For us in the healthcare industry technology is of great importance. As responsible healthcare service provider we have the onus on us to constantly endeavour to update and integrate the latest developments in the medical domain for providing world class ophthalmic care. The various departments of the hospital are engaged in a constant surveillance of developments taking place world over in the field of eye care. Scientifically proven new technologies which serve as a boon to patients suffering from different types of eye ailments are harnessed effectively. The hospital works closely with internationally reputed organizations like Bausch & Lomb, Carl Zeiss, Alcon, Allegretto, etc. for being the fore runner in bringing to India the most advanced and latest technologies. Investments in technologies and simultaneously providing education and training to surgeons, consultants and technicians for handling those technologies are seen as a very progressive medical strategy for providing better than the best for the patients.

In addition we completely revamped our information system by deploying a new software with enhanced capabilities to provide us faster, reliable and comprehensive patient information. The new hardware platform in our corporate hospital is well integrated with all our branches using the latest in networking technology by adopting the hub and spoke model.

Speed, Precision and Safety are the key elements, which determine the quality of medical service delivery. Crossing the realms of conventional treatment and keeping in tune with the advancement in science and technology, we at Rajan Eye Care consciously and constantly engage ourselves for providing quality eye care.

The current issue of Vision Quest highlights some of the recent happenings @ REC, apart from an article on Glaucoma and our involvement in Community Ophthalmology which would make an interesting reading. It also carries a write-up by Dr Jeenandhar Gothi, our anaesthetist, on his perspectives.

Have a Safe Diwali & Best Wishes for the Season.

Dr Sujatha Mohan

Dr. Mohan Rajan, Chairman & Medical Director of Rajan Eye Care Hospital was chosen for the Best Doctor Award by the Tamil Nadu Dr. MGR Medical University for his outstanding contribution in the field of Ophthalmology for the past 22 years. The Award was in recognition of his service to the society and also his constant effort in eradication of Corneal Blindness in this part of the country irrespective of caste, creed, religion and socio economic status. Dr. Mohan Rajan is also instrumental in launching the mobile eye care tele-ophthalmology project “NETHRA VAHANA”, through which tertiary eye care is delivered to the rural door step within a radius of 150kms in and around Chennai. The Award was given to Dr. Mohan Rajan by Mr. M.M Rajendran, Former Governor of Orissa in the presence of Dr. Mayilvahanan Natarajan, Vice Chancellor, Dr. MGR Medical University.
Happenings

@ Rajan Eye Care, we are always on the move. It keeps happening. This time around the focus had been more on knowledge dissemination and acquisition. In line with the philosophy of the hospital we zealously attempt with a constancy of purpose to make REC knowledge centric by keeping ourselves abreast with the latest developments in the field of ophthalmic science and technology, since we are of the firm belief this ultimately would translate into us being a patient centric enterprise. The missionary intention is to provide World Class Eye Care. While in the process of learning we also share our knowledge and experience with the ophthalmic community worldwide. Capturing this and more in the form of pictures........

The Best Video Award was received by Dr Mohan Rajan on behalf of Dr Sujatha Mohan of Rajan Eye Care for the video titled “Lasik Lapses” by APACRS (Asia Pacific Association of Cataract and Refractive Surgeons) during the conference held in June 2012 in Shanghai, China.

Rajan Eye Care in association with AMO (Abbott) conducted a live surgery program on MICS (Micro Incision Cataract Surgery) in July 2012. Nearly 100 delegates participated in this program.

Dr Mohan Rajan along with the members of Sankara Nethralaya Alumni during the Alumni Meet held in July 2012.

Dr. Mohan Rajan with Dr K Rosaiah, His Excellency The Governor of Tamil Nadu during the Indian Intraocular Implant Society (IIRS) meet in July 2012.

Dr Mohan Rajan along with Dr K Rosaiah, His Excellency The Governor of Tamil Nadu during the Indian Intraocular Implant Society (IIRS) meet in July 2012.
Dr Mohan Rajan and Dr Sujatha Mohan presented various papers during the Tamil Nadu Ophthalmic Association (TNOA) meet at Trichy in August 2012.

Dr Mohan Rajan with the guest speakers during Andhra Pradesh State Conference at Guntur in October 2012.

Dr Mohan Rajan and Dr Sujatha Mohan along with other delegates at the Glued IOL Conference held at Bangalore in October 2012.

Dr Mohan Rajan with Dr Robert Osher during European Society of Cataract and Refractive Surgery (ESCRS) at Milan, Italy in September 2012.

Dr Mohan Rajan delivering a lecture in SSM Eye Research Foundation organised by Giridhar Eye Institute, Cochin in September 2012.

The 6th Indian AMD (Age related Macular Degeneration) & Retina Congress was conducted at Dubai in July 2012, in association with Rajan Eye Care. Dr M Ravishankar & Dr Mohan Rajan were instrumental in conducting the proceedings.

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Dr Mohan Rajan and Dr Sujatha Mohan along with other delegates at the Glued IOL Conference held at Bangalore in October 2012.
Lighting Up Life

Rotary Rajan Eye Bank

There are over a lakh of people who suffer from Corneal Blindness in Tamil Nadu and for whom vision can be restored provided adequate corneas are made available. Statistically there would be nearly 8 lakh corneas available in a year on a hypothetical assumption that each of the deceased donates their eyes. In sharp contrast only 6000 corneas are harvested in reality. That is a task on hand and it calls for a lot of concerted effort for creating a greater awareness amongst the community at large. And Rotary Rajan Eye Bank (RREB) has been doing its part. In keeping with the tradition, the RREB conducted a series of events this September to coincide with the Eye Donation Fortnight:

• An Inter School Painting Competition
• Rally in the Marina Beach flagged off by Actor Vijay Antony and the Counsel General of Thailand
• Awareness Meetings at Rajan Eye Care
• Information Dissemination through FM Channel by Dr Sujatha Mohan

Started in 1996, Rotary Rajan Eye Bank functions 24x7. A corneal retrieval team is dispatched within 10 minutes of receiving a phone call for harvesting the donated eyes.

An Eye Donation Awareness Rally was organized with students from city colleges and schools, members of the Rotary International and NGOs. The Rally was flagged off by Mr. Vijay Antony, Cine Musician & Actor, Mr. Chanchai Charanvatnakit, Consul General of Thailand, Chennai & Mr. Raja Srinivasan, Dist Governor - Rotary International in September 2012 @ Marina Beach.

Rajan Eye Care is a patient-centric hospital. Putting Patient First, all the systems, procedures, protocols, and processes inside the organization are driven by a philosophy of providing patient delight. The hospital is one of the first eye care providers in India which got accredited towards meeting the requirements of the ISO 9001 standards for implementation of quality systems. The hospital is currently engaged in aligning its processes towards meeting the requirements of NABH (National Accreditation Board for Hospitals & Healthcare Providers is a constituent board of Quality Council of India). The requirements of the standards demand design and maintenance of processes centred on the organization and the patient to certain stringent specifications. Constantly in search of excellence, the hospital adopts world-class practices and embraces an organisational culture for extending care and compassion to all its patients. Pushing the boundaries, our benchmarks are revisited periodically and the bars are raised on a continual basis to ensure that we provide world-class eye care in the true sense.

Mr K Arunkumar, Senior Optometrist was awarded the Silver Medal by the Regional Institute of Ophthalmology for his performance in the Diploma Course. He was also awarded N. Sukumaran’s Merit Certificate.

The Nellore branch of Rajan Eye Care Hospital was officially inaugurated by Thiru Anam Vivekananda Reddy, MLA, Nellore Rural & Thiru Mungamuru Sridhara Krishna Reddy, MLA, Nellore Town during July 2012.

Encomium for our optometrist @ Velachery

Mr K Arunkumar, Senior Optometrist was awarded the Silver Medal by the Regional Institute of Ophthalmology for his performance in the Diploma Course. He was also awarded N. Sukumaran’s Merit Certificate.
On the move

Nethra Vahana, a community ophthalmology initiative

Equipped with latest state-of-the-art equipment like Lasers and Fundus Camera, apart from sophisticated examination chair with slit lamp for comprehensive eye check up, Nethra Vahana is a modern eye clinic in motion. Fully air conditioned, the vehicle has a plush and hygienic interiors giving the patients the ultimate comfort in eye care. All this was possible because of the generous contribution made by Cognizant Foundation and several other donors. The vehicle is manned by a team of experienced doctors, technicians and para-medical staff. The mobile eye care unit has been going places during the last 6 months and several free eye camps were conducted in Tiruvallur, Cheyyar, Arni, Thirukazhukundram, Karumarpakkam, Kilakkadi, Ponneri, Maraimalai Nagar and various other places, wherein 3591 patients were screened in total. Laser procedures were done on 244 patients, glasses were given to 510 patients and medicine distributed to 582 patients. Arising out of this screening, 386 cataract surgeries were performed at the base hospital. Plans are on the anvil to link the vehicle with the hospital expert domain either through internet or satellite communication for sharing expertise and providing clinical recommendations.

Thank You Donors

With gratitude, Chennai Vision Charitable Trust thanks the following for their contributions during the last six months for the various community ophthalmology projects:

• Sarita Jain Foundation
• Lupin Limited
• Dr Vasanthi Sachidanand
• Mr G V Raman
• Mr Natesan
• Rotary Club of Madras T. Nagar
• Mr Sashikant
and a host of others
Fellowship and Post Graduate Programs

The Post Graduate training program leading to Diplomate of National Board, affiliated to National Board of Examinations, New Delhi has been well received by the medical fraternity across the country and the hospital has already seen 23 students successfully completing this program since it was started in 2003. The current year witnessed Dr Archana and Dr Harsha coming out with flying colours. In addition, Rajan Eye Care also conducts short term fellowship programs in microsurgery, phaco-emulsification and vitreo-retinal surgery apart from regular CME programs for senior ophthalmologists. The academic initiatives are nurtured and managed by Dr Bina John under the overall leadership of Dr Sujatha Mohan, Associate Medical Director.

Upcoming Programs
• CME at Rajan Eye Care Hospital, Nellore on 18th November 2012
• CME at Rajan Eye Care Hospital, T.Nagar, Chennai on 25th November 2012
"When two people relate to each other authentically and humanely, the electricity that surges between them is magical and that was the feeling I had when I first came to REC in 2003... I was completely touched by the hospitality and impression Dr Mohan Rajan had created. May be I have not yet recovered from it, the proof being my continuous association with this beautiful family of Rajan Eye Care...."

DOWN THE MEMORY LANE
This year marks my completion of a ‘DECADE’ at REC and the journey has been extraordinary..

I joined as consultant Anaesthesiologist in Feb 2003... The OT was equipped with basic Boyles & Multipara Monitor and over the years we are now rich with 3 state-of-the-art Datex Ohmeda and L&T Boyles machine with inbuilt Ventilators & tec vaporizer (sevo & iso flurane) with top end Multipara Monitors in all the Theatres including Defibrillator. All these wouldn’t have been possible without the support of my bosses (Dr MR & Dr SM) who have never compromised as far as Patient’s Safety is concerned. I can say that in my 16yrs of medical career where I have worked with Multi Speciality Hospitals and have been associated with so many doctors. I can truly say that it is a pleasure to finally work with the bosses whose creativity and intelligence makes a real difference in the growth of an Institute.

ABOUT MY BOSSES
As an attitude of gratitude towards my bosses, I would say that my experience in working with true professionals like Dr Mohan Rajan and Dr Sujatha Mohan is nothing short of fantastic. After years of working at Rajan Eye Care I have noticed that things keep on changing. Right from colleagues to hospital policies, everything changes at a pace that is hard to keep up with. The only thing constant was the support of a towering boss and inspiring leader like Dr MR. His support, motivation and advice are the pillars of foundation of my personality at work. I spend more time at work than I do with my family but what I am glad is the fact that I’ve got an understanding boss. Thanks for being the best boss in the world..

ABOUT MY WORK PLACE
The USP (Unique Selling Proposition), I feel about my work place is the strong medical ethics followed by our God fearing bosses, ever smiling staffs and the personal touch rendered to all the Patients who are the Real Heroes.. I would also like to mention about our Chennai Vision Charitable Trust which was
started to take care of medical and surgical services for unaffordable patients and that wouldn’t have been possible without so many like-minded friends (Donors) of Rajan Eye Care Hospital. It has never been a dull moment at work place thanks to our boss’ innovative thinking and extraordinary vision in getting so many projects and implementing awareness programmes & rallies & launching the latest technology as far as Quality Eye care is concerned. I found out much to my delight and surprise how enthusiastic and committed the Doctors and Staffs at Rajan Eye Care are. I truly salute them all and hats off to our bosses who consistently motivate and encourage them. I’m so addicted to this workplace that when I sleep at night I wait for the morning to come so that I can again meet a team of humorous and dedicated people whom I proudly say ‘My OT Staffs’ - a bunch of good friends who inspire and support me unconditionally.

I would like to express my special thanks to Dr Sattanathan, Dr Ramesh and Dr Ramasubramanian for all their support and encouragement.

ABOUT MY FAMILY
They say ‘Having somewhere to go is HOME, Having someone to love is FAMILY & Having both is a BLESSING’. Yes I’m really blessed for having the most Gifted Family (Wonderful parents, caring bro’s & sister & lovable wife & kids). We 3 brothers stay with our parents (joint family) and the atmosphere is positive and upbeat at home. The credit goes to my parents and especially my father who is keeping us united. I’m blessed with two beautiful daughters (Kushi & Utsa Gothi) and one wife (haha). Got married to Latha in 1996, an arranged marriage and I’m fortunate to have a girl with similar joint family culture. She graduated as a Fashion designer and now a successful homemaker taking care of all of us.

MY WISHES
When I stand in front of GOD I just say three things... Thank u God for blessing me with this wonderful life, to take care of my family and to keep my wonderful bosses healthy on whom hundreds of families are dependent...

Thankfulness is the quality of being thankful for all that one possesses. Life is rewarding to all those who show gratitude for all their possessions. Contentment and thankfulness are two major necessities for a happy and fulfilling life, which is basically my nature too. I thank all my colleagues and staff for all the respect, love and affection they have been showering all these years and hope it continues to shower for many many more years to come.

Dr Jeenendhar Gothi is the Head of the Department of Anaesthesiology. He is a live wire in REC and keeps the organization on go. Embracing value based philosophies in his personal life he carries the same into his professional life as well. When it comes to the question of delivering healthcare services, he makes it a point to not to look at his watch. Patient safety and comfort precedes everything for him. Rajan Eye Care is fortunate to have such a dedicated medical professional in its roll.
Glaucoma... the silent thief
- Dr K Niranjana, Consultant, Glaucoma Clinic

Glaucoma is an eye disease in which there is progressive damage to the optic nerve (which carries visual impulses from the eye to the brain) which can occur due to increase in the normal fluid pressure in the eye.

Glaucoma has been declared to be the second common cause of blindness in the adult population in India. Prevalence of glaucoma in India is about 12 million and 60 million in the world. The high rates of blindness in the Indian population is due to the high proportion of undiagnosed glaucoma in the community.

Glaucoma is broadly divided into two type – open angle glaucoma and angle closure glaucoma. The angle refers to the area between the iris and cornea through which fluid inside the eye drains out. Closed angle glaucoma can appear suddenly and is often painful, visual loss can progress quickly. Open angle glaucoma progresses slowly and leads to permanent nerve damage.

**Symptoms:**
The disease has no symptoms in the early stages. Vision stays normal and there is no pain. As the disease progresses, a person with glaucoma will notice his or her side vision failing. As the disease progresses, field of vision narrows and blindness results.

Glaucoma has been called “The Silent Thief Of Sight” because loss of vision occurs gradually over a period of time and symptoms occur only when the disease is quite advanced. Once lost, vision cannot normally be recovered, so treatment is aimed at preventing further loss.

Angle closure glaucoma can present as an emergency, where the patient complains of pain, cloudy vision, redness, headache and seeing rainbows around lights.

**Who can get glaucoma?**
Although anyone can get glaucoma some people are at high risk. They include:

- Any one over the age of 40
- People with family history of glaucoma
- People with chronic diseases like diabetes mellitus, hypertension, migraine.
- Those who use drugs like steroids for a long time.
- Those who had a previous eye injury

**Diagnosis:**
People over the age of 40 should undergo a complete eye examination performed by an ophthalmologist atleast once every two years. Screening for glaucoma includes:

- Measurement of intraocular pressure
- Anterior chamber angle examination or gonio-scopy
- Examination of the optic nerve
- Visual field test
- Measurement of corneal thickness
- Imaging of the optic nerve – optical coherence tomography

**Treatment:**
For most people with glaucoma, regular use of medications (in the form of eye drops) will control the increased fluid pressure in the eye. Some patients may require Laser or Surgery.

Periodic eye examinations are vital in controlling glaucoma because the disease can worsen without the patient being aware of it and the treatment itself may need to be changed over time. Therefore even when medications have successfully controlled glaucoma, it is important to constantly monitor the condition by checking the intraocular pressure regularly.

Actually if you know you have glaucoma, you are one lucky step ahead of thousands of people who don’t know they have it.
We are unfortunately in a rat race, where no one wins. It looks like everyone is ruthlessly striving hard to win to finally lose. It is bad times. We are consuming more than what we produce, thereby allowing consumerism to rule the roost. The so called developed countries of the West have already realized the harsh realities of this economic model, a model which is driven essentially by avarice and greed. More and more people are getting frustrated with this trend and with the result nihilism in different embryonic forms are sprouting – the Arab Springs, Occupy What Not, Maoists insurgency and not to mention the religion based Jihads and innumerable civil uprisings and social upheavals. The crux of the problem exists in some fundamental way of conducting our life:

Why do we spend more than what we earn? Why so much of our waking time is spent on gazing at TV screen and computer monitor? Why should each one of our family members has a transportation vehicle of their own and that too powered by gas? Why do we buy things which we don’t require? Why the younger generations consider acquiring non-examinable knowledge as waste of time? Why is education reduced to the status of commodity and sold in the open market? Why the political system and government machinery are corrupt? It is a long list of questions for which unfortunately we know the answers but are not prepared to address them. With the result we find overall erosion in our value system, several economies melting down relentlessly across the world and carbon footprints unleashed mindlessly all over the planet. It sounds like a doomsday but I am no cynic.

We need to think. We are always on the run. Running for acquisitions. We need to move away from this meaningless mental archetype – being self centric, materialistic, covetous and money minded. Money can give you pleasure but not happiness, acquisitions can give you delight but not contentment and materialism can give you exhilaration but not bliss. Think. History probably can help us to a little bit. Think of how our forefathers lived. We have forgotten to take a long walk in the beach early in the morning. We have no time to watch the night sky. We have forgotten to enjoy the beauties of nature – the trees, the plants, the flowers, the birds, the brooks, the mountains… We have no time to listen to music and read poems and good literature. Bicycles have disappeared from the city roads. We spend more time with the monitors and screens rather than with family members and friends. We have forgotten simplicity and minimalism.

Are we to blame the society which has moulded us the way we are or we need to blame ourselves for making the community at large to what and where it is today? Whatever it is, unless there is a whole hearted, concerted effort to bring in a complete change in our attitude towards life, peace will continue to evade us and true happiness will remain as distant dream.

"...no time to listen to music and read poems and good literature. Bicycles have disappeared…"

-K Srinivasan

This is the third in the series written by the author, who is currently engaged in extending strategic management inputs to Rajan Eye Care.
Towards a Blind Free India

The Chennai Vision Charitable Trust was established to serve the neediest and the poorest of patients in the rural areas, who have no possibility of receiving quality ophthalmic service. In order to ensure that the rural poor do not remain blind because of cataract for long years, Chennai Vision Charitable Trust has been taking eye services to the door steps of the people living in the remote villages within the state of Tamil Nadu.

- More than 1950 Free eye camps in and around Chennai
- More than 1000000 patients screened
- More than 98000 free cataract surgeries with Intraocular lens implantation performed
- More than 4000 Corneal transplant surgeries performed
- More than 325000 school children screened
- More than 225000 free spectacles and medicines have been distributed in a radius of 150 kms in and around Chennai

Rotary Rajan Eye Bank, a project of Rotary Club of Madras, T.Nagar & RI District 3230, functions under Chennai Vision Charitable Trust and is one of the premier eye banks in our country with state-of-the-art facilities. Chennai Vision Charitable Foundation functions at New York, USA. Donation to CVCT and CVCF are exempt from Taxes under FCRA and Section 80G.

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<td>Blindness Screening Camp for 150-200 poor persons in a rural village or an urban slum</td>
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