

EDITORIAL

Bright Future in Sight: Ophthalmology Emerging as a Top Choice for Medical Graduates

The field of Vision Science- Ophthalmology is becoming an increasingly attractive field for medical students. This branch of medicine, focused on eye health and vision care, offers both intellectual challenges and rewarding patient interactions. One key factor driving interest is the balanced work-life schedule, often resembling government job hours-providing stability while maintaining professional satisfaction. The field also offers exciting advancements, from laser surgeries to artificial intelligence-driven diagnostics, making it an ever-evolving specialty. With a growing emphasis on vision care and cutting-edge research, ophthalmology continues to captivate aspiring doctors.

With a global shortage of eye specialists, there is an increasing demand for qualified ophthalmologists, leading to excellent career prospects and financial stability. The discipline allows medical professionals to make a meaningful impact by preserving and restoring vision-one of the most critical senses. As AI continues to revolutionize ophthalmic care, students recognize that specializing in this field positions them at the forefront of medical innovation, ensuring long-term career growth and success. Several factors are fuelling medical students' increasing interest in ophthalmology:

Work-Life Balance : Compared to other specialties, ophthalmology often provides structured working hours, similar to government jobs, reducing burnout.

Technological Advancements: The field is constantly evolving with innovations like laser surgeries, AI-driven diagnostics, and minimally invasive treatments.

High Demand: Vision-related issues are widespread, ensuring a steady patient flow and job security and work satisfaction.

Surgical Precision & Impact: Ophthalmologists perform delicate procedures that can dramatically improve a patient's quality of life, making the work highly rewarding.

Diverse Career Opportunities: Whether in private practice, research, or specialized eye hospitals, the career paths are varied and promising.

Sankar Foundation: A Premier Choice for Medical Students Across India

Medical students from across the country are choosing Sankar Foundation, an integrated eye hospital in Visakhapatnam, for admissions into DNBs and Fellowships. Renowned as a premier eye institute, Sankar Foundation has become a beacon for aspiring ophthalmologists seeking advanced training and professional growth. **Students from Maharashtra, Gujarat, Bihar, Tamil Nadu, Kerala, Odisha, Telangana, Andhra Pradesh, Jammu & Kashmir, and Madhya Pradesh** have joined the institution to elevate their expertise in eye care. The foundation's commitment to excellence, coupled with its eco-friendly environment and a dedicated and strong team of ophthalmologists spanning all subspecialties, ensures quality education and superior patient care.

K. Ranganathan
EDITOR

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FROM DEDICATION TO ELEVATION: CELEBRATING WELL-DESERVED PROMOTIONS



Sri Krishna Kumar Atmakuri, Managing Trustee speaking on the occasion. Group Photo of promotees.

At an all-staff meeting held on 20th May, 2025, as a proactive HR initiative, recognizing hard work and dedication, Sankar Foundation had the privilege of announcing the well-deserved promotions of several team members. The room was filled with excitement and joy as colleagues celebrated the remarkable achievements of those who have demonstrated unwavering commitment, skill, and dedication to patient care in advancing the mission of our eye hospital. These promotions not only recognize their individual growth but also reflect the hospital's commitment to fostering excellence within our team.

NABH Accreditation Bestowed on Gajuwaka Branch of Sankar Foundation Eye Hospital

Report in page-7

Ethics Committee Secures 5 More Years of Trust & Integrity!

Sankar Foundation has been officially re-registered by the Central Licensing Authority to fulfil the responsibilities of an Ethics Committee for conducting clinical studies.

The Director General of Health Services, Central Drugs Standard Control Organization (Ethics Committee Registration Division), Government of India, has granted Sankar Foundation authorization to oversee Ethics Committee duties related to Clinical Trials, Bioavailability and Bioequivalence Studies, in accordance with the New Drugs and Clinical Trials Rules, 2019. The registration is valid from 3rd April 2025 to 2nd April 2030. A communique to this effect was received by the Chairman of Ethics Committee of Sankar Foundation. (Ethics Committee : Page-3)

Sri A Krishna Kumar, Managing Trustee, praised the promotees for their unwavering commitment to duty and emphasized the employee-friendly ethos that defines Sankar Foundation.

In his congratulatory address, he encouraged the newly promoted individuals to continue striving for excellence and to play a vital role in elevating the hospital to greater heights. Their hard work and passion are the foundation of our success, and we are confident that their new roles will bring even greater contributions to patient care.

Sri K Radhakrishnan, General Manager, commended their services, acknowledging their contributions to the institution. In his address, he urged them to place even greater

(cont...2nd page)

Performance at a Glance

Total Eye Surgeries 4,81,401 Since Inception

Total OP Screened 27,96,983 Since Inception

SALPG SPONSORED FREE EYE SCREENING CAMP IN ASSOCIATION WITH SANKAR FOUNDATION INAUGURATED

South Asia LPG Company Pvt Limited (SALPG) proudly sponsored a free eye screening camp, conducted by Sankar Foundation in the Kapparada area within GVMC limits. The camp was inaugurated on May 21, 2025, by Sri G. Subba Rayudu, Senior Manager (Finance), in the presence of Sri K.

Radhakrishnan, General Manager, and Sri V. Ramesh Kumar, Deputy General Manager (PC & CR). Also present on the occasion were Sri P. C. Ramnath, Head of CSR, and Sri Rakesh Kumar, Company Secretary, SALPG.

This screening initiative will run for over a month, providing essential eye care



Sri G. Subba Rayudu, Senior Manager (Finance), in the presence of Sri K. Radhakrishnan, General Manager, Sankar Foundation inaugurating the free eye camp today.

services to patients in and around Kapparada and Kancharapalem, Pedda Kothur and Ramji Estate in Ward No. 47. SALPG remains committed to supporting Sankar Foundation by strengthening medical equipment, facilitating free eye screening camps, and contributing to the ongoing fight against preventable blindness. Selected patients will be brought to Sankar Foundation for eye surgeries. Around 170 people screened on the inaugural day and medicines and spectacles will be given to the patients totally free.

Dr Rahul screened the patients. Sri N Appala Raju, Senior Manager, Sri M Arunkumar, Manager, Outreach, Sri K Prasad, camp coordinator from Sankar Foundation took part in the eye camp.

Local leaders Sri Arunbabu (BJP), Sri Rajarao (TDP), Miss Dibya Gowthami Medical officer and others participated.



Sri G. Subba Rayudu, Senior Manager (Finance), in the presence of Sri K. Radhakrishnan, General Manager, speaking on the occasion.



Dr Rahul screening the patients in the presence of dignitaries.

"Vision is the art of seeing what is invisible to others."

FROM DEDICATION TO ELEVATION: CELEBRATING WELL-DESERVED PROMOTIONS



Doctors and employees at the all staff meeting

emphasis on patient care and enhance productivity, ensuring the highest standards of service for those in need. With this recognition and encouragement, we look forward to a future of continued excellence in eye care. Congratulations to all on their well-deserved promotions! As they embrace their new roles with

enthusiasm, we look forward to the continued impact they will make in delivering exceptional eye care. All the promotees are chorus in expressing their heartfelt gratitude to the management appreciating the recognition and support they have received.

"Visionary Insights" Congratulates all who have been promoted.

S.No.	Name of the employee	Promoted as
1	Atmakuri Usha Krishna	DGM-Admin
2	Mendadala Padmavathi	AGM - Patient Care
3	Kasibhatla Pratyusha	Sr Manager-(F & A)
4	Gorichitti Ranga Babu	Sr Manager-Stores
5	Gummadi Eswara Rao	Sr Manager -Opticals
6	Lavudi Sridhara Srinivasa Prasad	Sr Manager-Patient Care
7	Routu Poorna Chandra Rao	Sr. Manager
8	Sunkara Eswarao	Manager-PC
9	S. Venkata Rao	Manager- Laboratory
10	Routhu Sagar	Manager-IT Systems
11	Janapareddy Venkata Ramesh	Manager -Patient Care
12	Lanka Sreenivasa Rao	Manager -Transport
13	Akkapatruni Sudharani	Asst Manager- Patient Care
14	Jommala Ramesh	Asst. Manager - Electrical
15	Maturu Lakshmi	Asst Manager- Opticals
16	Karanam Krishna	Asst. Manager - Bio Medical
17	Chittela Divya	Asst. Manager - Patient Care
18	Eluru Padma	Jr. Manager-Front Office
19	Miryala Rani	Jr. Manager- Opticals
20	Pedhipati Lokesh	Jr. Manager-Patient Care
21	Kishor Bonthalakoti	Security Officer

Bright Future in Sight: Ophthalmology Emerging as a Top Choice for Medical Graduates

Rising Awareness in Eye Care: A Growing Global and National Trend Eye care awareness is gaining remarkable momentum worldwide and across India, surpassing attention to many other medical aspects. People are increasingly recognizing the importance of vision health and actively seeking quality eye care services. With growing sensitivity toward this vital organ, individuals are turning to specialized eye hospitals for expert treatment and preventive care.

Demand Matters: The Growing Need for Ophthalmologists in India

Medical students are increasingly opting for ophthalmology due to the high demand for eye specialists in India. The country faces a significant shortage of ophthalmologists. This shortage is driven by multiple factors, including the rising prevalence of eye diseases, an aging population, and an increasing awareness of vision health. Additionally, India's growing diabetic population—expected to reach **seven crore by 2025**—has led to a surge in cases of diabetic retinopathy, further amplifying the need for specialized eye care.

The average ophthalmologist-to-population ratio in **developed countries** stands at approximately **39 ophthalmologists per million people**. In contrast, **India, with an estimated 25,000 ophthalmologists, has just 15 ophthalmologists per million people**. This disparity is further amplified by the **urban-rural divide—urban areas boast one ophthalmologist per 10,000 residents, while rural areas lag significantly behind with only one for every 250,000 residents**.

Recognized as a **Jewel in Eye Care** in the region, Sankar Foundation continues to set the standard for ophthalmic education, attracting students who aspire to make a meaningful impact in the field of vision science and eye health. As healthcare continues to evolve, ophthalmology stands at the forefront, attracting aspiring doctors eager to make a lasting impact.

*"Dreams linger tenderly where
her eyes dare to wander."*



File No. EC/25/000148

Government of India
Directorate General of Health Services
Central Drugs Standard Control Organization
(Ethics Committee Registration Division)

FDA Bhawan, Kotla Road,
New Delhi - 110002, India
Dated: 27-May-2025

Composition of the Ethics Committee:-

Sr. No.	Name of Member	Qualification	Role/Designation in Ethics Committee
1	Dr. Pallem Krishna Prasad	MBBS (MD - Ophthalmology)	Clinician
2	Dr. Ajay Sharma	MBBS (MS - Ophthalmology)	Clinician
3	Dr. Ch. Meena	MBBS (MD- Microbiology)	Scientific Member
4	Dr. Veluri Gayathri	MBBS (MD- Microbiology)	Scientific Member
5	Ms. Bhusarla Saroja	B.Com, LLB (LLM)	Legal Expert
6	Dr. Ponasanapalli Sree Sudha	B.Com (P.hd, LLD)	Legal Expert
7	Dr. G. Sudarsana Rao	B. COM (M.com, MBA, Ph.D)	Social Scientist
8	Dr. Kranthi Kumar Gangu	BSc (M.SC Chemistry, Ph.D Chemistry)	Lay Person
9	Mr. Yaddanapudi Balaji	B. COM (MBA)	Lay Person
10	Dr. Sirisha Nekkala Pavana	MBBS (MD- pharmacology, PGDCR)	Medical Scientist
11	Dr. T. Raveendra	MBBS (MS - Ophthalmology)	Member Secretary
12	Dr. Sunil Moreker	MBBS (MS - Ophthalmology)	Chair Person

Digitally signed by RAJEEV SINGH RAGHUVANSHI
Date: 2025.05.27 17:20:33 +05'30'

(Dr. Rajeev Singh
Raghuvanshi)
Drugs Controller General (I) &
Central Licensing Authority

DO YOU KNOW?

Boost, Cleanse, and Energize : The Power of Lemon Water in 30 Days

Lemon water has gained popularity as a simple yet powerful wellness trend, with people praising its ability to detoxify the body and improve **overall health, particularly eye health**. But what happens if you commit to drinking lemon water every day for 30 days? While it might seem like a small change, the effects can be surprising.

Lemons are packed with 30 different beneficial plant compounds," Gastroenterologist Dr Saurabh Sethi says in his video. "Freshly squeezed lemon juice is best because it hasn't gone through pasteurisation, so it retains more nutrients. The natural acidity in lemons can also help your body absorb minerals more efficiently, especially iron "Lemon water offers several benefits for eye health, thanks to its rich vitamin and antioxidant content. Here's how it can support your vision:



- **Rich in Vitamin C** - Lemon water is packed with vitamin C, which plays a crucial role in reducing oxidative stress that can damage the eyes. It helps prevent conditions like cataracts and age-related macular degeneration (AMD).
- **Hydration Boost** - Proper hydration is essential for maintaining healthy eyes. Drinking lemon water keeps your body and eyes well-hydrated, preventing dryness and irritation.
- **Detoxification and Reduced Inflammation** - Lemon water helps flush out toxins from the body and reduce inflammation, which can benefit eye health by minimizing the risk of eye strain and discomfort.

Drinking lemon water daily can be an easy and refreshing way to nourish your eyes while supporting overall health.

Note to readers: This article is for informational purposes only and not a substitute for professional medical advice. Always seek the advice of your doctor with any questions about a medical condition.

Edited by **K Bangar Raju**, Dy General Manager (PR & Liaison) with source from HindustanTimes.com

THE TRUTH ABOUT EYE INFLAMMATION: CAUSES, SYMPTOMS & TREATMENTS

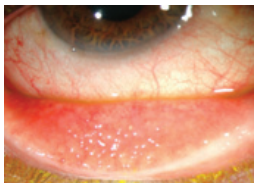
What Is Eye Inflammation?

Eye inflammation refers to the inflammation of one or more parts of the eye. It is characterized by swelling, redness, pain, and sometimes a decrease in vision. This condition can affect various parts of the eye, including the uvea (uveitis), iris (iritis), and conjunctiva (conjunctivitis), among others. Ocular inflammation can be acute or chronic and may affect one or both eyes.

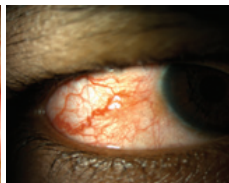
Types of Eye Inflammation

Different parts of your eye can become inflamed. Here are the most common types:

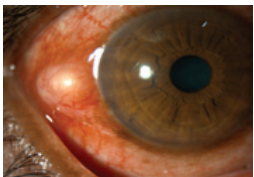
- ✓ **Keratitis:** This affects the clear front part of your eye (cornea). It can cause pain, redness, tearing, and light sensitivity. It's often caused by infections or injuries.
- ✓ **Episcleritis:** A milder inflammation just above the sclera. It can make the eye look red and feel irritated but usually doesn't affect vision much.
- ✓ **Scleritis:** A deeper inflammation of the white part of your eye (sclera). This one is painful and needs prompt treatment.
- ✓ **Uveitis:** This is inflammation in the middle layer of the eye (called the uvea). It's one of the more serious types and can cause pain and vision problems.
- ✓ **Iritis:** A form of uveitis that affects the colored part of your eye (the iris). It can cause eye pain, redness, and blurry vision.



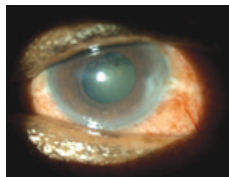
Conjunctivitis



Episcleritis



Scleritis



Uveitis

What Causes Eye Inflammation?

Many things can trigger eye inflammation. Some of the most common causes include:

- ✓ **Infections:** Bacteria, viruses, fungi, or parasites can infect your eye. Common infections include pink eye

(conjunctivitis), herpes in the eye, or fungal infections from contact lenses.

- ✓ **Injury or Trauma:** Getting hit in the eye, a scratch, or surgery can lead to inflammation.
- ✓ **Allergies:** Dust, pollen, pet hair, or smoke can trigger inflammation, especially in the outer part of the eye (conjunctiva).
- ✓ **Environmental Irritants:** Too much sunlight (UV rays), pollution, or harsh chemicals can also irritate and inflame the eyes.
- ✓ **Autoimmune Diseases:** Sometimes, your immune system attacks your own body by mistake. Conditions like rheumatoid arthritis, lupus, and sarcoidosis can cause the immune system to inflame the eye

What Are the Symptoms?

Eye inflammation can show up in different ways. Here are common symptoms to look out for:

- * Red or bloodshot eyes
- * Eye pain or soreness
- * Blurry vision
- * Light sensitivity
- * Tearing or discharge
- * Feeling like there's sand in your eye
- * Swollen eyelids
- * Floaters (seeing tiny specks moving in your vision)

How Is Eye Inflammation Diagnosed? : The eye doctor will use several tests to find out what's causing the inflammation and how serious it is. Here's what you might expect during a check-up:

- 1) **Vision Test:** To see if your vision has been affected.
- 2) **Slit Lamp Examination:** A special microscope with a light is used to check the front parts of your eye for swelling, redness, or other changes.
- 3) **Ophthalmoscopy:** The doctor looks at the back of your eye, including the retina and optic nerve, for deeper inflammation.
- 4) **Blood Tests & Eye Swabs:** To check for infections or autoimmune conditions.
- 5) **Imaging (like OCT or Eye Ultrasound):** These scans give a detailed picture of what's happening inside your eye, especially if the doctor can't see clearly due to swelling or cloudiness.

How Is It Treated?

The treatment depends on what's causing the inflammation and how severe it is. Here are the main options:

1) Eye Drops and Pills

- * Steroid eye drops reduce swelling fast. Stronger steroids may be taken as pills or given by injection if the inflammation is deep.
 - * NSAIDs (non-steroidal anti-inflammatory drugs) like ibuprofen can help with mild inflammation and pain.
- 2) Antibiotics or Antiviral Medications
 - * If your inflammation is caused by an infection, you'll get eye drops, pills, or ointments to fight off the bacteria or virus.
 - 3) Immunosuppressants
 - * If an autoimmune disease is to blame, drugs that calm the immune system (like methotrexate or cyclosporine) may be prescribed.
 - 4) Surgery
 - * In severe cases where inflammation has caused damage or won't go away, surgery might be needed. This could involve:
 - * Vitrectomy - removing the gel inside the eye
 - * Repairing the retina or other damaged parts of the eye



Dr Shreya Mishra
Fellow, Cornea

Can You Prevent Eye Inflammation?

You can lower your risk of eye inflammation by taking some simple steps:

Protect Your Eyes

- * Wear safety goggles when working with tools or chemicals, and wear sunglasses to block UV rays.

Practice Good Hygiene

- * Wash your hands regularly, especially before touching your eyes or putting in contact lenses.

Reduce Allergens

- * Keep your home clean, use air purifiers, and avoid known triggers like pet dander or smoke.

Eat a Healthy Diet

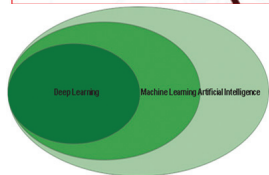
- * Foods rich in omega-3s (like fish), vitamin C, and vitamin E can support eye health.

Final Thoughts: If something feels off with your eyes, don't wait. Get it checked out. With the right care, your eyes can heal and stay healthy.

"Strength is born from eyes that inspire resilience."

REVOLUTIONIZING OPHTHALMOLOGY WITH AI: THE FUTURE OF EYE CARE IN 2025 AND BEYOND

The landscape of eye care has undergone a remarkable transformation in recent years, with technological innovations reshaping how we diagnose, treat, and manage ocular conditions. Now a days, Artificial Intelligence (A.I.) has begun to play a salient role in various medical fields, including ophthalmology. The development of AI has opened new horizons for ophthalmology, offering innovative solutions to improve the accuracy and efficiency of ocular disease diagnosis and management.



Let's explore how cutting-edge advancements are revolutionizing ophthalmology and improving patient outcomes

Dr. Konstantinos Balaskas, director of the Moorfields Ophthalmic Reading Centre, puts it perfectly: "These technologies have the potential to fundamentally transform eye care."

Surgical Innovation : Precision Meets Minimally Invasive Techniques

Today's ophthalmological surgeries bear little resemblance to procedures from just a decade ago. Laser-assisted cataract surgery, featuring femtosecond laser technology, has revolutionized one of the most common eye procedures. These advanced techniques, coupled with new-generation intraocular lenses, offer patients clearer vision and faster recovery times.

The emergence of Minimally Invasive Glaucoma Surgery (MIGS) represents another quantum leap forward. These procedures utilize microscopic devices to reduce intraocular pressure while minimizing tissue trauma. For patients, this means shorter recovery periods and reduced risk of complications compared to traditional glaucoma surgeries.

The Rise of Artificial Intelligence in Eye Care : The integration of artificial intelligence in ophthalmology represents more than just technological advancement-it marks a fundamental shift in how we approach eye care. Currently, AI primarily serves as a powerful tool for data analysis, with innovations like BulbiCAM leading the way. This ground-breaking device combines virtual reality with AI to conduct visual field tests, delivering unprecedented accuracy in results. Current Applications and Future Potential

AI's role in ophthalmology extends far beyond basic diagnostics. Today's AI systems excel at:

- ✓ Screening for diabetic retinopathy
- ✓ Classifying various types of ocular lesions
- ✓ Monitoring disease progression
- ✓ Generating detailed tracking graphs for conditions like age-related macular degeneration and macular edema

Research continues to explore new diagnostic and prognostic applications, including AI-powered predictions of visual acuity based on disease progression patterns.

Understanding AI's Limitations

While artificial intelligence shows immense promise, it's crucial to acknowledge its limitations. Key challenges include:

- ✓ Limited transparency in learning algorithms
- ✓ Need for diverse demographic data in training sets
- ✓ Ongoing requirements for robust data security and privacy regulations

The Human-AI Partnership

The future of ophthalmology lies not in AI replacement but in collaboration. As industry experts emphasize, "artificial intelligence must always be a complementary tool to the decisions made by medical professionals." This partnership combines:

- ✓ AI's computational power
- ✓ Traditional ophthalmic technology
- ✓ Specialist expertise
- ✓ Deep understanding of patient needs

The question of whether AI will replace ophthalmologists has been definitively answered: AI's role is to enhance, not replace, medical professionals. Recent studies confirm that while AI can significantly improve efficiency and accuracy, it works best as a complement

to human expertise rather than a replacement.

Robotic Surgery: A New Era in Precision Eye Care

The integration of robotic surgery in ophthalmology is redefining precision and enhancing patient outcomes. Robots like the Preceyes Surgical System are being employed for highly delicate procedures, such as retinal vein cannulation and epi-retinal membrane peeling.

- ✓ By providing unparalleled accuracy and reducing human error, robotic systems:
- ✓ Enable surgeons to perform highly intricate movements with enhanced control.
- ✓ Minimize tissue damage during delicate operations.
- ✓ Shorten recovery times for patients.

As robotics continue to evolve, they will play an increasingly prominent role in transforming complex eye surgeries into safer, more efficient procedures.

Telemedicine: Bridging the Gap in Eye Care

The recent global health challenges have accelerated the adoption of tele ophthalmology, making quality eye care more accessible than ever. While remote care presents unique challenges in ophthalmology, innovative solutions are emerging. Diagnostic imaging hubs allow patients to undergo comprehensive testing without immediate physician presence, optimizing both patient experience and clinical efficiency.

Looking Ahead : The Future of Eye Care Education

The future of ophthalmology lies in the harmonious blend of cutting-edge technology and clinical expertise. For healthcare professionals looking to stay at the forefront of these advancements, continuing education is crucial. Through comprehensive programs like the Ophthalmology Certificate Course and various ophthalmology online courses, practitioners can enhance their knowledge and skills in this rapidly evolving field.

The importance of this blog lies in its potential to strengthen collaboration between researchers, ophthalmologists, and AI specialists, leading to transformative findings in the early identification and treatment of eye diseases.

Edited by **K Bangar Raju**, Dy General Manager (PR & Liaison) with inputs from
(Source: <https://meducination.com/>)

*"Let your eyes reflect
a better tomorrow."*

DIABETES & YOUR EYES : THE BEST FOODS TO KEEP YOUR VISION STRONG

Uncontrolled diabetes can cause eye damage, and a healthy diet may play a role in reducing the risk. Here's a list of foods that can help.

Diabetes is a chronic condition that affects multiple organs, including the eyes. Over time, high blood sugar levels can cause damage to the delicate structures of the eyes, leading to serious complications if left unmanaged.

Dr Annaji Rao explains that diabetes primarily affects the eyes by damaging the small blood vessels in the retina, leading to a condition known as diabetic retinopathy. Over time, uncontrolled blood sugar levels can cause these vessels to weaken, leak, or become blocked, reducing oxygen supply to the retina. This can result in blurred vision, dark spots, or even blindness if not addressed in time.

Foods To Maintain Eye Health For Diabetics



It is important to understand that a well-balanced diet plays a vital role in maintaining healthy vision. A recent study suggests that a diet rich in fibre, oily fish, and Mediterranean-style eating may help reduce the risk of diabetic

retinopathy, while high-calorie intake increases the risk.

The following foods and nutrients are particularly beneficial for individuals with diabetes to support eye health and prevent complications:

Leafy greens (spinach, kale): These vegetables are rich in lutein and zeaxanthin, two powerful antioxidants that protect the retina from harmful light exposure and oxidative stress. Regular consumption can help slow down the progression of diabetic retinopathy.

Fatty fish (salmon, tuna, mackerel): These fish are packed with omega-3 fatty acids, which reduce inflammation and support overall eye function. Omega-3s also help prevent dry eyes, a common issue among diabetics.



Nuts and seeds (almonds, walnuts, flaxseeds): These contain vitamin E and additional omega-3 fatty acids, which protect eye cells from damage caused by high blood sugar levels.

Citrus fruits (oranges, lemons, grapefruits): High in vitamin C, these fruits help strengthen blood vessels in the eyes and reduce the risk of cataracts and diabetic retinopathy.

Carrots and sweet potatoes: Rich in beta-carotene, a precursor to vitamin A, these foods support night vision and overall eye health. Vitamin A deficiency can lead to impaired vision and other ocular problems.



Dr K Annaji Rao,
Senior Retina
Consultant



Whole grains (brown rice, quinoa, whole wheat): These help regulate blood sugar levels, preventing the spikes that contribute to diabetic complications, including vision issues.

Conclusion

Diabetes management goes beyond blood sugar control; it also includes protecting eye health. A nutrient-rich diet, regular check ups, and lifestyle changes can significantly reduce the risk of diabetes-related vision problems. By following these guidelines, individuals with diabetes can take proactive steps toward maintaining clear vision and overall well-being.

OPTICAL ILLUSION : ONLY A PERSON WITH 20/20 VISION CAN SPOT THE FROG IN JUST 5 SECONDS

Only those with 20/20 vision and excellent attention to detail can spot the frog in time. Are you up for it?

Can you find the hidden frog?

Optical illusion: Only a person with 20/20 vision can spot the frog in just 5 seconds

At first, the image seems like a random collection of leaves in various shapes and colours. But if you look closely, a well-hidden frog is lurking within. Its colour and texture blend so perfectly with the surroundings that your brain struggles to separate it from the background.

The task may appear overwhelming but do not be alarmed. As they examine every nook and cranny of the image, even the keenest observers and most perceptive minds will be put to the test.



Engaging with optical illusions isn't just about amusing at their mind-bending effects; it also offers a plenty of cognitive benefits. Optical illusions challenge the brain by presenting contradictory or misleading visual information. This stimulation promotes mental agility and

flexibility as the brain works to make sense of what it sees.

This illusion is a great way to test your observation skills and visual sharpness. If you can find the frog in just 5 seconds, you might have exceptional eyesight and a keen sense of detail!

If you found it instantly, congratulations! You have impressive visual perception. But if it took you longer, don't worry-optical illusions are designed to trick the brain, and practice can help sharpen your skills.

Edited by **K Bangar Raju,**
Dy General Manager (PR & Liaison)
with inputs from Times of India- Health

*"Eyes are the heralds of the
soul's true nature."*

LITTLE EYES, BIG CARE : UNDERSTANDING PAEDIATRIC OPHTHALMOLOGY

Healthy vision is crucial for a child's overall development-academically, socially, and emotionally. Yet, eye problems in children often go unnoticed, as kids may struggle to express or even recognize that something is wrong. This is where paediatric ophthalmology plays a vital role. This specialized field focuses on diagnosing and treating eye conditions in children, from infancy through adolescence.

Paediatric ophthalmologists are uniquely trained to address a wide range of vision disorders specific to children, including refractive errors (such as near sightedness, farsightedness, and astigmatism), strabismus (misaligned or crossed eyes), amblyopia (lazy eye), congenital cataracts, and eye injuries. Early detection and intervention are essential, as many childhood eye conditions, if left untreated, can lead to permanent vision impairment.

Why Early Eye Exams Matter

The American Academy of Ophthalmology recommends that children undergo their first eye exam at around 6 months of age, followed by screenings at 3 years and again before starting school. These routine



evaluations are essential for detecting potential vision problems early, ensuring timely intervention.

One such condition is amblyopia, commonly known as lazy eye-the leading cause of visual impairment in children. When identified early, amblyopia is highly treatable, but if left unaddressed, it can result in permanent vision loss.

Another prevalent childhood condition, strabismus, occurs when the eyes do not align properly. This misalignment can lead to double vision, poor depth perception, and even amblyopia. Treatment options vary based on severity and may include corrective glasses, eye exercises, or surgical intervention.

Signs Parents Should Watch For

While routine screenings help detect many eye conditions, some issues may manifest through subtle signs that parents should watch for, including:

- ◆ Frequent squinting or eye rubbing
- ◆ Complaints of headaches or eye discomfort
- ◆ Difficulty reading or holding books unusually close
- ◆ One eye drifting inward or outward
- ◆ Excessive tearing or heightened sensitivity to light

If you observe any of these symptoms in your child, scheduling an eye exam with a paediatric ophthalmologist is crucial for early detection and treatment.



Dr Rahul Bhogi
Fellow,
Paediatrics

The Role of Paediatric Ophthalmologists

Children are not simply "small adults"-their eyes are still developing and require specialized care suited to their unique needs. Paediatric ophthalmologists are experts not only in childhood eye diseases but also in examining and communicating with young patients in a way that fosters comfort and trust. Their clinics are designed with a child-friendly atmosphere, ensuring a positive and reassuring experience for both children and their families.

Protecting Children's Vision Together

As a hospital dedicated to holistic child health, we urge parents and caregivers to make regular eye exams an integral part of their child's healthcare routine. Vision plays a vital role in learning and development, and with early detection and timely intervention, most childhood eye conditions can be effectively treated.

If you have any questions or would like to schedule an eye exam for your child, please reach out to our Paediatric Ophthalmology Department at Sankar Foundation. Together, we can ensure that every child enjoys the gift of clear and healthy vision.

NABH ACCREDITATION BESTOWED ON GAJUWAKA BRANCH OF SANKAR FOUNDATION EYE HOSPITAL

The Gajuwaka Branch of Sankar Foundation Eye Care Organisation has received prestigious accreditation from the National Accreditation Board for Hospitals & Healthcare Providers (NABH), a constituent board of the Quality Council of India. The NABH accreditation process involves a thorough evaluation of a hospital's or healthcare provider's services, infrastructure, patient care, and organizational practices. As part of this assessment, the NABH team meticulously examined all clinical and non-clinical areas and engaged with doctors and employees at the Gajuwaka branch of Sankar Foundation Eye Hospital to ensure compliance with



NABH-specific standards for eye care facilities.

These accreditation standards are globally benchmarked and recognized by the International Society for Quality in Health Care (ISQua). "In a communique from

NABH, it has been stated that the accreditation will be effective from May 8, 2025, to May 7, 2028, subject to continued compliance with NABH standards".

With this recognition, Sankar Foundation holds the distinction of having NABH accreditation for its main hospital at Naidutota as well as the INOX campus of the Maddilapalem branch of Sankar Foundation Eye Hospital. Sri M. Ramdas,

Chairman of the Board of Trustees, Sri A. Krishna Kumar, Managing Trustee, and Sri K. Radhakrishnan, General Manager, extended their heartfelt congratulations to the entire team at the Gajuwaka branch for achieving this prestigious accreditation. Sankar Foundation has long been recognized for its commitment to providing high-quality eye care services, playing a vital role in the region's efforts to prevent avoidable blindness. The scope recommended including Ophthalmic emergency. Comprehensive ophthalmic services, cataract services, glaucoma services, medical retina services, cornea service (excluding transplant).

Launching of RETINA OP : From June 1st, 2025 Gajuwaka branch will have fully-fledged Medical Retina Department, enhancing diagnostic precision and patient care.

"Clear eyes, a testament to enduring peace."

Performance - May 2025

BASE HOSPITAL

* Total Eye Surgeries	3069
* Cataract Surgeries	2151
* Retina Surgeries	94
* Retina Injections	234
* Glaucoma Surgeries	31
* Cornea Surgeries	294
* Pediatric Surgeries	12
* Orbit & Oculoplasty	69
* Total OP Screened	17,758

BRANCHES

* Srikakulam -Eye Surgeries	434
* OP Screened	2321
* Maddilapalem -Surgeries	84
* OP Screened	1150
* Gajuwaka -Surgeries	27
* OP Screened	1036
* Madhurawada -Surgeries	23
* OP Screened	645
* Total 52 Outreach free eye camps conducted and screened 3140 patients and Performed 1155 surgeries	

EDITOR

K BANGAR RAJU,
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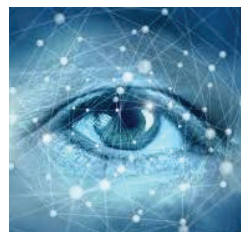
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Revolutionary Developments in Ophthalmology

The field of **Ophthalmology** is undergoing remarkable transformations, driven by cutting-edge research and technological advancements. Here are some of the most **revolutionary developments** shaping the future of eye care:

AI-Powered Diagnostics and Treatment Planning

Artificial intelligence (A.I) is revolutionizing ophthalmology by enhancing **diagnostic accuracy and personalized treatment plans**.



A.I algorithms can analyse vast amounts of eye scan data to detect early signs of diseases like **glaucoma and diabetic retinopathy**, often before symptoms appear.

Gene Therapy for Inherited Eye Disorders

Gene editing technologies, such as **CRISPR and prime editing**, are offering new hope for treating **genetic eye disorders**. Scientists have developed virus-like particles (eVLPs) to efficiently deliver gene-editing tools, potentially curing conditions like **retinitis pigmentosa and Leber congenital amaurosis**.

Revolutionary Eye Treatments for Vision Correction

New therapies are emerging to **restore vision and enhance eye health**. Researchers are exploring **genetic research-based treatments** that target the root causes of vision problems rather than just alleviating symptoms. AI integration is also improving **surgical precision & post-operative recovery**.

Breakthroughs in Corneal Disease Treatment

A ground breaking study has introduced **α-melanocyte-stimulating hormone (α-MSH)** as a promising treatment for **corneal endothelial disease**. This therapy promotes corneal healing and **reduces persistent corneal edema**, offering a novel approach to treating corneal damage.

Innovations in Diabetic Eye Disease Management

A new class of drugs called **senolytics**

is showing promise in treating **diabetic macular edema (DME)**. These drugs provide **longer-lasting solutions** for patients who do not respond well to standard treatments, potentially transforming the management of diabetic eye diseases.

AI-Driven Optical Coherence Tomography (OCTA) for Uveitis

Researchers have developed an **OCTA-based imaging method** to monitor **uveitis**, a rare inflammatory eye disease. This technique correlates **blood flow density** with disease activity, allowing for **early intervention** and improved patient outcomes.

Novel Drug for Preventing Diabetic Eye and Kidney Disease

Scientists have identified **heparanase inhibitors** that protect the **glycocalyx**, a blood vessel lining



damaged in diabetes. These inhibitors could prevent **diabetic eye and kidney diseases**, marking a significant advancement in diabetes-related ophthalmology.

These breakthroughs are **reshaping the landscape of vision science**, offering **new hope** to millions of patients worldwide.

A Vision of the Future : With each ground breaking discovery, the future of ophthalmology shines brighter. From cutting-edge therapies to advanced insights into ocular biology, these innovations are paving the way for more effective treatments and an improved quality of life for those living with eye diseases. The relentless collaboration of researchers and scientists worldwide continues to push the boundaries of possibility in eye care, bringing hope to millions across the globe.

Edited by **K Bangar Raju,**
Dy General Manager (PR & Liaison)
with inputs from
(Ophthalmologybreakingnews.com)

"Stars have nothing compared to sparkling eyes."