabetes or hypertension"

Fact - You don't have to be diabetic or hypertensive to develop glaucoma. It is not proven that they have a direct relation to causing glaucoma

Prabhava

Prabhavis



Star Performer - Pavithra (FRONT OFFICE)

Very resourceful and disciplined, Pavithra is a team player and is a Star performer every day.



Adherence - Roopa (Counsellor)

Roopa has been at the forefront of maintaining discipline and being diligent.



Applause - Soundarya (IT)

With ever demanding work schedules and timelines, Soundarya ensures that the balance is maintained.

CROSSWORD

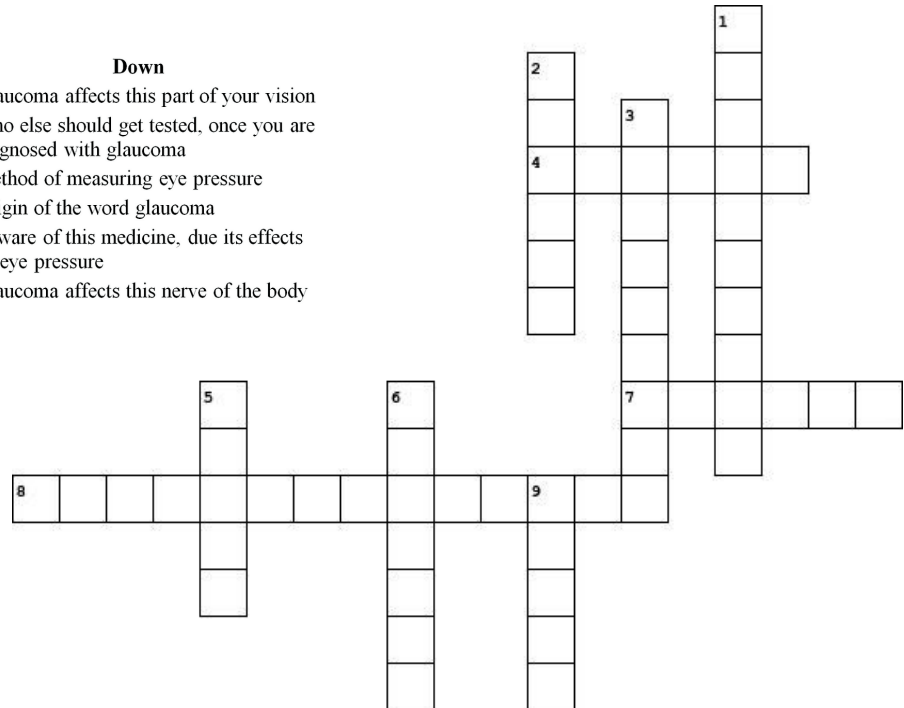
Level - EASY

Across

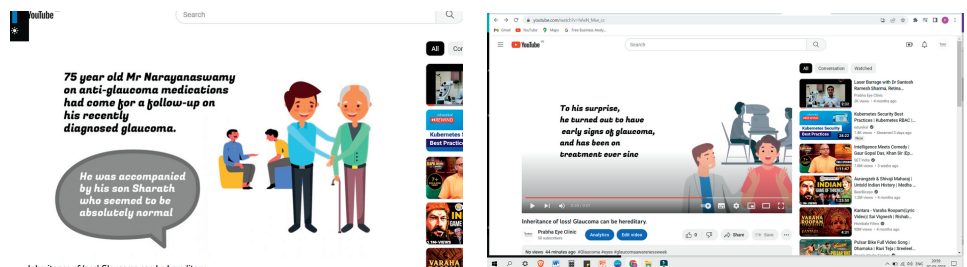
- 4. what kind of refractive error is a common risk factor for glaucoma
- 7. Risk factor for glaucoma related to sports or in children
- 8. Conventional glaucoma surgery

Down

- 1. Glaucoma affects this part of your vision
- 2. Who else should get tested, once you are diagnosed with glaucoma
- 3. Method of measuring eye pressure
- 5. Origin of the word glaucoma
- 6. Beware of this medicine, due its effects on eye pressure
- 9. Glaucoma affects this nerve of the body



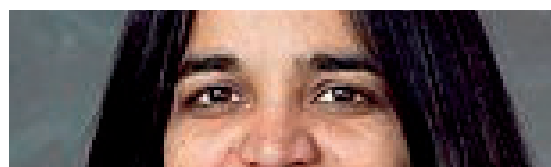
Glaucoma Awareness Videos now on Youtube. Please Subscribe & share.



Scan the QR code or visit the link: https://www.youtube.com/watch?v=hAxN_Mxe_cc

Guess maadi nodi

This March-born inspiration who was the 1st Indian born woman to conquer the outer-space
Previous answer: Lata Mangeshkar ji



Correct answers will be revealed in the next issue.

*A complete man he is, Dr. Pravin Kurthy,
A human Par-Excellence
Treating patients he learnt
With many candles burnt
However, looking after them, a quality
Escalates his performance exponentially
The smile to appreciate, through the mask you see
The confidence in him glares, dilates the pupils
More than the drops, for him to see.
Bright piercing ray of light, hits the retina
A tingling sensation runs down the spine beyond cauda equina
Keep looking at my ears is the command, not the door
Followed by right and left shoulders calling and the floor.
I see a water fall he says, macula and disc preserved
On the OT table next, all covered except the eye
Expert hands delicate fingers take over to say good bye
To the age old lens
Now through across the lens
The follow-up days, positive encouragement
Makes vision more clear and permanent
May your smile and approach be everlasting
God be with you as we part praying*

*Harshita
Pravin Kurthy*

**APPRECIATION
WHEN IT IS DUE**

ಕರ್ನಾಟಕದ ವೈದ್ಯಕೀಕರಣ ತಜ್ಞರಾದ
ನಿಮ್ಮ ಪ್ರಾವೀಣ್ಯತೆಯ ಬಗ್ಗೆ ಇತ್ತೀ
ಲೇ ಗತ್ತೇ
ಕಾಲದ ಅಚಲ ಮುಖ ನಿನ್ನದೇನಲ್ಲ
ಬಾಬತ್ತು
ಈ ಜನದ ಶುಭ, ನಿನಕರ
ಅವರಿಂದ ಕೆಲವು ಕಂಠಗಳಿಗೆ ಚೈತನ್ಯವನ್ನು ಭಾಷ್ಯರನ
ಪ್ರಾವೀಣ್ಯತೆಯ ಹೃದಯ ಶಾಂತತೆಯನ್ನು
ಮತ್ತೆ ಜನನ ನೋಡಲು ಕೊಡುತೀವರು
ನಿನ್ನಿ ಮೊದಲ ನೋಟ
ಅನುಮಾನ ಪ್ರವೀಣ ಕರನೋಟ
ವಿಷಯ ನೋಡುವ ನಮನ - ಶಿಲ್ಪಮಲ

Festive Lunch Time



Clinical meetings at PEC



Prabhava

GLAUCOMA :

A BRIEF HISTORY IN TIME

1850

Invention of Ophthalmoscope

The introduction of the ophthalmoscope makes the detection of glaucomatous changes possible.

1856

1st Successful Treatment

Von Graefe conducts the first successful glaucoma surgery (iridectomy).

1862

Glaucoma Simplex

Donders discovers that high intraocular pressure causes blindness.

1875

Pilocarpine into action

The introduction of pilocarpine marks the beginning of drug treatment.

1970

1st Conventional Surgery

Watson and Cairns came up with the conventional glaucoma surgery- Trabeculectomy

1990

1st Tube Surgery

Baerveldt shunt was introduced. followed by Ahmed Glaucoma Valve (AGV) implant between 92-94

1992

Laser advancements

Cycloablative procedures to destroy a part of the fluid secreting part of the eye, was developed

1996

Drug discoveries

Various class of drug molecules have been formulated over the last decade

2010

WGW forum

World glaucoma week forum was created to increase awareness of glaucoma

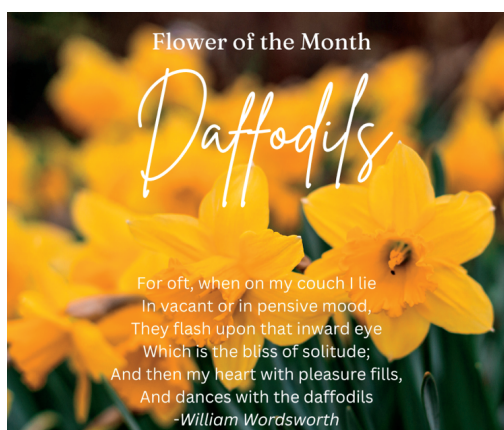
2012

1st FDA approved MIGS

iStent, the 1st FDA approved Minimally invasive glaucoma surgery, was introduced

Nature Pick

Belonging to the genus "Narcissus", it's linked to the Greek word for intoxicated. Being one of the first perennials to blossom after the winter frost, the daffodil symbolises new beginnings, rebirth, and the arrival of spring. Along with creativity and renewal, it also represents forgiveness, inspiration, and memory. Daffodils are also representative of inner reflection and an awareness of oneself.



by Subhash- ROP Technician VIO