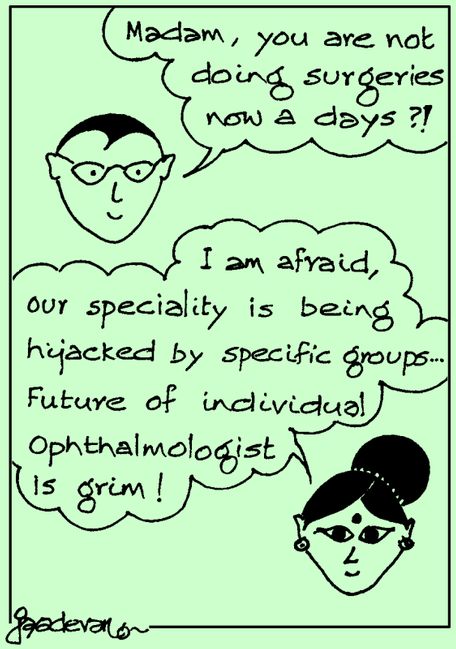
NAYANA DARSANAM

Dr P.Jayadevan



DRISHTI 2010

KOCHI

26th, 27th & 28th Nov

37th Annual Conference of
Kerala Society of Ophthalmic Surgeons

For information contact :

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KSOS NEWS LETTER

For Private Circulation only
September 2010
Vol. XI Issue - 3

Official News letter of Kerala Society of Ophthalmic Surgeons

THE SILVER HAIRED ENTREPRENEUR

Dr.N.JAYANTH



Photo of Dr.Jayanth and Dr.Jayan Thomas

Kannur, LATE August : My rendezvous with Dr.N.Jayanth was fixed at 18.00 hours in late August 2010 at his condominium on Fort Road , Cannanore. I was greeted by him with a warm and assuring smile and welcomed in to the drawing room. The room was quite roomy and well appointed with tasteful furniture .There was a Mona Lisa hanging on one side of the wall giving us an enigmatic smile, picture of a pride of lions looking at us, a variety of crystal ware in the show case and above all an exquisite flower arrangement done up by the charming lady of the house, Mrs.Asha Jayanth.

Dr.Jayanth was lucky to be born in to the lineage of traditional Ayurvedic physicians. His grandfather was a royal physician to the Zamorins of Calicut and this indeed sparked the flame in him to become in par with his grandfather. Dr.Jayanth had his early studies in Malabar Christian College Calicut and then completed medicine from Calicut medical college in the year 1965.

Dr.Jayanth , what did you do next ?

"Just like the present day campus selection I joined the Health Services straight away with out batting an eye lid and worked there for 13 long years. Then I thought enough was enough .It was more of an administrative job than clinical practice. I badly wanted to get out of the rut and decided to go further up the ladder".

How is it that you choose to become an eye specialist?

Well in those days I had some spare time and my wife used to see me tinkering with my camera equipments and it was then that she mooted the idea that I had steady hands and that I should be an eye specialist. I thought to myself and well, it was true and that was it. Initially I took my DO from Calicut Medical College and eventually I got my MS from Trivandrum Medical College in 1981.I also underwent training in squint and keratoplasty at Gujarat Medical College under Prof Mathur and Prof. Bharathi Lavingia.. Later I joined Kannur District hospital and worked there for 3 years.

Dr.Jayanth, why did you leave the District Hospital?

Well, the government job was a thankless job and I used to be at the mercy of the politicians .The politicians used to interfere with everything. There was a lot of red tapism for anything to be done. It was then that I decided to set up my own practice Nethra at Cannanore.

How was things at Nethra at the outset?

Everything has its own initial hiccups, but eventually it was a success. I used to work hard and it was a one man band. At times I never used to see day light. I had a high clientele and they had high expectation from me. My practice started blooming and there was no turning back.

Looking back , how has the speciality of Ophthalmology changed over the years ?.

There is a sea change in this specialty. The whole outlook of how we diagnose and treat eye diseases has changed. I still remember the year 1983 when Dr. C.E.Oomen was the first person to do an IOL at Cannanore and immediately I also took off with IOLs. I was inquisitive and adaptive and hence it was easy to catch up with the phenomenal changes in ophthalmology.

Cont.... Page 4

CME to NEW HEIGHTS . 20 CMEs in the year 2010.

KSOS this year has created a new chapter by exceeding last year's record of 15 CME by registering 20 CME s this year. First CME of the year was at Alphonsa Hospital, Pala and 20th CME will be at Kozhikode on October 24th, 2010. The highlight of this year's events is that satellite towns like Pala, Irinjalakuda, Thalassery, Kanhangad etc began hosting CMEs to the benefit of practicing ophthalmologists from rural area, a genre that has started increasing in number. The distribution pattern is December 2009 -1, January 2010 -2, February – 3, March- 0, April- 1, May – 2, June – 0, July – 1, August – 2, September – 5, October – 3. November we will have Drishti. Subjects varied and have catered to members of all subspecialties as well as general ophthalmologists too. Cochin Ophthalmic Club will be adjudged as the front runner with 5 CMEs when curtain falls on October closely followed by Trivandrum Ophthalmic Club with 4 CMEs. Steps are implemented soon to evenly distribute CMEs in all months of the year and all the district clubs will be encouraged to hold at least one CME in an year.



President's Page

Greetings from your president.After a hectic monsoon and yawning days,KSOS was live again through a series of CME programmes right through North to South of Kerala.The most interesting aspect of the CME programmes were the amazing participation of eminent faculties of national and international repute.Response from delegates was also very much encouraging.I congratulate all those who have taken pains to organize and conduct these CMEs.One day CMEs are to continue right through October,while 'DRISHTI' fever has already been through.However your president was not in the limelight in most of these programmes due to ill health.Hope to be back on track very soon.Wishing you a happy and prosperous Dussera-pooja and Deepavali.

Sincerely yours

***Dr. B.V.Bhat**, Ph : 0497-2700715, 9846139716, drbhatbv@yahoo.com*



Secretary's Page

Dear Friends,

Our KSOS activities are going well with the co operation of all our members. This year we have a record 20 CMEs conducted under the aegis of KSOS. All the CMEs conducted so far having good attendance also. The important factor is the new trend of CMEs in small towns like Pala, Irinjalakuda, Thallassery, Kanjangad etc.

The preparations for the Drishti 2010 are in full swing. We have record number of out side Kerala faculty attending this year's conference. The organizing committee at Kochi is working hard to get every thing in order.

Very important achievement of this year is the improvements in the web site. This has become a communicating media for all our activities. There are many new things introduced by the web site editor Dr Biju John. Congratulations! New virtual office is one of new additions. The organizers of CMEs can post their details and the brochure in the web site.

But we have lost 3 of our active members in the last 3 months. They are Dr Mercy from Kottayam, Dr.Sivanandan and Dr Prabhakaran from Kozhikode. Our condolence to their beloved family members.

Jai KSOS

Dr Radha Ramanan



Scientific Committee Chairman's Page

Dear Colleagues,

Greetings from the desk of the Chairman, Scientific Committee, KSOS.

We, at the Scientific Committee are proud to inform you that in keeping with the current trends nationally and internationally all communications from the committee have been sent electronically this year. We have finished evaluating the abstracts for the papers/posters/videos in all categories and the first authors have been intimated. The selected list has also been put up in our website. The abstracts were independently evaluated by 4 experts in the field after masking the identity of the authors.

The following deadlines are to be kept in mind 1) full texts of the free papers to reach the scientific committee chairman before 15th September, 2) application for the PG Quiz competition to reach the Scientific Committee Chairman before 25th September and 3) The videos for the Padmashree Dr. S Tony Fernandez session to reach the Chairman before 30th September.

The chairpersons/moderators/conveners have been working on the various symposia, updates, current concepts programmes etc and have almost finalized their respective programmes and have been in constant touch with the scientific committee. Many national speakers have expressed keen interest in participating in our Drishti 2010. This trend augurs well for our society.

The LOC and the local Scientific Committee have been doing a great job. We have already met thrice in the last few months to be able to serve you best. The website editor has been extremely cooperative and without his assistance life would have been quite difficult for me. We will soon learn about the credit points allotted to our state conference. As has been informed to you earlier, we are going to have 2 new programmes in DRISHTI this year viz. **Ophthalmic Premier League** and **Meet the Experts**. Details of these programmes will be made available on the website. Please visit the website for the latest updates. Please contact me for any clarification or if you want to communicate new ideas, without any hesitation.

Warm regards

Dr. Arup Chakrabarti, Chairman, Scientific Committee, KSOS

Log on to

www.ksos.in

and update your Addresses

Join **KSOS**

Dr B. Radha Ramanan
L.F.Hospital Angamaly, Ernakulam Dist. 683572.
Ph : 04802704932, 9447006421.
email rramanan@sify.com



KJO Editors Report

Dear friends,

This time KJO is coming up with a difference. The September issue is focused on "ocular trauma". Most of the articles are related to the management of eye injuries. Unfortunately this area is not given adequate emphasis and there are not many text books and literature on ocular trauma. All the major review articles are written by very experienced people. I feel this edition will be a collector's item. Also KJO has received ISSN number. This will be necessary in the process of indexing. I expect feedback from one and all of KSOS members. This will help me improving the quality of the journal.

Jai KSOS

Mahesh G, maheshgopalakrishnan@yahoo.com



Website Editor Report

Dear Colleagues,

Greetings From Trivandrum

I take this opportunity to pass on some information about the New Additions to our website http://www.ksos.in/

In the home page 4 new navigation buttons have been added namely

1. Update Past Drishti Awards
2. Update Academic Training Programs available in your Institute to KSOS database for publishing in website
3. KSOS Virtual Office
4. Academic Forum

1 & 2 :

These are self explanatory and on clicking opens up forms for submitting these details. Many members have already updated their past Drishti awards using this and these have been added to the KSOS Golden book of awards available in the Records room section of KSOS Virtual Office. The 2nd list ie of the training programs when published will be of great help for the young and upcoming Ophthalmologists and also for the Institutes.

3.KSOS Virtual Office

This is an entirely new section of the website and on clicking the button you will be taken to this area which is actually a blog and has got the following sections

Home; Notice Board; Records Room; Forms; CME Brochures; Academic Forum

The main objective of this is to build up a digital searchable record of all the activities past and ongoing of the organization and also to facilitate 2 way interaction between the Office bearers and the members. Any of the office bearers can directly post to this area without needing to go through the editor or site engineer .Similarly the members can also add their comments to each post . The honorable secretary has already made good use of the site by posting the minutes of the executive committee and general body here. I take this opportunity to thank him for his support. Any member who is interested in following the day to day working and administrative matters of KSOS can utilize this area. All the Postings from an individual Office bearer can be viewed by clicking on the respective Office bearer designation.

There is a notice board page where all the notices to members , committee members etc will be posted as soon as they are given to me. In the records room we have got the Golden Book of KSOS awards and a lot of junk as well. But the entire thing, all the past minutes and these files as they grow will write our own history and will serve as a searchable information bank. The brochure of CMEs and Conferences received from members or institutes will be posted in the brochures section. So in case you want to know the program details of a particular CME, but cant find the brochure don't worry. Come to this area.

The reason why this has been kept as a blog and not as one of the pages of the official website , is to ensure that the postings are really current and also edits and modifications can be effected instantaneously , without having to go through the site engineer. The 2 way interaction can also be maintained properly.

4.Academic Forum

This is also a 2 way interactive section (link on the extreme right of top horizontal navigation panel) for

1. Giving and getting
   i. Second opinion on cases
   ii. Advise on management problems
2. Clear any academic doubts
3. Discuss interesting cases.

Members can post cases /doubts etc here. **Pictures of cases can also be posted**. Detailed instructions on how to post questions/cases are available in the same area. We will try to get a few subject experts to give their opinions initially. But any member is free to add comments/ tips/opinions to the posts. There are already a few entries here. Other Academic Materials contributed by members can be viewed in the articles section of this area.

Conference SUBMISSION and VIEWING

Many members have complained about the conference submission form being a little confusing. Accordingly it has been updated. I request the Organizers of the CMEs /Conferences to E mail a Brochure of your program in JPEG /PDF /Word /Excel format, to (bijujc@gmail.com or web.ksos@gmail.com) as these are also being uploaded. The link to view these brochure are available in 3 areas-(1) Top of the Conference page; (2) Website link of Each individual Conference post & (3) One of the Page headers in the KSOS Virtual Office section.

I am happy to say that a lot of brochures including that of DRISHTI are available here for viewing and downloading. In fact they outnumber the number of conferences posted as many Outside state conferences / training programs etc are also being posted here (Not available in conferences page as these don't generally get submitted officially). So members especially residents can benefit from visiting this section occasionally. The registration forms area also available here.

DRISHTI 2010

Inspite of extensive testing and continuing on the same platform -tested and found running well last time, there have been a few glitches in the abstract submission process especially with browsers like Internet Explorer. The change in the browsers and operating systems might be partly responsible for this. The acknowledgement mails went directly to spam folder of many members, something which can be rectified by the members themselves by selecting those mails and redirecting them to the main inbox. The whole system is going to be revamped next year by making it a login system in the AIOS model. The work on this has already started. Details of selected abstracts, full text submission guidelines, deadlines, programs etc are being uploaded in the News updates section and DRISHTI 2010 section as and when they are received. The Scientific Committee chairman and DRISHTI Org Secretary can also post directly to the KSOS Office section .

Routine Matters

Other routine matters like address updation , Journal and Newsletter postings , E mail updates to members are going on smoothly. The formatted e mail updates have been appreciated by many members .Thank you for your supportive comments. Members who are not receiving KSOS emails inspite of their mail ID being present in the Address book are advised to check the spam /Trash folders of their E amil programs .If present there Please manually relocate them to the main inbox .You only need to do this once.

I once again request all members to make active use of all the facilities in the website and give me some constructive suggestions/criticisms through the feed back form available in the Virtual office section. The website is also due for up gradation to the Web 2 Format. So this is the right time for giving suggestions as they can be considered during this process and any flaws pointed out can be ironed out.

Jai KSOS

Dr Biju John,, Email: bijujc@gmail.com
KSOS Website: http://www.ksos.in

THE SILVER HAIRED ENTREPRENEUR

Cont.... from Page 1

I heard that you were one of the founder members of KSOS ? .

Oh yes , I was a charter member of the society when it was formed in the year 1975 at L.F.Hospital , Angamaly. I was an ardent worker for many years .Initially I was the secretary of KSOS for four long years . Myself and Dr.B,V.Bhat were the persons who coined the word DRISHTI for our annual conferences and it was you, Dr.Jayan Thomas, who was the first person to design the first DRISHTI magazine cover at that time. It was a eureka moment for me to become the president of KSOS for the year 2002 to 2003. When I took over as the president the membership was dismally low, but myself along with Dr.B.V.Bhat managed to raise the membership to about 350 during my tenure. Earlier as the secretary of the club I had made proper bylaws and made it a registered society. The executive committee members, specially Dr.Radha krishnan and Dr.Nandakumar were the prime motivators in this matter. I had arranged monthly cme programs and it was a pleasure to meet fellow colleagues during my various trips all over Kerala.

Dr. Jayanth is a life member of a number of societies . TO mention a few, namely All India Ophthalmological society, All India Strabismological society, All India society of Cataract and refractive surgery.

Please tell us something about your social life and hobbies.

I am an active member of the Rotary movement in Cannanore . I was also the assistant regional Grand Master of Freemasonary for South India. I am an ardent devotee of Devine Mother RemaDevi and the secretary of the Rema Devi temple at Pallikunnu, Kannur.

As far as hobbies are concerned , he is a great photographer and was a student of classical bharathanatyam. Dr.Jayanth learned the intricate tricks involved in black and white photography and print manipulation from the late Kelappan master of K.K. Art Studio and late Mr.M.R.Menon, chief photographer of Mathrabhumi. I was surprised to see his vast array of cameras and lenses. Here I am show casing one of his photographs taken at the AIOS conference at Jaipur recently. It is a well composed, fabulous picture with a local flavor of Jaipur showing the rag dolls.

What about your family?.

My wife Dr.Asha is a Pediatrician and we have two children. My son Thejus is in Australia working in the field of information highway technology. and daughter Megha is a postgraduate in English literature.

How come that you have switched over to Vasan Eye Care now?.

Right now I am the medical director of Vasan Eye Care hospitals in" Nethra" Cannanore. Since my children were not interested in taking up my mantle, and as I was contemplating as what to do next. It was serendipity that at this time , Dr.Arun Vasan , chairman of Vasan Eye Care approached me to lend him my support to set up his institution in Kannur and since his terms and conditions were appealing I readily agreed .Now Vasan Eye Care Hospital in Kannur is a prime eye hospital with six doctors and 110 non medical staff,equipped with present state of art technology for treating eye diseases.

Finally after eating a caramel pudding , which I should confess was a piece de resistance , I said goodnight and good luck and left .

Dr. Jayan Thomas
Comprehensive Eye Specialist, Cannanore,
(jayanthomasbirds.com)

C M E under the aegis of KSOS

10. CME 2010 on 4.7.2010 at Thiruvanandapuram organized by Chakrabarti Eye Care Centre with TOC.
11. AUGUST OPHTHALMICA 2010.Organised by Cochin Ophthalmic Club on 8th August 2010
12. NAYANAM 2010. CME on Cornea. Conducted by Netra Eye Care Centre, Irinjalakuda on 29th August 2010 at Kallada Regency, Irinjalakuda with TACO.
13. KALEIDOSCOPE- CME by CSI Medical College, Karakonam at Residency Towers Thiruvananthapuram with TOC on 5th September 2010
14. COMTRUST TELLY CME 2010 on Practice Management organized by Comtrust Eye Care Hospital and Ophthalmic Society of Kannur on 5th September 2010.
15. LF VIEW 2010 –Workshop on Surgical Glaucoma. Organised by Little Flower Hospital & Research Centre, Angamaly dated on 12 September 2010.

Forthcoming CMEs

16. An Update on Medical Retina by Regional Institute of Ophthalmology, Kozhikode on 19 september 2010.
17. TACOPSIA . CME on Retina at Hotel Casino, Thrissur on 26th September 2010.
18. CME at Dr Tony's Superspeciality Hospital, Aluva on 3rd October 2010.
19. CME by Comtrust Hospital at Kanhangad on 10th October 2010
20. CME by City Eye Hospital at Kozhikode on 24th October 2010.

REPORT OF DRISHTI 2010

Dr S.J.Saikumar. Organising Secretary

Preparations for Drishti 2010 are shaping up well. All the committees are in place and regular meetings will start from this month. I know that the last 3 months are crucial and I want all the help and advice from KSOS members to make this annual conference a grand success.

I am sure all of you must have received the second brochure by now. The deadline for early bird registration closes on the 30th of September. The final brochure with the final program should reach you by the end of October or first week of November.

The Inaugural function will be held at the Gokulam Convention Centre itself. Dr. Mohandas, Vice Chancellor of the Kerala Medical University has kindly consented to be the Chief Guest and our AIOS President Dr. Rajvardhan Azad will be the Guest of Honour. A lot of new academic activities have been planned by the AIOS and I request all of you to attend the Inaugural function and hear from our AIOS President. To make sure that there is no gap between the main academic session and the Inaugural function, we have an interesting high tea sponsored session also.

The banquet will be held at the picturesque, 5 star, backwater resort, RAMADA. Food, fellowship, entertainment….everything have been carefully planned here. I am sure this will be a memorable evening none of you should miss. Buses will start plying from 5 pm to the banquet venue and back to the city after the banquet. The General Body meeting will be held at the banquet venue itself.

Breakfast sessions are being conducted on Day 2 and Day 3 of the conference. I request all interested delegates to come early on these 2 days. Work on the Souvenir has also started.

Altogether we are going to have a great conference for all of you. I request all of you to attend, participate, advice and help us make this the best ever DRISHTI.

MINUTES OF THE 1ST COMBINED EXECUTIVE MEETING OF KSOS HELD at 11.00 am on 7-2-2010 at COC- KSOS Office, IMA Centre, Kochi

The 1st combined ECM of KSOS held with President Dr.B.V.Bhat in the chair at 11.00 AM on 7-2-2010 at IMA Centre, Kochi. After a silent prayer the President welcomed the members. The minutes of the previous ECM was read by the Secretary and passed. Membership up to 1101 ratified.The President congratulated Dr. N.S.D.Raju for getting elected as the AIOS Vice President. The President also congratulated Dr. Babu Rajendran for the excellent conduct of online voting system for the AIOS election.

Secretary reported that the AIOC 2012 was allotted to KSOS to be conducted at Kochi. The Secretary also reported that Dr Meenakshy Dhar of Amrita institute was nominated for the leadership development programme of AIOS and that she attended the 1st meeting of the same along with AIOS conference at Kolkatta. From next year onwards, it was decided to invite application from eligible members through news letter.

The ECM decided to pay rupees One lakh to Cochin Ophthalmic club as the initial amount for sharing the office space of COC at IMA house, Kochi for the use of KSOS. Dr Saikumar SJ, past chairman scientific committee reported the various award winners of Drishti 2009.

List of award winners

1. Dr.K.C.Sankara Menon Award – Dr Aneeta Jabbar.
2. Dr.P.Siva Reddy Award – Dr Savitha Bhat.
3. Dr.S.Tony Fernandez Video Award – Dr.N.Sandhya.
4. Dr. Noel Memorial Award – Dr Arup Chakrabarti.
5. Posterior Segment Free paper Award – Dr Gopal Pillai.
6. Prof.K.S.Subramaniam Award – Dr Mary Joseph.
7. Best Poster Award – Dr. Remya R.
8. Taco Quiz – Dr Siju Raju and Dr Remya R.

The present scientific committee charman Dr Arup Chakrabarti explained the idea of starting the Kerala premiere league instead of clinical challenges in next Drishti and to invite applications from members for conducting the instruction courses from next Drishti onwards. As decided

by the GB, for award sessions 40% marks will be allotted to the text and 60% for the presentation. It was decided not to make it mandatory to have a KSOS past president as one of the judges of the Free paper sessions.

The Scientific Committee Chairman informed that Dr Lingam Gopal may be invited for the next Alexander memorial oration and that Dr Giridhar had already contacted him regarding that. Dr Sasikumar said that Dr Babu Rajendran should be conferred the Oration and that he being the President of AIOS and who is having close association with our Society should have been given the Oration much earlier. The same opinion was raised by Dr Anthrayose also. The matter was discussed and it was decided to invite Dr Babu if it is inconvenient for Dr Lingam Gopal to come. However Dr Babu will be given the Oration next year if Dr Lingam Gopal accepts the invitation this year.

Dr Mahesh, the Editor KJO reported that the first issue of KJO will be released by around March 15th 2010. It was decided to include hospital advertisements, only in the classified column of KJO. Dr Biju John, Web site editor reported that the site will be maintained by the same agency. It was decided to continue the E mail service and also list the benefits of joining the KSOS in the web site.

The ECM expressed gratitude to the General Body of AIOS for allotting the AIOC 2012 to Kochi. ECM suggested that the AIOC 2012 should be organized by KSOS directly after getting approval by the GB. The ECM entrusted the core organizing committee formed by the Cochin ophthalmic club to organize the conference on behalf of KSOS. It was suggested to make Dr N.S.D.Raju as Chairman of Local Organising Committee and Dr A.Giridhar as organizing secretary. Dr Augustine Mampally will be the treasurer. It was decided to include KSOS members from all over Kerala in the various sub committees. Any surplus amount after the conduct of the Conference may be shared with the COC as per the decision of the KSOS GB.

Regarding the issue of Sales Tax for IOLs, the President informed that he would actively follow up the issue and expressed confidence that the matter would be solved soon. He also expressed his desire to set right the income tax issues of KSOS this year itself.

The Ethics committee for 2010 was constituted with Dr B.V.Bhat, the KSOS President as chairman, Dr Radha Ramanan, the KSOS secretary and Dr. R.R.Varma and Dr. Rajagopalan Nair, the two immediate past presidents as members. The application from Idukki Malanad ophthalmic club for affiliation with KSOS was accepted and their nominee Dr Sarah Chirayath was included in the KSOS Executive Committee.

It was decided to give TA to all executive committee members as 3rd AC fare from the nearest Rly station to the venue on presentation of records for the same, subject to the approval of the GB

With no other matter pending the ECM concluded at 12.00 noon

LEADERSHIP DEVELOPMENT PROGRAMME

Applications are invited to the represent KSOS in the Leadership Development Programme of ARC of AIOS.

Eligibility criteria is given below:

1. AIOS members aged 45 or below.
2. Commitment of the nominee to their state society and the region at large.
3. He is willing to travel at his own cost.
4. Endorsement by a variety of national society leaders that the scholar is ready and likely to advance to higher responsibility and therefore worthy of investment by AIOS.
5. Nominee must agree to participate in all the elements of the LDP i.e attend all designated meetings, etc.
6. Have a potential to represent not only the State but also AIOS internationally.

Interested applicants, please contact KSOS secretary by E mail or phone

KSOS CONDOLES



DR.MERCY MATHEW D.O.M.S-K.M.C,Mangalore[1994-1996]. WORKED AT-Medical College,Kottayam, Mandiram Hospital, Kottayam, Chettipuzha Hospital,Changanacherry, Taluk Hospital, Changanacherry. HUSBAND-Dr.Mathew Chooracken, E.N.T. Specialist,District Hospital Kottayam. CHILDREN. Dr.Mrs.Nisha Shelly, B.D.S, Mrs. Nima Deepu, B.Tech, Neha.C.Mathew , completed +2



Dr Shivanand was a senior ophthalmologist who also ran a general hospital at Pandirankav 10km from Calicut city. He was loved by his patients because he used to do lot of charity for the poor.



Dr Prabhakaran was a Professor of Ophthalmology and a great teacher with immense teaching abilities.

WE SINCERELY PRAY FOR THEIR SOULS TO REST IN PEACE.

The Wonderful Liquid Called Alcohol By EYETTY

Every coin has two sides, every person has perhaps more than two faces, every action has a reaction, and every drug has its side effects. Let us have a positive look at substance, events and persons. Look at alcohol - a wonderful drug, can sedate, give euphoria, give appetite, and reduce pain - both physical and mental. We, in God's own county-has realized well the potential of this liquid and has clicked No. 1 in its per capita consumption - not a small thing for this small country of big Gods and God men. When you consume a peg of alcohol, let us analyze the benefits derived out of it.

1. To the producer: Huge profit because the selling price is more than hundred times its cost.
2. To the seller or retailer: Huge margin and profit legally and huge potential for adulteration with any cheap substance adding on the profit.
3. To the bar boy: The best salary for the light job and the commission from producers besides ample scope for manipulation in quality and quantity of the alcohol served leading to huge profit.
4. To the government: Huge tax and easy to mobilize it without much objection from the opposition.
5. To the politician: Major source of illegal money for all activities including for fighting election.
6. To the corrupt men - Vast Majority of People: Easy way to bribe and influence people with power.
7. To the hospital and doctor: Many diseases are caused by excess consumption of alcohol either directly or indirectly thereby the patient population increases.
8. To the automobile industry: Many accidents and vehicles are destroyed. necessitating replacement or major repair.
9. To the pharmaceutical company: Many drugs are required for the treatment of diseases occurring due to consumption of alcohol.
10. To the medical instrument manufacturers: Many expensive instruments and consumables are used up for management of alcohol related diseases and accidents.
11. To the laborers: Employrnent at production, transportation, distribution and supervision by the government,etc. All jobs are lucrative with high pay and abundant scope for bribe.
12. To the coffin makers: Ultimately after all these expensive treatment the person dies early and many coffins are sold like hot cake.
13. And finally to the drunkard: All religions say those who help others get Heaven. The drunkard helped such a lot of people so he gets Heaven very fast.

So majority of citizens of God's own country will surely and quickly reach

Heaven!

Three cheers to alcohol and all cheers to spirits!

Dr R.R.VARMA PENS

OF PATIENTS AND PATIENCE

It's not fair! Our patients have all the advantages. They can consult the doctor of their choice; they can change doctors according to their whims and fancies. But we doctors don't have the luxury of choosing our patients! If it were up to me, I know the type of person I would like to have as my patient. It would be someone who gazed at me with open admiration, listened to my words with rapt attention, and left my consultation room with the words, "Doctor, you are wonderful! I will recommend you to all my friends." Alas, this sort of thing only happens in the movie world (the reel world, so as to say), when Shahrukh Khan or Sanjay Dutt are playing the good doctor, never in the real world. Our patients come in different hues and sizes. For the purpose of convenience, I usually categorize them into the following subtypes, regardless of what their professions are in actual life.

There is the college professor, who spends his leisure hours devouring 'Nammude Arogyam' and other health magazines, and is consequently under the illusion that he knows more about the subject than we do.(Do you really think I should take that medicine, Doctor? There was an article in the Readers Digest saying that it could cause sleep loss.)

Another category is the lawyer, who is so used to cross examining his witnesses in court that he finds it difficult to accept our words at face value. (Are you sure I have conjunctivitis? I was perfectly all right till that grain of sand fell into my eye. And how is it that only one eye is affected? Doesn't conjunctivitis affect both the eyes?)

There are the politicians, an egoistic group of people who believe that the world was created exclusively for them. (My appointment was at nine o' clock. I demand to know why I was forced to wait till nine fifteen to see the Doctor.)

There is the socialist, who is on the constant quest for equality and justice for the common man. (Look here, Doctor, I paid fifteen thousand bucks for my surgery while that man only paid five thousand. How is it that he can read the last line of the vision chart when I can't?)

But the category I fear most is the evangelist, who goes from hospital to hospital spreading good cheer. These are the people who were perfectly all right till the Doctor put his hands on them, who now suffer from so many aches and pains that it's a miracle they are still alive, and who predict dire

consequences for anybody who is foolhardy enough to continue his treatment at this particular hospital. Put one of these people into a crowded doctor's waiting room, and you will be surprised at the speed at which it empties! I have evolved my own strategy for dealing with these people. My security guard at the gate messages an S.O.S.and my P.R. team swings immediately into action .The lady (it's always a female) is quickly ushered into a side room. "Ammachy, how nice to see you. Why don't you have a cup of tea?" The patient is shown into the doctor's consultation room through a back door, and is just as discretely shown out without coming into contact with any other patients.

I was rather proud of my management skills till the other day, when I was accosted in the hospital corridor by another of my patients, a die-hard socialist. "Doctor, it's really too bad the way you play favorites with your patients. I'll have you know I paid good money like everyone else." Well, we'll just have to find our own way to deal with these patients. What with Medical Colleges all over the country giving birth to specialists and super specialists at an alarming rate, we simply cannot afford to be too choosy about whom we treat. My own motto is "If you want to keep your patients, try not to lose your patience."

MIND YOUR LANGUAGE!

A few days ago, I was examining a young patient when his mother spoke up, "Oh, Doctor, could you use the English Chart? My son doesn't know how to read Malayalam." Perfectly understandable if the boy had been studying abroad. But for a child born and brought up in Kottayam? And it happens all the time. I am constantly surprised by the number of youngsters who claim that they do not know how to read or write their mother tongue. Stranger still, none of them are the least embarrassed to admit it. I wonder whether it is a fashion statement of the times, like wearing designer clothes maybe?

A typical example of this hypocrisy can be seen in our TV anchors; all those smiling, simpering, sweet –seventeen something who insist on talking in 'Manglish', a curious mixture of Malayalam spoken in a phony accent, liberally laced with English in an even phonier accent. But to do the Malayali justice, he shows no special bias towards the English language either .He treats it with the same disrespect he accords to most other things in life.

A long time back while I was still a kid, there was a bakery in our town erroneously named 'Anus Bakery.' Perhaps the apostrophe between the u and the s had rubbed off, or perhaps the proprietor felt that a small comma was not worth wasting his paint on: either way, the result was disastrous! I remember surreptitiously avoiding this shop and making all my purchases from a bakery down town, for who knew what they sold there?

Likewise, a vegetable shop near my house proudly displays these exotic sounding items along with its usual fare: Leaks- 12Rs. Bunch, Green Chills- 40 Rs./ kg, Peace- 30Rs/kg

I'm not sure about the first two, but I thought the third item was pretty cheap for the price! If you think that we Indians are the only people who botch up English, rest assured! The English language has been assaulted so many times and in so many ways by so many people around the world that it is a miracle that it is still alive. Here are some true signposts from the world over to prove my point.

In a Paris hotel: Please leave your values on the front desk.

Outside a Hong-Kong tailoring shop: Ladies may have a fit upstairs.

In a Mexican Hotel: The manager has personally passed all the water served here.

In a Norwegian cocktail bar: Ladies are requested not to have children in the bar.

Actually, it is not surprising that we foreigners find English such a difficult language to master. Honestly speaking, English is a crazy language! I mean, in what other language in the world would you find noses that run and feet that smell? How can slim chance and fat chance mean the same thing while wise guy and wise man mean something entirely different? When a house burns up, it burns down; you fill in a form by filling it out; an alarm clock goes off by going on; when I wind up my watch I start it, but when I wind up my words, I end them.

Dr ARUP CHAKRABARTI in BERLIN

Dr Arup Chakrabarti was the Chief Instructor in an Instruction Course titled "Advanced Biaxial Microphaco and Coaxial Phaco /Microphaco Techniques in Challenging (White and Suprahard) Cataracts: A Video Course" at the World Ophthalmology Congress (WOC) held at Berlin from 5th June to 9th June.

He also participated as a speaker in the programme titled Ophthalmic Premier League conducted for the first time in an international meeting.

BE A KSOS MEMBER AND EARN THE BENEFITS

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- KSOS Newsletter.
- CME series
- Reduced rates for Registration at all Conferences and CMEs by KSOS
- Access the website
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- Present Papers at KSOS conferences.

CLUB *Activities*

OSK

Reports of meetings of Ophthalmic Society of Kannur

27th March 2010

Guest speaker – Dr.NSD Raju vice president AIOS. Dr.Jayan Thomas congratulated Dr.NSD Raju for being elected as the vice president of AIOS. Dr.Raju congratulated OSK for successfully conducting Drishti 2009. He said it was one of the best ever annual conference conducted for KSOS. He gave a talk on Intraocular Lenses. Dr.Sreeni Edakhlon handed over a cheque for Rs 2,35,000 as contribution to KSOS from Drishti 2009 to Dr.BV Bhat.

April 23rd 2010

Guest speaker – Dr.Gopal S Pillai, chief vitreoretina services AIMS Kochi. Dr.Gopal S Pillai gave a few exciting and interesting case presentations. The first was on Anti VEGF therapy – Indications, uses and abuses. Then he showed an award winning video on 25G vitrectomy. The last talk was on posterior segment complications of cataract surgery. All presentations were well appreciated by the members and the general opinion was that it was the best ever presentation made at OSK meeting

May 28th 2010

Speaker – Dr.Binu Nambiar, of Vasan Eye Care hospital Kannur. He gave a talk on glaucoma drainage devices. The talk was followed by an active discussion.

Report by Dr Sreeni Edakhlon

Kozhikode Ophthalmic Society

The bi monthly general body and clinical meeting of Kozhikode ophthalmic society was held on 18-07-2010 at Hotel Hyson .The meeting was preceded by offering condolen ce to two of our senior members Dr Prabhakaran and Dr Shivanandan who left us once for all for their heavenly abode.

Dr Prabhakaran was a Professor of Ophthalmology and a great teacher with immense teaching abilities. Dr Shivanand was a senior ophthalmologist who also ran a general hospital at Pandirankav 10km from Calicut city he was loved by his patients because he used to do lot of charity for the poor .We sincerely pray for their souls to rest in peace. The general body meeting was followed by a clinical talk on post operative inflammation by Dr Koushalram from Coimboture. 40 members of the society attended the meeting. The meeting was followed by dinner also.

The next general body,clinical meeting and onam celebration of kozhikode ophthtalmic socity was conducted on 28-08-2010 at Hotel Hyson. Dr Adithya neog of Shankara Netralaya,Banglore spoke about medical treatment and imaging technique in glaucoma it was followed by a clinical discussion. All member took active part .Onam was celebrated in gaiety and splendor. Songs ,dance and games for the children of member were in plenty. The celebration came to an end with a grand gala dinner .A total of 75 people participated.

Dr Chandrakanth.K.S., Kozhikode ophthalmic society

Thrissur Academy of Ophthalmology TACO

May 2010

In community ophthalmology a total of 32 eye camps were conducted by District Hospital, Ahalia Eye Hospital, JMMC, Amala, Thrissur Eye and Diabetic Centre, I vision Hospital, Manavaseva and NECC Irinjalakuda. A total of 4818 patients were examined and 485 patients underwent cataract surgery.

JUNE 2010

The monthly scientific meeting was held on 18.6.2010 at Hotel Casino. Dr David Pudukkadan spoke on Principles and Various Techniques of Corneal Suturing. Dr Zainulabideen spoke on Keratoconus and various treatment options including corneal collagen cross linking. Dr Gurudutt spoke on Preservative Free Topical Ocular Preparations.

In community ophthalmology a total of 17 camps were conducted by different hospitals and a total of 1450 patients were screened and 390 patients had cataract surgery.

JULY 2010

The monthly scientific meeting was held at Hotel Pearl Regency on 17.7.2010. Dr Gopal Pillai spoke on Recent Trends in the Diagnosis and Management of Retinal Disorders. There was also a video presentation comparing sutureless small gauge vitrectomy versus 25 gauge vitrectomy with sutures.

Report Prepared by Dr Roland Godly , Secretary TACO.

NAYANAM 2010

Nayanam 2010', CME on cornea was conducted by Nethra Eye Care Centre, Irinjalakuda in association with TACO and KSOS on 29 August 2010. Dr. Giridhar, the president elect of KSOS inaugurated the function..The CME covered various aspects of corneal diseases and its management. Apart from the KSOS speakers, the highlights of the CME were Dr. Prashant Garg from L V Prasad Eye Institute, Hyderabad and Dr. Bhaskar Sreenivasan from Sankar nethralaya Chennai. Dr. K R Vijayan was honored for his dedicated work in community ophthalmology.

COC

Report of the Cochin Ophthalmic Club: June 2010

The Cochin Ophthalmic Club had its monthly meeting on the 17th of June. The programme was held at the Saj Earth Resort. This was a session on 'Operation Theatre Asepsis' and 'Infection Control'. **Dr. Amish I. Patel** (Ahmedabad) and **Dr. M.S. Ravindra** (Bengaluru) delivered a couple of highly informative lectures on the topic. The meeting was chaired by **Dr. S. Sasikumar**. 44 members attended. Dr. Sony George, Chairman, Scientific Committee, COC gave an update on the programme of 'August Ophthalmica - 2010'.

Drishti 2010. Dr. Saikumar S.J. and his team are getting ready to host an excellent academic feast at Cochin. The scientific programme has been charted out.

Community Programmes

The various member hospitals of the COC conducted community programmes. A total of 28 camps were conducted during this period, and 4524 patients were examined in these camps and 514 were taken for cataract surgery . Little Flower Hospital, Angamaly, Little Flower Hospital Annexe, Koonammavu, Dr. Tony's Eye Institute, Aluva, Giridhar Eye Institute, Cochin, Aditya Eye Hospital, Thrikkakkara, 'Sight Restoration India' and Amrita Institute of Medical Sciences, Cochin organised these camps.

Eye Bank. The Little Flower Hospital Eye Bank collected 88 corneas, 13 were transplanted, 49 were sent to other hospitals.

Report of the Cochin Ophthalmic Club: July 2010

The Cochin Ophthalmic Club had its monthly meeting on the 15th of July, 2010 at the Hotel Gateway Residency, Marine Drive, Cochin. The lecture was on 'Compliance in the management of Glaucoma'. Dr. B. Shantha, Deputy Director, Glaucoma Services, Sankara Nethralaya, Chennai, was the guest speaker. This was followed by a lively discussion. The meeting was chaired by Dr. Revati Ramesh. 55 members attended.

Drishti 2010. The preparations for Drishti are well according to schedule. Dr. Saikumar S.J. and his team are getting ready to host an excellent academic feast at Cochin.

Community Programmes The various member hospitals of the COC conducted community programmes. A total of 45 camps were conducted during this period, and 7353 patients were examined in these camps and 566 were subjected to cataract surgery at respective hospitals. Little Flower Hospital, Angamaly, Little Flower Hospital Annexe, Koonammavu, Dr. Tony's Eye Institute, Aluva, Giridhar Eye Institute, Cochin, Aditya Eye Hospital, Thrikkakkara, Chaitanya Hospital, Cochin, Dharmagiri Hospital, Kothamangalam, MOSC Medical College Hospital, Kolencherry, The 'Sight Restoration India' clinic at Mattancherry, and Amrita Institute of Medical Sciences, Cochin organised these camps.

School Screening Programmes. The Dharmagiri Hospital, Kothamangalam and the MOSC Medical College, Kolencherry conducted one school screening programme each, 360 students were screened in all.

Eye Bank. The Little Flower Hospital Eye Bank collected 126 corneas, 13 were transplanted, 57 were sent to other hospitals.

"August Ophthalmica"

'August Ophthalmica', the annual CME programme of the Cochin Ophthalmic Club was held on the 8th of August, 2010 at the IMA House, Cochin. The theme of the symposium was 'Ocular Trauma'. The CME was inaugurated by the AIOS Vice President, Dr. N.S.D. Raju, at a function presided by the COC President, Dr. A. Giridhar. The 'Prof. T. Gopinatha Menon Memorial Oration award' was presented to Padmashree Dr. A.K. Grover, the President Elect of AIOS. Dr. Grover delivered the oration on 'Management of eyelid, lacrimal and orbital trauma'. This was a highly illustrative and informative lecture, which held the audience spell bound for 30 minutes. The other guest faculties were Dr. A.S. Guruprasad (Hubli), Dr. Usha Vasu (Bengaluru) and Dr. Geeta Iyer (Chennai). The KSOS faculty included Dr. K.V. Raju (Kozhikode), Dr. Manoj S., Dr. Sunil M.S., Dr. Thomas George (Thiruvananthapuram) and Dr. Rajesh P. (Perinthalmanna). Dr. Natasha R., Dr. Aneeta Jabbar, Dr. Komal Deep Bedi, Dr. Saikumar S.J. and Dr. Thomas Cherian constituted the COC faculty. All aspects of ocular trauma, including evaluation, diagnosis and management were discussed. All sessions had good discussion. The CME was attended by 200 delegates.

Report prepared by Dr. Thomas Cherian, Secretary, COC.

Kottayam Ophthalmic Society(KOS)

The36th meeting of KOS and felicitation to Dr. NSD - May 5th 2010 at Hotel Arcadia, Kottayam

Dr. Georgekutty K.E -President KOS welcomed the gathering. Dr.NSD Raju the president elect -AIOS was our chief guest. Dr KC Baby introduced Dr Raju to the gathering. Dr.Thomas Zacharias and Dr.Elizabeth John M offered felicitations. A memento was presented to Dr. Raju by senior member Dr Zacharias Thomas on behalf of KOS. Dr. Raju in his replay speech thanked the gathering and urged the members of KOS who are still not the members of AIOS to join the national society. In the scientific session Dr Biju Raju of Renjini Eye care Ernakulam spoke on Micro incision vitrectomy procedures. He elaborately discussed the techniques involved in the procedure, merits and indications Dr. Shane Mathew of Vasan eye care then spoke on the basics of OCT and its applications. Dr Liya Baby of MCH Kottayam presented a case of Sympathetic ophthalmitis . Dr. Alex Baby joint secretary KOS thanked the gathering.

Condolence meeting- July 4th

An extra ordinary General body meeting of KOS was held at the lecture hall of OPH department- MCH Kottayam on 4th of July 2010 afternoon to condole the sad and tragic demise of Dr Mercy Mathew. The meeting started with a silent prayer .Dr George Kutty welcomed the gathering and invited the members present to share their thoughts on Dr.Mercy Mathew. Dr, Shobana Mohandas , Dr Elizabeth John, Dr, KC Baby ,Dr S.Sheshadrinathan, and Dr Annamma James spoke on the occasion. Dr. Alex Baby joint secretary KOS read out a Condolence resolution, and was passed by the society.

37TH Meeting of KOS - August 1.

KOS met for the 37th time at hotel Arcadia on 1st of August. The meeting started with a condolence note by Dr George Kutty - President KOS on the sad demise of Dr Mercy Mathew . The Scientific session was on Cornea and Refractive surgery. Dr Freddy T Simon (Tony's Eye institute Aluva) Spoke on i Lasik . Dr. Deepa Paulose(Tony's Eye institute Aluva) spoke on the basics of contact lens fitting. Soft contact lens, RGP, Rose k lenses). Dr Roshini KR of MCH Kottayam spoke on the subject- Antifungal in Ophthalmology. In the meeting, Dr Joseph Francis was selected as the new secretary of KOS 2010-2011.



Photos By ***Dr. N. Jayanth***



August Ophthalmica 2010





Nayanam 2010





Dr. Arup in Berlin



CME 2010

