

Optometry DisList

Instance 2015: 6
Saturday, 18 April 2015

Today's Subjects

- PREVENT BLINDNESS by signing the IOF Petition to form an independent optometry council
- Wireless Technology Helps Visually-Impaired
- Water and Contact lenses
- World Optometry Day Celebrations at SRM
- Every eighth Indian above 40 has glaucoma: AIIMS
- Choroidal thickness profile in healthy Indian subjects

Today's Messages:

Date: Saturday, 4 April 2015
From: Ajeet Bharadwaj (optiquedr@gmail.com)

Subject: PREVENT BLINDNESS by signing the IOF Petition to form an independent optometry council

PREVENT BLINDNESS by signing the IOF Petition to form an independent Council of Optometry under Ministry of Health, to regulate Optometry to enable quality, and comprehensive eye care at an affordable cost to 45.6 crore Indians. About 2280 people collectively from 15 countries have supported the cause so far.

Please sign this petition to take it to next level of 5000 mark. To read more about the petition and to sign it, click on the link provided below.

https://www.change.org/p/prevent-blindness-by-signing-the-iof-petition-to-form-an-independent-council-of-optometry-under-ministry-of-health-to-regulate-optometry-to-enable-quality-and-comprehensive-eye-care-at-an-affordable-cost-to-45-6-crore-indians?recruiter=55790880&utm_source=share_petition&utm_medium=email&utm_campaign=share_email_responsive

Date: Saturday, 4 April 2015
From: Ravi Shivram (ravishivram@gmail.com)

Subject: Wireless Technology Helps Visually-Impaired

The blind and visually impaired often have to rely on others for help with basic life tasks such as matching clothing, distinguishing bills or reading a menu at a restaurant. There's

some technology that can help, but it often involves purchasing expensive devices or carrying around specific equipment for each purpose.

That's all about to change. After several years of trials and testing at one of the most well-known institutes for the blind and ongoing work and coordination with respected industry organizations, Vela Sense by Visus, a first-of-its-kind technology with potentially life-changing benefits for the visually-impaired, is now available exclusively to Verizon Wireless customers with Android smartphones.

Developed in collaboration with the Verizon Innovation Program, which works with organizations to turn their ideas into reality, VelaSense is designed for customers with any degree of visual impairment, from low vision to complete blindness. The technology is intended to make it easier for users to navigate mobile devices, and also to navigate the physical world around them.

Through a few taps on a smartphone, a visually-impaired person will be able to identify colors to pick out clothes, determine the denomination of the money in their hand, and read the label of a product at a grocery store.

“Verizon is at the forefront of providing access, products and services to the disabled and our collaboration with Visus is one way wireless devices and technology can work together to provide an impactful solution for visually impaired customers,” said Barbara Kaplan, who manages accessibility services for Verizon Wireless.

- VelaSense functions on select Android™ operating systems that are version 4.3 or higher
- It uses GPS for point-to-point navigation and 4G LTE and Wi-Fi for cloud computing, downloading software upgrades, and social networking applications
- Voice recognition is used for issuing verbal commands.

Article Source: <http://www.verizonwireless.com/news/article/2015/02/wireless-technology-helps-visually-impaired.html>

Date: Monday, 6 April 2015

From: Jissa James (jissa.james@indiavisioninstitute.org)

Subject: Water and Contact lenses

Several people who wear contact lenses are ignorant of the fact that contact lenses and water are a bad combination. Water can cause soft contact lenses to change shape, swell, and adhere to the cornea. This can lead to abrasions on the cornea making it easier for the germs to enter the eye and cause infection. Water is contaminated with different kinds of microorganisms of which Acanthamoebais not only common, but also quite dangerous of the lot. It can lead to a very severe type of infection called the Acanthamoeba Keratitis,

which is a painful infection of the cornea. The treatment for this is extensive and can range to having a corneal transplant. It can also lead to severe visual impairment.

It is best for the contact lens wearers to remove lenses before showering, swimming, or using a hot tub. Contact lenses should never be rinsed or stored in water. Likewise, the lens case should be cleaned with solution rather than water. This would avoid contamination. It is important to wash and dry hands well before handling lenses. Lens wearers who are actively involved in swimming, using goggles may be a good option. Using other forms of correction other than Contact lenses can be considered as an alternative.

Discarding contact lenses if they come in contact with water has always been considered a safe option. Cleaning and disinfecting the lenses when they come in contact with water, may reduce the risk of infections, but this recommendation does not seem to be supported by sufficient scientific evidence.

For more information and References, please

visit:<http://www.cdc.gov/contactlenses/water-and-contact-lenses.html>

Date: Tuesday, 7 April 2015

From: SRM Optometry Faculty Team (srmoptom@gmail.com)

Subject: World Optometry Day Celebrations at SRM

SRM celebrated Optometry day on 27 March 2015. The event targeted at, giving knowledge on "What next after completing 4 years of studies" & cultural events. The Medical College Auditorium was packed with around 450 members (students & faculty) of various Optometry Colleges in and around Chennai. The program began with a presentation of Artistic yoga, followed by screening of a short film portraying the life of optometry students. Both the events were presented by optometry students of SRM University.

Dignitaries from SRM University, Manipal University, DrAgarwal's Eye Hospital, Optometry Council of India, Essilor Pvt. Ltd and Sunayana Laser Vision Centre who graced the occasion, shared their views about the past, present & future of Optometry, role of Optometry Council of India and the need for a government approved Council for Optometry. They also delivered sessions on thinking beyond Clinical Optometry, role of Optometrist in Diagnostic center and scope of research in Optometry and Vision Science.

The afternoon session comprised of inter-collegiate competitions like, Work it your way – Make your own innovative instruments, Contact Lens Quiz, (Keep) brush away -Finger painting competition, with a theme Vision with & without Correction, In Tune Karaoke – Solo Singing competition and Tap your Feet – Group Dance Competition. The highlight of the day was Chronicles of Spectacles – a Ramp walk by optometry students of SRM University with handmade spectacles, designs inspired from the 14th century to the current trend.

The event was supported by students and faculty from SRM, Shree Ganesh Enterprises, Appasamy Associates and Essilor India Pvt Ltd.

For further details, please contact SRM Optometry faculty team, srmoptom@gmail.com

Date: Friday, 10 April 2015

From: Sneha A (sneha.krishnan@indiavisioninstitute.org)

Subject: Every eighth Indian above 40 has glaucoma: AIIMS

NEW DELHI: Every eighth individual in India above the age of 40 is suffering from glaucoma or is at a high risk of developing it, as per doctors at the All India Institute of Medical Sciences (AIIMS). Calling it the most common cause of irreversible blindness, doctors said 50 percent of the people in India do not know they have glaucoma as it is generally asymptomatic and regular eye examination is not practiced. "It is a progressive eye disease causing irreversible visual loss, usually without warning until relatively advanced. It is important to emphasise that with newer and better medication and safer surgery early treatment can stabilise the glaucoma vision loss and prevent blindness," said Vinay Gupta, additional professor at R.P. Centre for Ophthalmic Sciences at AIIMS.

According to AIIMS, India has more than 12 million people suffering from glaucoma. Outlining some of the early symptoms, the doctors suggested that people suffering from chronic headache, having difficulty in performing everyday tasks in dim light, bumping into objects or having redness of the eyes should get themselves checked up for glaucoma. Ophthalmology professor Ramanjit Sihota said, frequently other eye diseases can lead to glaucoma, such as injury to the eye, healed corneal ulcers, uveitis and diabetic retinal disease.

"Physicians should be aware that the long-term use of steroids in allergies and chronic disease -- such as inhalers or tablets for asthma or skin ointment and especially steroids drops used for allergic conjunctivitis -- can lead to glaucoma and unnecessary visual loss," she said. "Patients on steroid should be counselled to have regular eye check-up."

Article Source: <http://timesofindia.indiatimes.com/india/Every-eighth-Indian-above-40-has-glaucoma-AIIMS/articleshow/46532104.cms>

Date: Tuesday, 14 April 2015
From: TV Amarnath (amaropt@gmail.com)

Subject: Choroidal thickness profile in healthy Indian subjects

Abstract:

Purpose: The aim was to study choroidal thickness (CT) and its profile based on location in healthy Indian subjects using Cirrus high definition (HD) optical coherence tomography.

Materials and Methods: A total of 211 eyes of 115 healthy subjects with no retinal or choroidal disease were consecutively scanned using Cirrus HD 1 line raster scan mode without pupillary dilation. Eyes with any ocular disease or axial length (AXL) >24 mm or <20 mm were excluded. Experienced technician measured CT from the lower border of the retinal pigment epithelium (RPE) to the lower border of choroid. CT was measured from the posterior edge of the RPE to the choroid/sclera junction at 500- μ m intervals up to 3000 μ m temporal and nasal to the fovea. Generalized estimating equations were used to evaluate the correlation between CT at various locations and age, AXL, spherical equivalent, and macular thickness.

Results: Mean age was 42.8 ± 13.6 years. Mean AXL was 22.84 ± 0.78 mm. Median spherical equivalent was 0.16 ± 0.64 D. Mean central macular thickness was 216.4 ± 30.03 μ m. Choroidal was thinnest nasally and thickest subfoveally. On multivariate regression, age was the most significant factor affecting subfoveal CT ($P = 0.000$). Regression analysis showed an approximate decrease in CT of 1.18 μ m every year.

Conclusions: Our study provides CT profile in Indian healthy subjects in various age groups. CT depends on its location, subfoveal being the thickest and nasal being the thinnest. Age is a critical factor, which is negatively correlated with CT.

For full text, please visit: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4290194/>

India Vision Institute
Plot No 212, No 45, Palkalai Nagar,
7th Link Road, Palavakkam,
Chennai - 600041, TN, India
Tel. No. : +91 - 44 - 24515353.

Email: ivi@indiavisioninstitute.org

Web: www.indiavisioninstitute.org

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