

## **About us:**

**Ashwini Eye Care** is an exclusive secondary eye care facility, centrally located in Ambattur, Chennai. We have been caring for the vision needs of people in and around Ambattur since 1995 with a blend of modern technologies and traditional approach. The Visionaries of Ashwini Eye Care are Dr N Jayanthi and Mr P Margabandu.

**Dr. N. Jayanthi M. S., D. O.** is the **Director and Chief Ophthalmologist of Ashwini Eye Care.** She has been in the field of ophthalmology for the past 25years. She did her under graduation, diploma and post graduation in Madras Medical College and Regional Institute of Ophthalmology, Egmore. She specializes in Glaucoma management and cataract surgery.

**Mr. P. Margabandu**, the Proprietor of Ashwini Eye Care and Arvind Optical, an engineer by profession has been trained at Sankara Nethralaya in this field and takes care of administration and management.

**Ms. M Ashwini, B.S. (Optometry), MBA (Hospital Management), MSc (Optometry)** is an Optometrist who graduated from Elite School of Optometry (BITS, Pilani), Sankara Nethralaya, Chennai.

**Mr. M Arvind, M.COM, MBA(Hosp mgnt),** Is taking care of administration Banking and Insurance.

## **Our Vision:**

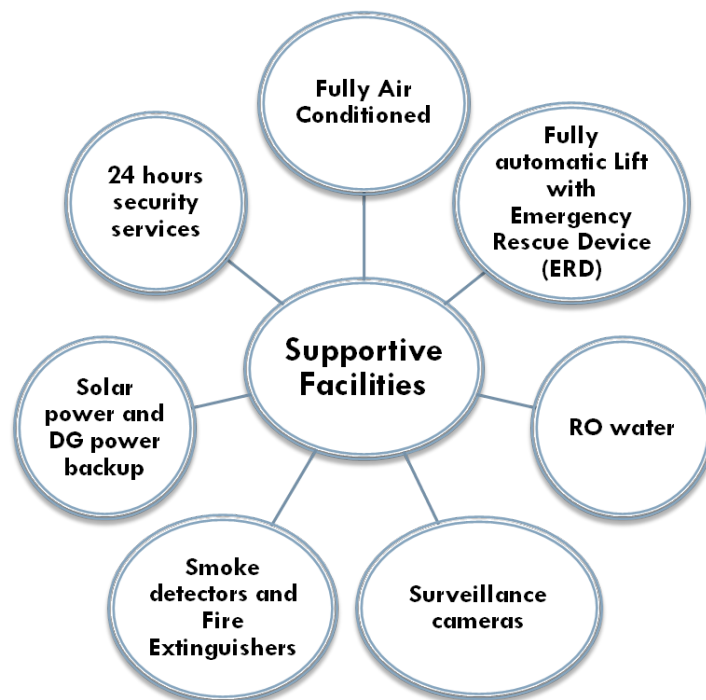
To become the first choice of Eye Care facility among people in and around Ambattur for all their eye related ailments by exceeding their expectations, by providing high quality and timely professional service.

## **Our Mission:**

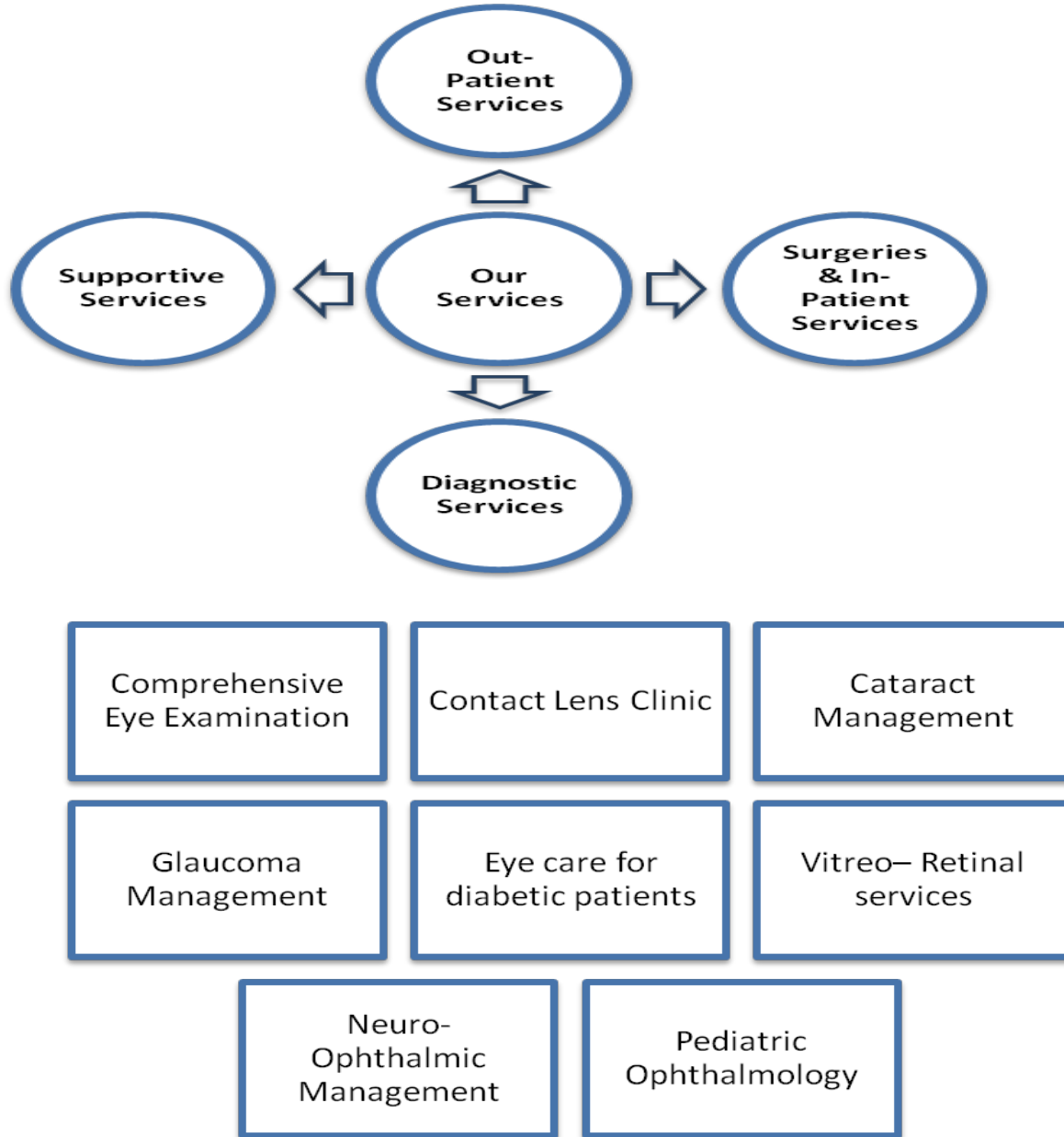
- To provide high quality patient focused professional service to all people in restoring their best vision through Primary and Secondary level eye care.
- To extend the same level of quality treatment to economically deprived and needy people at Less / No cost as part of their Social Responsibility.
- To improve the standards of its service on par with international Standards by adapting to the Clinical, Diagnostic and Surgical Technological Advancements.
- To comply On Time In Full to all State and National statutory obligations.

**Facility:**

**Ashwini Eye Care** has grown over the years from a single room clinic to the present independent, fully air- conditioned, and spacious hospital with various supportive facilities.



**Our Services:**



**Comprehensive eye examination:**

All patients undergo vision testing through standard procedures, followed by refraction.

Refraction is done to check the power of the corrective glasses required for the patient.

This is followed by the Slit lamp examination, in which the front parts of the eyes are examined.

The eye pressure is also checked during this procedure.

After dilatation, the patient's retina and eye nerve, which comprises the back parts of the eyes, are examined.

**Contact lens clinic:**

Contact lenses of various types and brands are available. Suitable lenses for each patient are suggested. Teaching and instructions for the use of contact lenses is given by the optometrist. Bausch and Lomb, Johnson and Johnson lenses Alcon, Cooper Vision, etc are made available to the contact lens users.

**Computer vision care:**

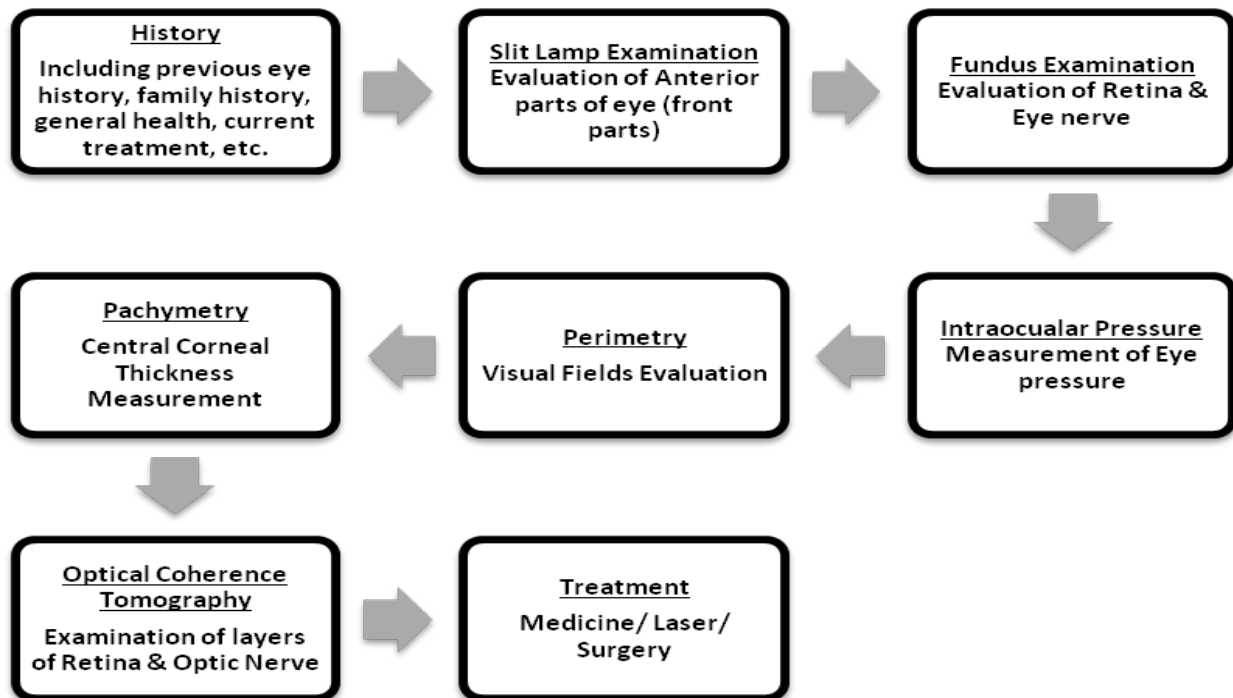
Regular computer users are treated for their visual problems like dry eyes, eye strain, headache, etc with medicines, corrective glasses/ contact lenses, eye exercises and counseling.

**Cataract Management:**

The natural lens which turns opaque due to ageing or various other secondary reasons will be removed and an artificial lens (Intraocular lens) will be implanted in the eye through surgery. Ashwini Eye Care has a well- equipped operation theatre with state- of- art equipments and has air- conditioned in- patient rooms for patients' care before and after surgery. YAG Laser facility is available for clearing a membrane which is commonly formed behind the IOL after few months/ years of surgery.

**Glaucoma management:**

Glaucoma, being "silent killer of sight" is detected, diagnosed and managed by various tests and treatment.



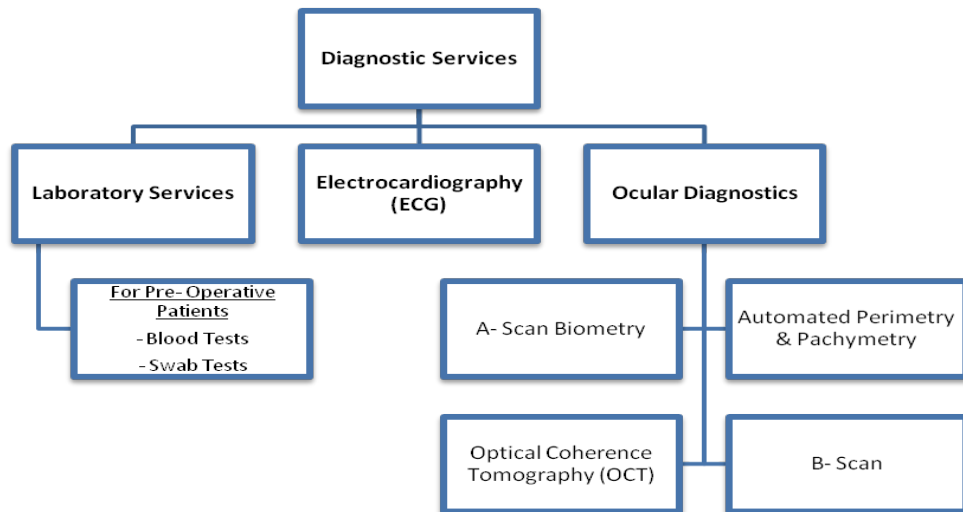
#### **Eye care for diabetics and Vitreo- retina services:**

Uncontrolled diabetes and/ or long standing diabetes may cause complications in various parts of the eye like Lens, Vitreous Humor, and Retina. There are many other conditions which can cause problems in the retina, like Age- Related Macular Degeneration, Hypertensive eye changes, etc.

Visiting consultant, Dr N Kasinathan, DO, DNB (Ophthalmology), FRCS is a Vitreo- Retina surgeon who visits our hospital regularly to facilitate our patients with retina care by medical/ surgical management.

#### **Neuro- Ophthalmic Management:**

#### **Diagnostic Services:**



### Ocular Diagnostics:

#### 1. A- Scan Biometry:

It is a test to measure the curvature of the front part of the eye (cornea) and the eye length. It is mainly used to calculate the power of the Intra- Ocular Lens (IOL) to be implanted during cataract surgery.

#### 2. Automated Perimetry (AP) & Pachymetry:

Automated Perimetry is done to measure the peripheral vision (Visual field) of a person. It is usually done for persons with Glaucoma/ suspected to have glaucoma/ neurology problem.

Pachymetry is the measurement of the thickness of the central cornea and is done for those considering refractive surgery like LASIK/ those with Glaucoma/ suspected to have glaucoma.

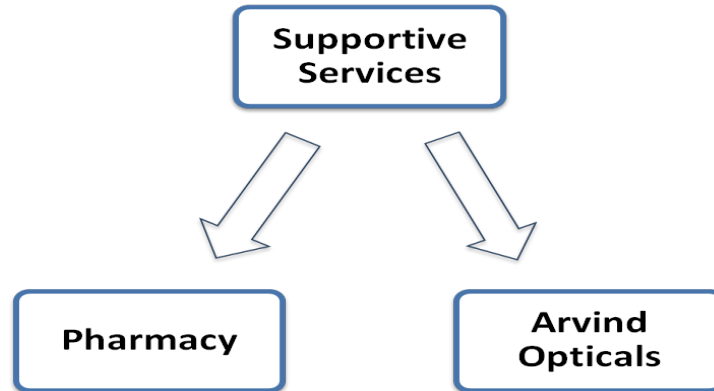
#### 3. Optical Coherence Tomography (OCT):

OCT is done to scan the retinal layers and the Optic Nerve. It is done for patients with diabetic/ hypertensive changes in the eye/ age related changes in the retina like Age-related Macular Degeneration/ Glaucoma/ Glaucoma suspects.

#### 4. B- Scan:

It is done to examine the inner parts of the eye like the Lens, Vitreous, Retina in patients with mature cataract/ retinal detachment/ injuries, etc.

### Supportive Services:



**Pharmacy:**

An exclusive pharmacy for eye care is available at the premises of Ashwini Eye Care to facilitate the patients.

**Arvind Optical:**

Arvind Optical is functioning as part of Ashwini Eye Care to facilitate the patients to get their prescriptions scientifically dispensed with quality and at affordable costs.

We have wide variety and range of metal, shell and rimless frames primarily sourced from Mumbai. We utilize the services of the reliable lens suppliers and precision edgers and fitters like Essilor, Prime, Hoya, etc., for the most accurate dispensing of the spectacle prescriptions. Various contact lenses from Multi- National Brands are dispensed according to the advice of the eye care professional. Spectacle and Contact lens care products are also available in the store.

**Free Camps:**

We conduct free screening camps every month on 3<sup>rd</sup> Saturdays for needy and deserving patients in and around Ambattur for the past 11 years with the support of Sri Sathya Sai Samithi of Ambattur and the patients for cataract surgery are sent to hospitals like Sankara Nethralaya.

**Know your Eyes**

## **Refractive errors:**

### **Myopia (Near sightedness/ Short- sight)**

Nearsightedness is greater difficulty seeing distant objects than near objects.

Symptoms:

- Blurred distant vision
- Squeezing of eyes to make distance vision clearer
- Eye strain
- Headaches

Treatment:

- Glasses
- Contact lenses
- Refractive surgery (Lasik)

Get alerted when:

- Having difficulty reading the blackboard in school or signs on a wall
- Holding books very close when reading
- Sitting close to the television

### **Hyperopia (Farsightedness/ Long- sight)**

Farsightedness is greater difficulty seeing near objects than distant objects.

Symptoms:

- Aching eyes
- Blurred near vision
- Blurred intermediate vision (computer/ laptop)
- Headache
- Eye strain
- Eye tiredness



Treatment:

- Glasses
- Contact lenses
- Refractive surgeries

### **Astigmatism**

Astigmatism makes it difficult to see fine details (Distant &/ or near objects).

Symptoms:

- Aching eyes
- Blurred distance/near/ intermediate vision
- Squeezing of eyes to get a clear vision
- Adapting an abnormal head posture while watching TV/ seeing distant objects like blackboard
- Headache
- Eye strain

Treatment:

- Glasses
- Contact lenses
- Refractive surgeries

### **Presbyopia:**

Presbyopia is a natural aging process in the eyes. It is the gradual loss of eyes' ability to focus nearby objects which starts from early 40s and keeps worsening till 65years of age.

Symptoms:

- Blurred near vision
- Holding the near reading material at a longer working distance to make the letters clearer
- Eyestrain and/ or headache on prolonged near work

- Temporary blurring of distance vision after prolonged near work

Treatment:

- Spectacles: Bifocals/ Progressive
- Multifocal Contact Lenses

## **Amblyopia**

Amblyopia, or "lazy eye," is the loss of one eye's ability to see details. It is the most common cause of vision problems in children.

Strabismus (Squint) is the most common cause of amblyopia. There is often a family history of this condition.

The term "lazy eye" refers to amblyopia, which often occurs along with strabismus. However, amblyopia can occur without strabismus and people can have strabismus without amblyopia.

Symptoms:

- Eyes that turn in or out
- Eyes that do not appear to work together
- Inability to judge depth correctly
- Poor vision in one eye

Treatment:

- Glasses
- Patching of normal eye to make the lazy eye work
- Early recognition and treatment of the problem in children can help to prevent permanent visual loss. All children should have a complete eye examination at least once between ages 3 and 5.
- Special techniques are needed to measure visual acuity in a child who is too young to speak. Most eye care professionals can perform these techniques.

## **Myths and Facts about Eye:**

### **1. Myth: Eating Carrots Will Improve Your Sight**

**Fact:** Although it's true that carrots are rich in vitamin A, which is essential for sight, so are many other foods (spinach, apricots, papaya, milk, etc). A well-balanced diet can provide the vitamin A needed for good vision.

### **2. Myth: Sitting Too Close to the TV Will Damage Your Vision**

**Fact:** It is actually vice versa. If a person insists on watching TV at a closer distance, it might indicate that he/ she might require spectacles. Sitting closer than necessary to the television may give you a headache, but it will not damage your vision.

### **3. Myth: Reading in the Dark Will Weaken Your Eyesight**

**Fact:** As with sitting too close to the television, you may get a headache from reading in the dark, but it will not weaken your sight.

### **4. Myth: Using Glasses or Contacts Will Weaken My Eyesight, and My Eyes Will Eventually Become Dependent On Them**

**Fact:** Your eyes will not grow weaker as a result of using corrective lenses. Your prescription may change over time due to aging or the presence of disease, but it is not because of your current prescription.

### **5. Myth: Wearing the wrong kind of eyeglasses damages your eyes.**

**Fact:** Eyeglasses are devices used to sharpen your vision. Although correct eyeglasses or contacts help you to see clearly, wearing a pair with the wrong lenses, or not wearing glasses at all, will not physically damage your eyes. However, children less than eight years old who need eyeglasses should wear their own prescription to prevent the possibility of developing amblyopia or "lazy eye."

### **6. Myth: Computer/ laptop use can damage the eyes.**

**Fact:** Computer use won't harm the eyes. However, when using a computer for long periods of time, the eyes blink less than normal (like they do when reading or performing other close work). This makes the eyes dry, which may lead to a feeling of eyestrain or fatigue. Similarly, long hours of computer work can strain the eye muscles causing fatigue and eyestrain. So, frequent breaks are necessary during computer use.

### **7. Myth: Eye exercises are helpful to improve vision.**

**Fact:** It is not yet scientifically proven that eye exercises improve vision or reduce the spectacle power needed. However, eye exercises and therapies are recommended for few eye conditions which will be advised by your eye care professional if required.

#### **8. Myth: Children outgrow crossed eyes**

**Fact:** Children do not outgrow truly crossed eyes. A child whose eyes are misaligned has strabismus (squint) and can develop poor vision in one eye (a condition known as amblyopia) because the brain turns off the misaligned or lazy eye. The sooner crossed or misaligned eyes are treated, the less likely the child will have permanently impaired vision

#### **9. Myth: Children under the age of two years cannot be examined.**

**Fact:** No child is ever too young to be examined for an eye examination. If evident squinting (crossed eyes)/ frequent rubbing of eyes/ excessive watering or discharge from eyes/ white reflex noted in the eyes, then early appropriate action can/ should be taken.

#### **10. Myth: Squints are never serious. They are lucky.**

**Fact:** Squints may be a warning sign of serious neurological disease, brain tumors or eye tumors also. All children with a squint must be examined by an ophthalmologist as soon as possible.

### **Computer Vision Syndrome/ Digital Eyestrain:**

Computer Vision Syndrome (CVS)/ Digital eyestrain is a complex of eye and vision problems related to near work which are experienced during or related to computer/ mobile/ Tablet use. Symptoms usually occur after prolonged computer/ mobile/ tab use.

Symptoms:

- Constant/ intermittent blurred distant vision/ near vision/ both
- Double vision
- Slow reading/ re- reading
- Dry eyes/ burning sensation
- Watering eyes
- Red eyes
- Headache
- Eye strain
- Glare

Factors leading to computer vision syndrome/ digital eyestrain are

- Inadequate breaks during computer/ mobile use
- Defective vision

- Dry eyes
- Reduced blinking of eyes during computer work
- Prolonged/ continuous screen time
- Glare due to improper lighting
- Reflections on the display
- Poor display quality
- Improper posture
- Improper eye to screen distance

Recommended work set- up (ergonomics) during computer/ laptop work:

- Top of the computer monitor lower than eye level
- Eye to monitor distance should be 20- 28 inches
- Tilt the top of the screen away from the user at a 10- 20 degree angle
- Lowering the screen brightness
- Cleanliness of the computer screen
- Indirect lighting
- Avoid direct exposure of AC breeze to the eyes

Treatment:

- Spectacles (as prescribed by the Eye Care Professional, if required)
- Regular work breaks (20- 20- 20 rule) by taking a break every 20 minutes by looking at an object at 20 ft for 20 seconds
- Frequent blinking to alleviate dry eyes. Normal blinking rate is 12- 15 times per minute, which is hugely reduced during screen time
- Artificial tears- this is for enhancing the lubrication in the eyes
- Vision therapy- eye exercises as prescribed by an eye care professional to improve the muscle balance

### **Screen time and Children:**

Screen time includes the time spent in front of mobile/ Tab/ Laptop/ Desktop/ TV.

Harmful behavioral effects of excessive screen time by kids:

- Addictive
- Reduced Socialization
- Hampers real- time communication skills
- Disturbs sleep patterns
- Reduces attention span

Harmful Effects in the eyes:

- Eyestrain
- Dry eyes- burning sensation/ irritation/ watering/ redness
- Blurring of distance vision/ near vision/ both
- Fluctuation of vision (on and off blurring)

- Kids with family history of short-sightedness at increased risk of requiring spectacles
- The spectacle power required will increase rapidly for kids with excessive screen time than kids with reduced/ no screen time

What to do?

In the present world, screen time cannot be avoided for kids. So, let's look at the best practices to avoid complications.

1. Larger screens with larger fonts at increased working distance with proper illumination are always better.

Following is the order of preference of usage of different types of gadgets. However, even the best preferred gadget usage in moderation is the best.

**Television > Desktops > Laptops > Tablets > Mobiles**  
**(Can cast videos or classes in TV as much as possible)**

2. Reduce the brightness of screen
3. Regulate blinking during screen time
4. Definite breaks during continuous works like classes- 5 to 10 minutes break every 30 minutes of screen time. Kids should be encouraged to look at far off objects like trees during the breaks and not engage in other types of screen usage
5. Parents to encourage screen time for productive activities only and encourage playing with toys or engage in outdoor activities for entertainment/ relaxation.
6. No gadget use at least 1 hour before sleep time for regulating sleep patterns.
7. Parents to practice gadget usage in moderation to spend time with their kids and also to set as an example
8. Set timers/ alarms during gadget use as a reminder for blinking, breaks and to stop the usage for the day.

Recommendations about Screen time for kids (World Health Organization and American Academy of Ophthalmology):

- 0-1.5 years: No screen time
- 1.5 – 3 years: Screen time for short video calls
- 3- 5 years: < 1 hour per day
- 6- 10 years: < 1.5 hours per day
- 11- 18 years: < 2.5 hours per day

## **Visual Hygiene:**

1. Make sure you do not get too close to your near work. You should not be any closer than the distance between your knuckles to elbow when placed against your nose.
2. Maintain good posture. Sit upright and avoid supine position and lying down while reading.
3. Allow light to fall on the reading material over your shoulder and the illumination on the task should be 3 times that of the surrounding background.
4. Tilt the book up about 20 degrees so that it is parallel to the face.
5. Do not sit closer than 6ft from TV.
6. Take regular breaks during computer work or near work by following the 20- 20- 20 rule i.e., look at a distance of at least 20ft every 20 minutes for at least 20 seconds to relax the eye muscles.
7. Regularize blinking during near works. Blink rate of 12- 15 times/ minute is ideal.
8. Avoid reading while traveling. At such times, movements greatly add to your eye focus, eye pointing and teaming demands.
9. Restrict near demands during acute illness. At such times our personal energy reserves are lower and hence our ability to sustain the visual stamina required will be reduced. High fevers appear to put the visual system at risk of significant change.
10. Annual eye examinations are very important. Apart from that, unusual visual symptoms like blurred vision, eye redness, irritation, pain should not be neglected.

## **(Pg 8) Eye donation:**

Eye donation is an act of donating one's eyes after his/her death. Only corneal blindness can be benefitted through this process. It is an act of charity, purely for the benefit of the society and is totally voluntary. It is done after death. The eye donation of the deceased can be authorized by the next of kith & kin even if the deceased did not pledge to donate his / her eyes.

## **Myths about eye donation**

- Face/ Body will be disfigured
- Will be born blind in next birth
- Will not be able to see GOD

## Facts about eye donation

- Eyes should be donated within 6-8 hrs of death
- Anyone can be a donor, irrespective of age, sex, blood group or religion.
- One cornea is grafted to one person.
- Total removal time is about 15-20 minutes.
- Spectacle wearers, hypertensive and diabetics can also donate.
- There is no disfigurement of the donor's face.
- Total procedure takes 15-20 minutes.
- Eyes can be donated even if the deceased had not formally pledged their eyes during their lifetime.
- The eye bank team will immediately reach the donor's home to collect the eyes. This service is free.
- Eyes are never bought or sold.
- All religions endorse eye donation.

## Contact us:

Ashwini Eye Care & Arvind Optical  
Plot No. 144, Door No. 94, North park street,  
Venkatapuram,  
Ambattur,  
Chennai- 600053

Ph: 044- 26573635/ 044- 42836665

Mail Id: [ashwinieyecarehospital@yahoo.in](mailto:ashwinieyecarehospital@yahoo.in)



## Feedback:



Please feel free to give us your feedback or suggestions for the betterment of our facility.

Name:

Mail ID:

Contact No.:

Feedback/ suggestions:

Submit

**Online Appointments:**

**Consultation time:**

Monday to Saturday: 10.00 am to 1.00 pm  
5.30 pm to 7.30 pm

Sunday: 10.00 am to 1.00 pm

**Online appointments are available only after 10- 15 days.**

**We'll get back to you to confirm your appointment with us.**

Name:

Age/ Sex:

Contact No:

Old patient/ new patient to Ashwini Eye Care:

Nature of eye problem:

Preferred date and time for consultation:

Submit