

Technology and Clinical Acumen: A symbiotic association

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Wishing everyone a warm and glorious entry into this New Year 2020. With lots of vision, dreams and aspirations to achieve in this era, am happy to pen down few pearls of ophthalmic insight here.

“There is no need for fiction in medicine, for the facts will always beat anything you fancy” says Ophthalmologist turned novelist Sir Arthur Conan Doyle. Ophthalmology continues to enjoy luxury of multiple modalities of diagnostics and advanced treatment techniques making it one of the fastest growing branches of medicine. Ophthalmology residency programs have a major role to play in moulding the future ophthalmologists towards this evolving science. An ancillary to this comes the role of optometrists who contribute as a bridge between clinical and community ophthalmology in fulfilling the motto of vision.

“A good physician treats the disease, a great physician treats the PATIENT who has disease” says William Osler, emphasizing the need of appropriate diagnosis and treatment. Cataract forms the centre-stone in ophthalmology while refractive errors, routine ocular surface disorders like dry eye, allergic or infective conjunctivitis, lid infections and inflammatory pathologies stands as major outpatient burdens. Corneal disorders like keratitis, sterile melts, ectasias calls for a special concern in management. Retina, which was once considered as the most unexplored and difficult to treat area, has now emerged as an independent sub-speciality in treating retinal detachment, vitreous pathologies, macular holes, diabetic retinopathy, and venous occlusions and so on. Early diagnosis, monitoring the progression of glaucoma, various medical and surgical modalities of management has become successful in combatting the visual field deterioration in glaucoma reducing its morbidity. Oculoplasty concerns on management of eyelid pathologies like entropion, ectropion, ptosis, lid deformities, blepharospasms, tumours and so on. Dacryology concerns on lacrimal related disorders like punctal stenosis, dacryocystitis, canalicular injuries and other related issues. Paediatric concerns in ophthalmology revolves around developmental cataracts, strabismus management and amblyopia.

Diagnostics in ophthalmology is almost near perfect with its level of precision. Starting from basic slitlamp, tonometry, refrac-

tometer and biometry, advances in all subspecialties have grown vast. Corneal diagnostics like orbscan, pentacam; glaucoma diagnostics like optic nerve head analysis, RNFL analysis, visual fields; retinal diagnostics like OCT, fluorescein angiography, fundus imaging are doing an excellent job in assisting the clinicians and guiding in management.

Cataract surgery has advanced to next level with femto-assisted surgeries and excellent upgradation of phacoemulsification techniques aiming at emmetropia postoperatively. Corneal surgical armamentarium ranges from basic keratoplasty, patch graft to refractive procedures like LASIK, SMILE and keratoprosthesis. An umbrella of retinal treatment modalities include- intravitreal injections of anti-VEGFs, endolasers and three port pars plana vitrectomy to address various pathologies. A multi-speciality approach to orbital disorders like- inflammation, tumors, associated paranasal pathologies and trauma has been outlined. Research in all the above mentioned aspects is mandatory in this era and the contents of this journal serve as a small step towards it.

Yet with all these advancements, the healing human touch of a trained and empathetic doctor cannot be replaced. It's a collective responsibility of all of us to keep abreast with clinical updates along with never ending empathy and compassion that is required to serve the community at large.

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