

Editorial

VISIONARY FRONTIERS : BREAKTHROUGHS RESHAPING OPHTHALMOLOGY

In the ever-evolving landscape of medicine, few specialties have witnessed as profound a transformation in recent years as ophthalmology. Once limited by the constraints of rudimentary diagnostics and invasive interventions, the field now stands at the cusp of a technological and therapeutic renaissance. From artificial intelligence to gene therapy, the frontiers of vision science are expanding at an unprecedented pace—reshaping not only how we treat ocular disease, but how we understand the eye itself.

The Convergence of Technology and Vision Science :

At the heart of this revolution lies the integration of cutting-edge technology into clinical practice. Artificial intelligence (A.I.) and machine learning algorithms are now capable of detecting diabetic retinopathy, age-related macular degeneration, and glaucoma with accuracy rivalling that of seasoned clinicians. These tools are not just diagnostic marvels—they are democratizing access to care, enabling early detection in remote and underserved regions through tele ophthalmology platforms.

Advanced imaging modalities, such as Swept-Source Optical Coherence Tomography (SS-OCT) and adaptive optics, have pushed the boundaries of resolution, allowing clinicians to visualize retinal structures at the cellular level. These innovations are not only enhancing diagnostic precision but also deepening our understanding of disease pathophysiology.

Gene Therapy and Regenerative Medicine: A New Era :

Perhaps the most awe-inspiring breakthroughs are unfolding at the molecular level. The approval of voretigene neparvovec (Luxturna) marked a watershed moment in ophthalmology—the first FDA-approved gene therapy for an inherited retinal disease. This milestone has ignited a wave of research into gene editing technologies like CRISPR, with the potential to correct mutations responsible for conditions such as retinitis pigmentosa and Leber congenital amaurosis.

Simultaneously, regenerative medicine is offering hope where none existed. Stem cell-derived retinal pigment epithelium (RPE) transplants are being explored as treatments for macular degeneration, while experimental therapies aim to regenerate damaged optic nerves. These advances are not without challenges—immune rejection, ethical considerations, and long-term safety remain critical concerns—but the momentum is undeniable.

Pharmacological and Surgical Innovation : The pharmacologic arsenal in ophthalmology is also expanding. Dual-action anti-VEGF agents like faricimab are improving outcomes in retinal vascular diseases, while sustained-release delivery systems promise to reduce treatment burden for patients. In glaucoma, the rise of minimally invasive glaucoma surgeries (MIGS) is redefining the surgical paradigm, offering safer and more effective options for intraocular pressure control.

K. Ranga Ravi
EDITOR

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A.P. ASSEMBLY SPEAKER SHRI CH. AYYANNA PATRUDU LAUDS SANKAR FOUNDATION'S COMMUNITY SERVICES

Shri Ch. Ayyanna Patrudu, Hon'ble Speaker of the Andhra Pradesh Legislative Assembly, paid his maiden visit to Sankar Foundation Eye Hospital, Naiduthota on 18th July. During the visit, he visited the inpatient ward, interacted with patients who had undergone eye surgeries, and enquired about their well-being.



Assembly Speaker Sri Ayyanna Patrudu garlanding the statue of the Founder (Late) Sri Atmakuri Sankar Rao.



Shri Ch. Ayyanna Patrudu speaking on the occasion

Shri A. Krishna Kumar, Managing Trustee of Sankar Foundation, extended a warm welcome to the Hon'ble Speaker upon his arrival. Prior to the visit, Shri Ayyanna Patrudu garlanded the statue of the Founder, Shri Atmakuri Sankar Rao, and paid heartfelt tribute to his vision and contributions.

Speaking on the occasion, Shri Ayyanna Patrudu praised the exemplary services rendered by Sankar Foundation, appreciating the compassionate care provided by its doctors and paramedical staff. He lauded the hospital's significant impact on the community—especially the underprivileged—having performed over 4.85 lakh surgeries and screened more than 28 lakh outpatients to date. He also personally distributed medicines and fruits to inpatients and assured his unwavering support towards the hospital's mission of delivering high-quality eye care and achieving excellence.

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Performance at a Glance

Total Eye Surgeries
4,88,301 Since Inception

Total OP Screened
28,35,014 Since Inception

BREAKTHROUGHS RESHAPING OPHTHALMOLOGY

Smart intraocular lenses (IOLs), capable of adjusting focus or monitoring intraocular pressure, are transforming cataract surgery from a restorative procedure into a platform for enhanced vision and ocular health monitoring.

Equity, Access, and the Global Vision

As we celebrate these advancements, we must also confront the disparities that persist in global eye care. Innovations must be scalable and accessible. AI-powered mobile screening units, low-cost diagnostic devices, and open-source platforms are beginning to bridge the gap-but sustained investment and collaboration are essential to ensure that the benefits of progress reach every corner of the world.

Looking Ahead:

A Vision for the Future

The breakthroughs reshaping ophthalmology today are not isolated achievements-they are the result of interdisciplinary collaboration, relentless curiosity, and a shared commitment to preserving sight. As we look to the future, the promise of personalized, predictive, and preventive eye care is within reach.

Ophthalmology is no longer just about treating disease-it is about restoring independence, enhancing quality of life, and, in many cases, giving people the gift of sight for the first time. These are the visionary frontiers we now stand upon. And the horizon has never looked clearer.

*See the world through
eyes that count blessings.*

A.P. ASSEMBLY SPEAKER SHRI CH. AYYANNA PATRUDU LAUDS SANKAR FOUNDATION'S COMMUNITY SERVICES



Shri Ch. Ayyanna Patrudu distributing medicine to patients.



With the patients and doctors

Later, addressing the media, Shri Ayyanna Patrudu called upon industries and philanthropists to come forward and

support Sankar Foundation in its journey towards advancing eye care services. The event witnessed active participation from Sri Raparty Kanna, Corporator, 93 Division, Dr. T. Raveendra, Dr. Nasrin, Dr. Krishna, Dr. Sirisha, Dr. Suparna, Shri K. Bangar Raju (DGM-PR), Shri V. Ramesh Kumar (DGM-PC), Shri K.V. Venu Gopal (DGM-Operations), Shri SKL Rao (AGM), and a large number of hospital staff.

NEW EMERGENCY CASUALTY INAUGURATED TO ENHANCE EYE CARE SERVICES



Sri Nikesh Kumar Sinha inaugurating the newly built Emergency Casualty Block at Sankar Foundation, joined by distinguished guests and senior medical professionals.



Sri Nikesh Kumar Sinha inspecting the inpatient ward, observing the advanced facilities and patient care protocols in place.



Engaging in discussion with Retina Specialist Dr. Ajay Sharma and Sri K. Radhakrishnan, exchanging insights on the hospital's services.

Sankar Foundation has consistently evolved to meet changing healthcare needs, all while maintaining its commitment to providing high-quality eye care services to the community. In a significant step forward, the Foundation unveiled a newly built Emergency Casualty Block within its premises-fully equipped to handle urgent ophthalmic cases and designed to manage the increasing patient footfall with enhanced efficiency. The facility was formally inaugurated by Sri Nikesh

Kumar Sinha, Zonal Manager, Bank of India - Visakhapatnam on **25th July 2025**. The event was graced by several distinguished guests, including **Sri K. Radhakrishnan, GM**, and esteemed medical professionals such as **Dr. T. Raveendra, Dr. Nasrin, Dr. Sirisha, Dr. T. Krishna** and **Dr. K.V. Satyanarayana** and senior officials including **Sri V. Ramesh Kumar, DGM (PC & CR)** and **Sri K.V. Venugopal, DGM (Operations)** were also present, among others.

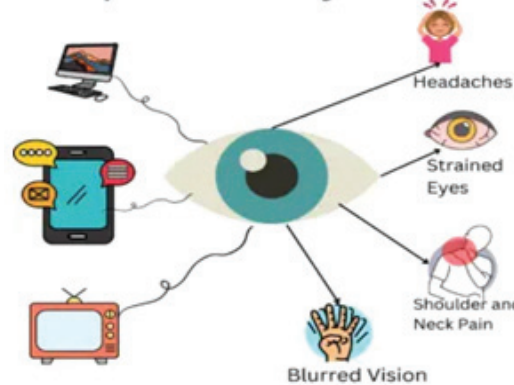
During the visit, Sri Sinha was given a comprehensive overview of the state-of-the-art emergency facilities and the advanced protocols adopted by the hospital to deliver efficient and compassionate care. He expressed appreciation for the institution's dedication to public service and its continuous efforts to innovate and elevate healthcare standards in the region.

UNDERSTANDING DIGITAL EYE STRAIN : CAUSES, IMPACTS, AND PREVENTIVE TIPS

"Mastering the technology to create effigies of ourselves will be our downfall"



Computer Vision Syndrome



Suggestions to Prevent or Reduce CVS

- * **Start with a comprehensive eye exam:** Don't bring untreated vision

Dr. Mamatamayee
Consultant,
Anterior Segment
Gajuwaka Hospital



problems to the workplace - schedule annual eye check-ups.

- * **Mindful blinking:** The average blink rate is 15-20 times per minute, but it drops significantly during screen use. Try to blink consciously to keep your eyes moist.
- * **Follow the 20-20-20 rule:** Every 20 minutes, take a 20-second break and look at something at least 20 feet away. Also, adjust your physical workstation ergonomics to prevent straining your neck or leaning forward.
- * **Use anti-glare screens:** These minimize light reflections and reduce visual strain.
- * **Stay hydrated:** Keep your eyes healthy by using artificial tears or lubricating eye drops.
- * **Seek professional help:** If symptoms persist, consult an eye care specialist. Prioritizing your overall well-being is key to maintaining long-term eye health.

Common Causes of Digital Eye Strain

- * Extended hours of screen usage
- * Poor sitting posture at the workstation
- * Uncorrected refractive errors (like myopia or hyperopia)
- * Dry eyes or inadequate tear production
- * Improper screen brightness and contrast settings
- * Studies by the National Research Council show that excessive exposure to LED light disrupts circadian rhythms and sleep patterns, leading to fatigue, poor academic performance, and behavioral issues in adolescents. Employees working more than 11 hours daily on screens also exhibit higher rates of burnout.

Empowering minds, elevating care - Johnson & Johnson Vision journey begins here

Johnson & Johnson -Vision representatives from Hyderabad conducted an insightful training programme for the Counsellors and students of the Optometry College at Sankar Foundation, on 24th July at the institution's Conference Hall. The programme aimed to enhance understanding of various critical aspects of operations in an eye hospital.

Sri Mani Deepak (Customer Training Specialist), Sri Jagdish (Key Accounts Manager), and Sri Zakir (RIS) led engaging sessions covering the anatomy of the eye, optical fundamentals, and the application of various types of intraocular lenses (IOLs). The trainers also addressed questions from attendees regarding vision-related concerns and the broader dynamics of ophthalmic services.

Senior officials including Sri K Bangar Raju (DGM - PR & Liaison), Sri KV Venugopal (DGM - Operations), and



Johnson & Johnson representatives speaking at the training programme.



Smt M Padmavathi (AGM - Patient Care), along with a large number of Counsellors, optometry students and paramedical staff, actively participated in the event.

Johnson & Johnson is a leading American multinational corporation specializing in pharmaceuticals, biotechnology, and medical technologies, with its headquarters in New Brunswick, New Jersey.

In eyes we see, where the spirit truly dwells.

AP Legislative Assembly Speaker, Sri Ch Ayyannapatru, Inaugurates Free Eye Screening Camp in Narsipatnam



Sri Ayyannapatru, AP Assembly Speaker inaugurating the free eye camp in Narsipatnam.

With our Doctor and staff

medical support. Key outcomes from the camp included:

- **Outpatients Screened : 310**
- **Glasses Prescribed : 145**
- **Referrals for Cataract and Other Surgeries: 54 (to main hospital)**

The screening was led by Ophthalmologist Dr. Madhulika Singh, assisted by a dedicated team

comprising: Sri M Chandrasekhar, Manager, Sri P Varahalu, Senior Optometrist, Mrs. P Bhargavi, Counsellor, Sri K Prasad, Coordinator, Smt P Bhanu, Optical Sales Executive along with other support staff.

The initiative marked another milestone in Sankar Foundation's ongoing mission to bring quality eye care to underserved populations.

Sankar Foundation Shines at National Summit on "Community Ophthalmology"



A senior delegation from Sankar Foundation, led by General Manager Sri K Radhakrishnan, actively participated in the 19th National Conference on Community Ophthalmology held in Ahmedabad from July 11-13, 2025.

The conference centered around the theme **"Breaking Barriers: Inclusion and Accessibility in Eye Care - A Step Towards Viksit Bharat 2047,"** highlighting innovative approaches and collaborative efforts to promote equitable eye care across the nation.

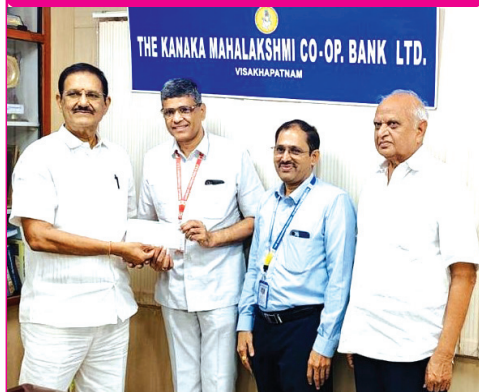
The Prime Minister of India, Sri Narendra Modi in his message "Vision is a precious gift of humanity, Ophthalmologists not only help us combat eye diseases, but also enhance the quality of life for crores of people. Through dedication and

commitment, Ophthalmologists have earned the trust and admiration of people across the country".

Sankar Foundation employees presented papers highlighting the impactful activities of SightFirst (SF), which were enthusiastically received by the audience.

The participating delegation included Sri V. Ramesh Kumar, Sri K.V. Venugopal (DGMs), Sri N. Appala Raju (Senior Manager - Outreach), Sri R. Purnachandra Rao (Senior Manager - Srikakulam Branch), Mrs. Ch. Bhuvana Kalyani (Faculty), Mrs. Ch. Sruthi, Mrs. M. Laxmi, and Sri S. Ratanraju and Ch Sruthi. The event featured scientific sessions on Community Ophthalmology, Optometry, innovations in community eye screening, and also showcased key initiatives led by the Government of India aimed at eliminating avoidable blindness.

NOBLE GESTURE BY KANAKA MAHALAKSHMI CO-OP BANK



The Kanaka Mahalakshmi Co-Op Bank, Visakhapatnam, extended its generous support to Sankar Foundation by donating Rs. 2 Lakhs towards conducting 40 Small Incision Cataract Surgeries (SICS) for underprivileged individuals in need of quality eye care.

A cheque symbolizing this meaningful contribution was presented by Sri K Rambabu, Chairman in the presence of Sri K Shyamkishore, CEO and Sri GS Sivaprakash to Sri V. Ramesh Kumar, Deputy General Manager (PC-CR) of Sankar Foundation, on 28th July.

The management of Sankar Foundation wholeheartedly appreciated this noble gesture, recognizing it as a significant step in the Foundation's mission to eliminate avoidable blindness and bring light into the lives of those most in need.

The soul dances silently in the windows of the eyes.

BLINDED BY SILENCE : GLAUCOMA'S STEALTHY SURGE IN INDIA

Glaucoma is emerging as a major public health concern in India, affecting over 12 million people. This chronic eye condition gradually damages the optic nerve-often without any warning signs-leading to irreversible vision loss and, in severe cases, blindness if left untreated.

The Silent Thief of Sight One of the most troubling aspects of glaucoma is its stealthy progression. It typically causes no symptoms in the early stages, so many individuals remain unaware until significant vision loss has occurred. By then, the damage is often permanent. This makes regular eye examinations essential, especially for those over the age of 40.

A Diagnosis Gap Alarming, nearly 90% of glaucoma cases in India go undiagnosed, largely due to a lack of awareness and limited access to routine eye care, according to medical experts.

A Looming Regional Burden Studies cited by **India Today** predict a sharp rise in glaucoma cases across Asia, with an estimated 27.8 million new cases by 2040. India and China are expected to bear the brunt of this increase.

The Impact in Numbers

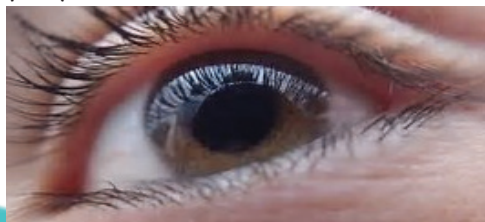
- Glaucoma-related blindness affects approximately 1.2 million people in India.
- It accounts for about 5.5% of all blindness cases nationwide.
- The disease is more prevalent among adults over 40, impacting 2.7% to 4.3% of the elderly population.

The Way Forward Early detection through regular eye check-ups is the most effective way to combat glaucoma. Raising public awareness and improving access to eye care services are critical steps in preventing avoidable blindness.

All About Glaucoma :

The Silent Thief of Sight

Glaucoma is a group of eye diseases that damage the optic nerve-the vital link between the eye and the brain-often due to increased intraocular pressure (IOP). If left untreated, it can lead to



irreversible vision loss and even blindness. Because it typically shows no early symptoms, regular eye check-ups are essential for early detection and treatment.

What Causes Glaucoma?

The eye maintains a natural pressure, similar to a water-filled balloon, typically between 11-21 mm Hg. This pressure is regulated by a fluid called aqueous humour, which is continuously produced and drained. When this drainage is blocked or slowed, pressure builds up, damaging the optic nerve and affecting vision.

Types of Glaucoma

1. Open-Angle Glaucoma (Chronic)

- Most common form.
- Progresses slowly and painlessly.
- No symptoms in early stages-only detectable through routine eye exams.
- Later signs may include:
 - Heaviness around the eyes
 - Headaches
 - Frequent changes in eyeglass prescriptions
 - Loss of peripheral (side) vision

2. Angle-Closure Glaucoma (Acute)

- Less common but more severe.
- Symptoms include:
 - Sudden eye pain
 - Redness
 - Headache
 - Blurred vision or seeing halos around lights
 - Often triggered in dim lighting when the pupil dilates, blocking fluid drainage.

3. Secondary Glaucoma

- **Caused by:**
 - Eye injuries
 - Inflammation
 - Tumours
 - Haemorrhage
 - Long-term steroid use

4. Congenital Glaucoma

- Present at birth due to poorly developed drainage channels.
- Signs in children:
 - Enlarged eyes
 - Cloudy cornea
 - Light sensitivity
 - Excessive tearing
 - Requires immediate medical attention.

Who Is at Risk?

While the exact cause of glaucoma remains unknown, several risk factors increase susceptibility:

- Diabetes
- High myopia or hypermetropia (near sightedness/farsightedness)

Dr Manjuvalli P. Senior Consultant Glaucoma



- Long-term steroid use
- Family history of glaucoma
- Thyroid disorders
- Eye conditions like uveitis or vitreous haemorrhage
- History of major eye surgery or trauma

Early Detection Is Crucial

"Most patients don't realize they have glaucoma until significant damage has occurred," says **Dr T Raveendra**, Glaucoma Specialist and HOD, Glaucoma Department at Sankar Foundation Eye Hospital, Visakhapatnam. This is why glaucoma is called the 'silent thief of sight', he added. He stressed that

- Many people skip eye tests because their vision seems fine.
- Most cases are discovered during routine check-ups.
- The only modifiable risk factor is intraocular pressure (IOP).
- Early treatment-eye drops, medication, or surgery-can slow or prevent further damage.

The Way Forward: Awareness & Access

- Older adults, especially those living alone, often face barriers to healthcare access.
- Doctors emphasize the need for widespread awareness campaigns, especially targeting people over 40 and those with risk factors.
- Community education and regular screenings can significantly reduce the burden of glaucoma in India.

Take Action

- Schedule regular eye exams-especially if you're over 40 or have risk factors.
- Encourage family members to get screened.
- Support awareness initiatives in your community.

By increasing awareness and improving access to eye care, India can take meaningful steps toward preventing glaucoma-related blindness and protecting millions of lives.

*Eyes that ignite,
with a soul aflame.*

FROM FEAR TO FOCUS : THE TRANSFORMATIVE POWER OF COUNSELLORS

**Bridging Hope and Healing*

In the realm of eye care, where precision meets compassion, counsellors in Sankar Foundation Eye Hospitals serve as the vital bridge between clinical expertise and patient well-being. Their role extends far beyond administrative support—they are the empathetic guides who walk alongside patients on their journey from uncertainty to clarity, both literally and emotionally.

Behind every successful surgery lies a foundation of timely coordination, empathetic communication, and unwavering support—anchored by the counsellor's efforts.

Our counsellors welcome patients with warm smiles and genuine patience, ensuring their work is carried out with clarity and trust.

The Heart of Patient-Centered Care

Counsellors are often the first point of human connection for patients navigating the anxiety of vision loss or the fear of surgery. Their responsibilities include:

Educating patients about their diagnosis, treatment options, and surgical procedures in a language that is clear and reassuring.

Addressing emotional concerns, helping patients overcome fear, denial, or hesitation—especially in cases involving cataract surgeries, corneal transplants, or retinal, Glaucoma and paediatric procedures.



These Counsellors at Sankar Foundation uphold the highest ethical standards, prioritizing patient well-being and playing a crucial role in ensuring safety and trust throughout the eye care journey.

Facilitating informed decision-making by ensuring patients and their families understand the benefits, risks, and post-operative care requirements.

Coordinating care between departments, ensuring smooth scheduling, follow-ups, and continuity of care.

Enhancing the Hospital's Reputation

The impact of counsellors extends beyond individual patient experiences—they are instrumental in shaping the public perception and credibility of the hospital. Here's how:

Building trust and loyalty : A well-informed and emotionally supported patient is more likely to have a positive experience, leading to word-of-mouth referrals and long-term trust in the institution.

Reducing dropouts and delays : By addressing doubts and fears, counsellors help reduce the number of patients who postpone or abandon treatment.

Upholding ethical standards: Counsellors ensure transparency and consent, reinforcing the hospital's commitment to ethical, patient-first care.

Creating a compassionate culture: Their presence fosters a culture of empathy and attentiveness, which resonates across the hospital's services.

More Than Just a Procedure

For many patients, regaining vision is not just a medical milestone—it's a return to independence, dignity, and quality of life. Counsellors play a pivotal role in making this transformation possible. They ensure that each treatment is not merely a clinical intervention, but a deeply human experience—one that restores hope along with sight.

The dedicated and formidable force behind Sankar Foundation—led by Smt M Padmavathi, AGM (Patient Care)—comprises a compassionate powerhouse of counsellors: Smt V Uma, Smt K Bhavani, Smt T Jhansi, Smt N Dharani, Smt A Devi Gouri, Smt P Satyavathi, Smt J Durga Bhavani, Smt G Gayatri, Smt P Bhargavi, Smt P Anuradha, and Smt K Sravani. Where empathy meets expertise, and every smile carries the strength to heal.

VISION v/s VITAMINS

Vitamin and Mineral Deficiencies Can Impact Eye Health Deficiencies in certain vitamins and minerals increase the risk of serious age-related eye conditions such as cataracts, glaucoma, and macular degeneration. Research shows that regular intake of specific supplements may help prevent or slow the progression of these conditions as we age.

Cataracts : A Common Age-Related Condition Cataracts are a leading cause of vision impairment among older adults. They occur when proteins and

fibers in the eye's lens break down and clump together, causing cloudiness that blocks light from reaching the retina—resulting in blurred or dimmed vision. According to experts, surgery is currently the only effective treatment.



Nutrients That Support Eye Health and Delay Cataract Formation

● **Vitamin E** : A potent antioxidant, Vitamin E neutralizes free radicals that damage body tissues, including eye proteins. High intake-through diet or supplements-may reduce cataract risk. Sources: Almonds, broccoli, kiwi, mango, spinach, tomato.

● **Vitamin C** Vitamin C protects the lens from oxidative stress, which contributes to cortical and nuclear cataracts. It also regenerates other antioxidants in the eye. Sources: Citrus fruits like oranges, lemons, and amla.

(cont...7th page)

*Eyes that sing the tales of
the forgotten past*

BLINK, BREATHE AND SEE BETTER: 5 YOGA PRACTICES FOR HEALTHY EYES

In today's digital age, where screens are an integral part of daily life, eye health is increasingly at risk. Both children and adults spend extended hours on electronic devices, contributing to a rise in vision problems at an early age. Compounding this issue is the prevalence of sedentary lifestyles and endocrine disorders such as diabetes and thyroid dysfunction, which can lead to serious eye conditions including diabetic retinopathy, macular edema, cataracts, and glaucoma.

According to Dr. Mandeep Singh Basu, CEO of Jagat Pharma and Director of Dr. Basu Eye Hospital, incorporating simple yoga exercises into daily routines can significantly improve eyesight and help prevent a range of eye-related issues, including myopia and hypermetropia. He notes that several effective yoga asanas, introduced by ancient Indian yoga experts, are specifically designed to maintain eye health and enhance visual sharpness.

These simple yet effective yogic practices can help relax the eyes, improve vision, and reduce strain caused by modern lifestyles.

Palming: Begin by sitting comfortably with your eyes closed and taking a few deep breaths to relax. Rub your palms together vigorously until they feel warm, then gently place them over your closed

eyelids. Let the warmth from your hands soothe and relax the eye muscles. Repeat this process at least three times, allowing the warmth to be fully absorbed.

Blinking: This easy exercise helps refresh and lubricate the eyes. Sit comfortably with your eyes open and blink rapidly about 10 times. Then close your eyes and relax for 20 seconds, focusing on your breath. Repeat this cycle five times. Blinking helps reduce eye strain, especially from prolonged screen exposure.

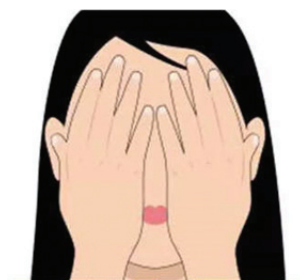


Eye Rotations: Eye rotation is a simple yet powerful practice to enhance eye flexibility and circulation. Sit upright with your spine straight and hands resting on your lap. Without moving your head, slowly rotate your



eyes clockwise, then counter clockwise. Perform this for 5-10 minutes in each direction. This exercise strengthens the eye muscles and supports better vision.

Up-Down Movement: This movement relaxes and strengthens the eye muscles. Stand straight on a flat surface or yoga mat. Look up at the ceiling, then shift your gaze down to the floor. Repeat this motion 10 times without blinking. Afterward, close your eyes and gently cover them with your palms for a few moments to relax.



Bhramari Pranayama (Humming Bee Breath)

A calming breathing technique that supports eye health and mental clarity. Sit in a comfortable cross-legged position. Close your eyes and gently press your thumbs over your ears. Place your index fingers between your eyebrows, and rest your ring and little fingers at the base of your nostrils. Focus on the space between your eyebrows. Inhale deeply through your nose, hold for 2-3 seconds, then exhale slowly while making a humming sound. Repeat five times. This pranayama soothes the nervous system and promotes overall eye wellness.

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

CLEAR VISION STARTS IN YOUR KITCHEN : EYE-OPENING NUTRIENTS YOU NEED

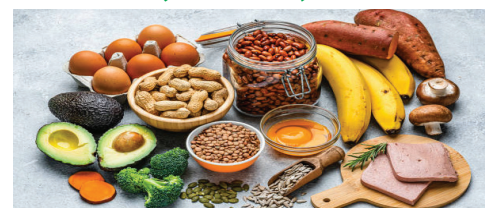
● **Vitamin A** Essential for maintaining corneal health and preventing retina degeneration, Vitamin A also improves tear film quality and eye lubrication. Sources: Leafy greens, carrots, mangoes, lamb liver, bell peppers, pumpkins.



degeneration. Sources: Broccoli, egg yolk, kale, kiwi, parsley, red peppers.

● **Vitamin B** Complex Adequate B-complex intake supports overall eye health. Low B12 levels have been linked to higher risks of cataracts and age-related macular degeneration (AMD). Sources: Leafy greens, nuts, seeds, meats, dairy, whole grains, legumes.

Experts Reveal these foods will Resolve Vitamin D Deficiency



(Edited by **K Bangar Raju**, Deputy General Manager (PR & Liaison) with inputs from Times Now Digital)

The face is the portrait of the mind; the eyes, its informers

Clinical Snapshot Metrics - July 2025

* Total Eye Surgeries	3422
* Cataract Surgeries	2544
* Retina Surgeries	107
* Retina Injections	224
* Glaucoma Surgeries	20
* Cornea Surgeries	255
* Pediatric Surgeries	8
* Orbit & Oculoplasty	58
* Total OP Screened	19,350

BRANCHES

* Srikakulam -Eye Surgeries	506
* OP Screened	2430
* Maddilapalem -Surgeries	149
* OP Screened	1524
* Gajuwaka -Surgeries	33
* OP Screened	1345
* Madhurawada -Surgeries	18
* OP Screened	723
* Total 55 Outreach free eye camps conducted and screened 3638 patients and Performed 1352 surgeries	

EDITOR

K BANGAR RAJU,
Dy GM (PR & Liaison)

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Feedback :

dgmpr@sfeye.org

kammellabangarraju@gmail.com
Mobile : 98481 89378

REWRITING THE REMEDY: HOW NEW TREATMENTS STACK UP AGAINST THE OLD

New treatments in ophthalmology are significantly reshaping how eye diseases are diagnosed and managed, offering several advantages over traditional methods. Here's a comparative overview:

Traditional vs. New Treatments in Ophthalmology

Aspect	Traditional Methods	New Treatments & Technologies
Diagnosis	Manual slit-lamp exams, fundus photography, basic OCT	A.I.-powered retinal imaging, deep learning for early detection, adaptive optics, oculomics
Glaucoma Management	Eye drops (e.g., beta-blockers, prostaglandin analogs), laser trabeculoplasty, trabe culectomy	Minimally Invasive Glaucoma Surgery (MIGS), novel drugs like omidenepag isopropyl and sepetaprost with dual receptor targeting
Retinal Disease Treatment	Anti-VEGF injections (e.g., ranibizumab, aflibercept)	Dual-action agents (e.g., faricimab), sustained-release implants, gene therapy for inherited retinal diseases3
Cataract Surgery	Monofocal intraocular lenses (IOLs)	Smart IOLs with adjustable focus, extended depth-of-focus lenses
Inherited Retinal Disorders	Supportive care, low vision aids	Gene therapy (e.g., Luxturna), CRISPR-based trials, optogenetics for vision restoration
Access to Care	In-person visits, limited rural outreach	Tele ophthalmology, mobile A.I. screening units, cloud-based diagnostics

Key Pros of New Treatments

- * **Precision:** A.I. and advanced imaging allow earlier and more accurate diagnosis.
- * **Personalization:** Gene therapy and A.I.-driven analytics enable tailored treatment plans.
- * **Minimally Invasive:** MIGS and sustained-release drug systems reduce patient burden.
- * **Accessibility:** Mobile and A.I.-based tools expand care to underserved populations.
- * **Disease-Modifying Potential:** Unlike traditional symptom management, gene and regenerative therapies aim to correct or reverse disease mechanisms.

Key Cons and Challenges

1. High Cost and Limited Access

- * Gene therapies and advanced surgical devices can be prohibitively expensive.
- * Availability is often limited to specialized centres or high-income regions.

2. Long-Term Safety Unknown

- * Many new treatments (e.g., CRISPR, stem cells) are still in early clinical stages.
- * Long-term effects, durability, and potential complications remain under study.

3. Ethical and Regulatory Hurdles

- * Genetic editing and regenerative therapies raise ethical concerns.
- * Regulatory approval processes can delay access to promising treatments.

4. Technology Dependence

- * AI tools require high-quality data and robust infrastructure.
- * Over-reliance on automation may risk missing nuanced clinical judgment.

5. Patient Hesitancy

- * Newer procedures like laser trabeculoplasty or gene therapy may be met with scepticism or fear.
- * Education and counselling are essential to build trust.

*Eyes hold the power to
envision, to transcend*

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