



Shree Ramkrishna Netralaya
Complete Eye Care

EyeNews

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Editor's Desk



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With blessings of Shree Ramkrishna Kshirsagar Maharaj, Ahmednagar Shree Ramkrishna Netralaya was established in 2003. Over the years, our constant endeavour to upgrade this place to the standards of international eye care has made Shree Ramkrishna Netralaya one of the most reputed eye institutes in Mumbai & Thane.

Having served thousands of patients with quality eye care, we find ourselves humbled in gratitude for being able to deliver hope and promises in every eye that seeks us. We stand committed to serving this cause to as many and in as better ways as we can.

With warm regards,

Dr. Nitin Deshpande

Give your eyes new life with advanced COAXIAL MICROPHACO TECHNOLOGY

Cataract Removal Technology used (Infinity Ozil System)

Our Center is accredited for implantation of latest premium IOL like Restor and Toric Lenses. All the surgeries are done by suture less method. We have the unique Cold Phaco System. This will prevent microscopic damage to the intraocular structure which is common during Conventional Phaco Surgeries.

Giving you the Right power of the lens

The Power of the artificial lens to be implanted in the eye differs from person to person. For calculating IOL (intra-ocular lens) power, We use IOL

Master 500, which gives most accurate results.

Giving you the right operation theater environment with HEPA filter (Laminar air flow system)

This system is specially designed to reduce microbial air flora in the operation theater to minimum level. Infection causing submicron size air-borne particles are trapped & electrocuted in the HEPA filter. Thus the chances of infection are reduced to a great extent.



Our commitment for wonderful sight, Our moment of Celebration.....



10 years of advanced cutting edge technology, surgical expertise, success and recognition.

- More than 10,000 Cataract surgeries
- More than 1000 Glaucoma & Retina procedures
- More than 1000 successful Lasik procedures
- ISO standard facilities for safety, sterilization, patient comfort & smooth operations

1st Hospital to get Excellent grade from AMC Mumbai



REFRESHING VISION WITH Q-LASIK AT SRN (Safe, Effective, Permanent)

- Lasik is done by Allegretto Wave eye Q (400 HZ) & Moria evolution 3e with epilask, microkeratome.
- Allegretto Wave Eye Q is **FDA approved** to treat +6.0 D to -12.0 D spherical errors & +/- 6.0 D of cylindrical errors.
- **Speed:** Truly efficient 400HZ fast speed repetition minimizes effect of dehydration and external environmental influences on cornea. E.g. -6.0 D myopia takes merely 15 seconds to be treated.
- **Ablation Profile:** It is first laser to use wavefront optimized profiles. This profile maintains corneal asphericity reducing problems with night vision.

This Diwali add glamour to your life - get rid of glasses... NO CUT LASIK TECHNOLOGY

EPI-Lasik (Safe, Effective, Permanent)

New Sight Lasik Center is pleased to introduce Epilasik. With Epilasik safe Lasik Procedure is even more safer. A unique bladeless instrument called epikeratome separated the corneal epithelium to make a flap.

Epilasik is a new laser eye surgery procedure

- Device similar to a microkeratome (called epi-keratome) slides over the surface of the cornea, just underneath the epithelial layer of cells while suction is applied.
- The result is a hinged sheet of epithelium that is at least partially viable.
- It is reflected out of the way so that the ablation can take place.
- The sheet is repositioned and a bandage soft contact lens is placed on the eye.
- If you have Epilasik you'll likely experience some pain, which is manageable with over-the-counter painkillers. The pain is reportedly less than with PRK or LASEK.

EPI-Lasik Indications

- Thin corneas
- Flat corneas
- Small palpebral opening, deep-set eyes, limbal anomalies, Dry Eye
- Patients with high risk of trauma (basketball, football, hockey players etc.)

Advantages

- Leaves no marks on cornea.
- Better option for patients with thin corneas.
- No risk of postoperative dry eye problems.
- It provides a more predictable outcome.



Lasik Myth & Fact

1 Myth : Everyone is suitable for LASIK.

Fact : Not everyone is suitable for LASIK. with thin corneas relative to the degree of improvement they want to achieve are not suitable for LASIK. At Shree Ramkrishna Netralaya, we perform plethora of tests to determine one's safety to undergo lasik. Generally, only a small number of people (about 10 percent or less) may be unsuitable.

2 Myth : People afraid that they will go blind...

Fact : At Shree Ramkrishna Netralaya, Thane, in the treatment of more than 1600 consecutive eyes, we had a 0 (zero) complication rate.

In the last 5 years, we have not had a single case of an eye infection post LASIK. In contrast studies show that 1 in 300 patients who wear extended wear contact lenses suffer from a serious eye infection.

3 Myth : The Lasik procedure is very painful...

Fact : All patients are given anesthetic drops in the eye before the procedure. And they then don't have much sensation during the procedure. The procedure takes barely 5-6 minutes per eye, and while they feel the doctor working on the eye, they do not feel pain at all.

4 Myth : LASIK is permanent and the effects last forever.

Fact : Yes, the results of LASIK are permanent and once your eyes are treated, vision rarely deteriorates back to the original state.

Myth : If you get a cataract later in life you can't have cataract surgery.

Fact : No - you can have cataract surgery after laser eye surgery and vice-versa.



2013 Eye-Opening Movement:

Record 16 Awareness & Free Eye-checkup Camps for Glaucoma & Diabetic Retinopathy

DATE	COMPANY NAME	AREA
24-07-2012	Naval Dockyard	Kanjurmarg
01-09-2012	Naval Armament Depot	Mankhurd
21-12-2012	Tata Consultancy Services	Thane
13-04-2013	ShamraoVitthal Co-operative Bank, Khopat	Thane
27-04-2013	ShamraoVitthal Co-operative Bank	Mulund (E)
08-05-2013	Sandoz	Kalwa
18-06-2013	Vijaya bank	Mulund (W)
22-06-2013	Bharat Bank	Mulund (E)
07-07-2013	NKGSB bank	Mulund (E)
08-07-2013	NKGSB bank	Mulund (E)
11-07-2013	Air-Force, Kanheri Hills, Yeoor.	Thane
22-07-2013	Tata Motors	Thane
01-08-2013	BSNL Employees Union	Deonar
02-08-2013	BSNL Employees Union	Deonar
10-08-2013	CGHS JUHU wellness centre	Santacruz
18-08-2013	Air India Staff Association-II	Kalina
30-08-2013	ShamraoVitthal Co-operative Bank	Mahim
04-10-2013	Naval Depot, Karanja	Uran



Our Partners in Eye Care

- C.G.H.S.
- ECHS
- B.S.N.L.
- J.N.P.T.
- National Security Guard
- Air India
- Navel Dockyard
- Central Police Force
- Coal India
- Indian Health Origination (IHO)
- CRPF
- And All TPAs

Patient Speak



V. N. Marathe

Dear Dr. Nitin

The benevolent hand of my Sadguru and God Almighty guided me to you and your honorable father Dr. Suhas Deshpande to consult you for my cataract problems.

The moment I saw you both, I understood that I was directed to the right place and the right people. You surgically removed Cataract and fitted multi-focal lenses in both of my eyes within a span of three - four days. The equipment that you have, the surgical expertise of yourself and all of you, the devotion and the spirit of service that I found during my treatment is simply par excellence.

I have no hesitation in recommending your netralaya and New Vision Lasik Center to anybody for Cataract, Glaucoma and Laser vision correction.

V. N. Marathe,

My Cherished Memories of Bascom Palmer Eye Institute. Miami. Florida. USA



With Dr. Richard Parish



With Dr. Paul Palmberg



Shree Ramkrishna Netralaya
Complete Eye Care



TRUE STORY

Mr. Cherif from Ivory Coast

One morning I got mail from this patient seeking advice for his glaucoma surgery. He was already once operated in France for glaucoma and was advised second surgery. I invited him to India. Once all visa documentation was through he landed in India. My P.R.O. Mr. Yogesh Bhat received him and lodged him in a good hotel. I checked patient and found that he had advanced glaucomatous damage with uncontrolled eye pressure. I assured him that drops only would control his pressure and surgery wont be required. I changed his eye drops and after 2 days his pressure was at desirable level. Since he worked as a writer in a court back home I advised him low vision aid to help him use his weak vision to the best. We imported low vision aids from Singapore especially for him. On the last day once we met he was grateful to me and my team. He said he would be back next year for followup.

Name of Patient: Mr. CHERIF L.
Origin from: COTE D'IVOIRE (Ivory-coast) Africa

In the morning I got mail with the news of your success and started to read it. I have in India with a lot of confidence because I had heard about the success of your team. I was very happy when I received your letter and I was not alone with the same problem. I really thought that I was going to lose a surgery but after seeing you, I was prepared to be treated as a patient. I started the operation and after less than a month I could see very important things. I was surprised, especially my pressure dropped from 20 to 10. I never happened by glaucoma started 5 years ago. I was blind!!!! I am now I will be writing India and a year to be with my family. I really enjoyed with the people and with the atmosphere in India and it was very good.

Best wishes to the people in India
Mr. CHERIF

More About Computer Vision Syndrome

A usual day in most people's life includes staring at a computer screen for hours at work, interlaced with frequent focusing on cell phones. We finish work, return home and unwind by spending more time staring at a computer screen, notebook, ipad or our television.

How are our eyes affected by the prolonged exposure to screen? Well, common effects are blurred vision, redness, irritation, dryness, double vision and difficulty re-focusing the eyes. These symptoms, combined with headache, neck pain and fatigue, comprise Computer Vision Syndrome (CVS). CVS affects approximately 80% of those who spend three hours or more a day at a computer.

These symptoms are not caused by the radiations emitted by screens, but rather, by our body posture and the surrounding environment. Till a few years ago, the screen resolution on computers and other devices was poor and one had to strain to focus. Newer LCD or LED screens have a much higher resolution offering effortless viewing. The text size can be enlarged to make viewing more comfortable.

Posture matters. Keep the back straight. The length of your arm, from shoulder to finger tips, should be just about the ideal distance to position yourself from the screen.

Symptoms can be aggravated by improper lighting conditions such as inadequate luminance or very bright overhead lights causing glare.

Air-conditioned environment has low humidity and contributes to drying of tears. It causes irritation, tiredness, sleepy eyes and little redness. While concentrating, blinking becomes infrequent and aggravates dry eye. To overcome these drying effects, blink frequently and use lubricating eye drops regularly.

The 10-10-10 rule is an easy way to prevent CVS. Every 10 minutes, focus the eyes on an object 10 feet away for 10 seconds. Such breaks help rest the eyes and relax the associated muscles.

Ensure that you are achieving the best possible vision by using correctly prescribed glasses. Alternatively you can opt for Presby-MAX laser surgery, which is the safest way to correct both near and distance vision without glasses, and is ideal for people using computers and devices with screens.

<p>Dr. Nitin Deshpande D.N.B. M.R.C.D. (London) FAEH Glaucoma & Medical Retina Consultant</p>	<p>Dr. Prajakta Deshpande M.B.B.S. D.O.M.S. (Ophth) FAEH Cataract & Lasik Surgeon</p>	<p>Dr. Suhas Deshpande M.S. (Ophth) D.O.M.S. Senior Consultant</p>
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Shree Ramkrishna Netralaya
Complete Eye Care

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A' Wing, Shree Balaji Apt., 1st Floor,
Near Makhmal Talao, L.B.S. Road, Thane (W) - 400 601
Telefax: (022) 2539 1599,
Tel: (022) 2544 1139 / 6592 6498, Mobile: 96191 62207
Time: 11.00 am to 2.00 pm & 6.00 pm to 9.00 pm

Saidhan Hospital Eye Care:
Ground Floor, Vidhata Apt., V. B. Phadke Marg,
Mulund (E), Mumbai - 400 081
Tel: (022) 2163 3215
Time: 9.00 am to 11.00 am & 8.00 pm to 10.00 pm



www.shreeramkrishnanelalaya.com
www.newsightlasikcenter.com
www.glaucomasurgeryindia.com