

From the President's desk

A new dawn, a fresh beginning. Hopefully the enigmatic parliamentary bill will soon be a reality. This will begin a new chapter in the long history of Indian Optometry. Optometric education as well as practice has waited patiently for years for the governmental regulation of our profession. Now, we wait impatiently for the bill to be cleared and passed in the national parliament at the earliest possible. As the wonderful lines say, "Wo subah kabhi to ayegi." All the optometrists wait impatiently for that "subah", that dawn...

With the acceptance and regulation of our profession, we will definitely get the coveted tag from the Government of India, however, it will also bring greater responsibilities on our shoulders.



We will have to carry with us the aspirations and hopes of 1.3 billion citizens of our great nation. They depend on us for our professional services and advice. We cannot let them down. We have to shoulder the responsibility of seeing that no Indian is deprived of our services that they deserve or require. We have to see to it that avoidable blindness is the thing of the past.

We are the visionaries of our great nation. Vision of India lies in our hands. Let us all wake up to this new dawn with renewed vigor, new determination to enable India achieve its potential. This is possible only if they are in receipt of our services and support to help them "see better".

This is not the end, but the beginning, from this desk... We will continue to strive towards achieving our goals. We shoulder the responsibility to take our country, our fellow country men and women from darkness unto light - "Tamsa Maa Jyotirgamaya".

Our Mission

- To create awareness of Optometry as an independent eye and health care profession in India.
- To assist educational institutions to enhance the standard of Optometry education in India.
- To provide continuing education for capacity building of educators and practitioners and organize conferences, seminars on Optometry and related topics.
- To co-operate and affiliate with allied associations in India and abroad to achieve the common goal of betterment of Optometry in India.
- Liaison with the Indian Government in standardizing curriculum, laying the standards for optometry colleges and standards of practice at different levels of Optometry.

Our Vision

- To standardize optometry education in India and bring it to International standards.
- To serve as a catalyst for excellence in teaching, facilitating innovative research and promoting evidence-based teaching.
- To see Optometry as a regulated and legislated profession in India.

Re-constituted board

To fill up the vacant ASCO India board positions, an interim election process was announced. Election process was finalized with a GOI recognized mobile application, Right2vote. The elected candidates for different positions are:

- I. Mrs. Kunda Ganatra – Vice presidents
- II. Mr. Ajit Limaye – Treasurer
- III. Mr. Soumendranath Ghosh – Joint Treasurer
- IV. Mr. Ramachandra Shet – Joint Secretary 1
- V. Mr. Noor Uz Zaman – Joint Secretary 2

The reconstructed board is beaming with aspirations to take Indian Optometry to a much higher level and is expecting all your support towards the same.

Website update

We are excited to announce the launch of our new ly designed website. Visit us at www.ascoindia.org. This has been possible only because of the contribution of our member institutes who were helping us to provide an informative and a useful website for the future of Optometry. This reconstruction of the website was done to make it easier, more user friendly and more informative for our students and member institutes. We expect your continued support to keep the website updated with information and photos of regular events, articles from your institutes,etc. We are looking forward for informational videos from our students and faculties to enlighten and create awareness amongst our fellow students. Among the new features, the website contains information on the research grant and best student award recipients, informationals videos from our students and faculties, updates of events from the members, etc. We would like to thank our website team and our ASCO team who have put in their time and effort in bringing about the website to what it is now.

What is the issue with Chitkara University and Lenskart collaboration?

Through this communication, we would like to bring to your notice grossly inappropriate happenings in Indian optometric education. These are going to be detrimental to the interests of well-meaning optometrists in particular and to Indian Optometry in general.

On 21st of September, one of the premier state university (Chitkara University, Punjab) entered into an academic collaboration with a retail spectacle chain (Lenskart) to offer Bachelor in Optometry degrees. This was done under the university grant Commission's policy of allowing academia to partner with technical/clinical industry to offer technical/clinical training. UGC had begun this system to facilitate academic and technical/education, if the university offering an academic program does not have clinical facilities to train the graduates.

In the above case (Chitkara University and Lenskart), the university has blatantly misused the said policy to enter into an inappropriate partnership. We deem it inappropriate as the industry partner (Lenskart) is a retail optical chain and cannot impart the clinical education to prospective students of Optometry. Neither do they have requisite infrastructure, nor patient base to train the students in varied specialties of Optometry like specialty contact lenses, vision therapy, low vision, pediatrics, geriatrics, ocular diseases etc. We are afraid that the graduates from such a program will be half baked professionals and detrimental to Optometry and also public health requirements of India.

Corporate houses across the world support Optometry financially, however, they do not interfere with academic affairs of the profession. This collaboration if permitted, will set a very wrong precedence of corporate involvement and interference in academics.

FASCO 2020



The FASCO (Fellowship in Associations of Schools and Colleges in Optometry) program is one of its kind, unique, gives you the acquaintance in all the areas of the speciality and helps you understand the practical, theoretical and clinical aspect of the speciality you have chosen.

A diverse set of cases and clinical examples are given in the FASCO module in order to train you in understanding the management and treatment for cases, practical aspects, clinical cross references, case reports writings, etc.

FASCO gives you an opportunity to learn from the best of mentors in the country. Clinical exposure that you can get from them is immeasurable and precious.

A practical session of 1 or 2 weeks with your mentor at their clinic will give you an opportunity to train with the best, understand their perspective and pave way to walk on their footsteps and be a good clinical optometrist yourself.

The clinical pearls that is learnt from the most experienced ones can give huge lessons for the career on how to handle patients of various diversity. FASCO also has a library web portal which gives you access to a wide variety of books and videos that help you cope with the assignments and cases in the curriculum.

Choose your mentor wisely and remember that only hard work will get you through! All the very best!

Research grant awarded this year

ASCO, in order to support and to encourage research early in their career, provides Research grants to Undergraduate Optometry students. This initiative of ASCO is to kindle research interest, motivate them and to conduct best possible research. A research grant of up to Rs50,000/- will be awarded to the chosen project(s). The grant will be awarded to one or multiple projects based on the credibility, uniqueness and research methodology employed.

Presbyopia And Its Management



Author :- Ragni Kumari, Assistant professor & Head / Department of optometry, Era University, Lucknow

The term presbyopia comes from the Greek presbyteros, which means "old-age vision." It is probably best to refrain from mentioning this derivation to patients. The understanding of presbyopia begins with an analogy to a camera (as do many aspects of the functioning of the eye). When a camera is in focus to take a picture of an object in the distance, and subsequently needs to take a picture of something up close, a change in focus needs to occur. In their resting state, after the correction of any refractive error, our eyes are like a camera set for distance.

To view nearer objects clearly, some focusing is necessary. The nearer the object, the more focusing is required. The focusing performed by our eyes for near viewing is called accommodation. Accommodation is achieved by an increase in the plus power of our natural crystalline lens.

When we are looking at distance, the ciliary muscle is relaxed and the taut zonular fibres pull on the crystalline lens. Near viewing is accomplished by contraction of the ciliary muscle which loosens the pull of the zonular fibres. This results in the crystalline lens reverting to a more convex shape, thus increasing its plus power. Presbyopia is the age-related decrease in accommodative ability that occurs inevitably in everyone whether one is near-sighted, farsighted or emmetropic. In childhood we have a large amount of accommodative ability, but this gradually decreases over our lifetime. However, it is typically not until after age 40 that enough has been lost to make near tasks, reading and other close viewing, more difficult. When an insufficient amount of accommodation remains for reading at near, our patients complain that their "arms aren't long enough." They have to push their reading material farther away to see clearly because their loss of ability has not left them with enough plus power to focus at their normal reading distance.

MANGEMENT OF PRESBYOPIA

Presbyopia is treated with plus power in these ways to make up for the inability of the natural crystalline lens to become more convex and thus increase its plus power. The plus corrective lenses supplement the remaining accommodative ability. The added plus power is referred to as the Reading Addition or more commonly as the ADD. The Add is an addition to the lower portion of the distance correction, and its efficacy depends on a correct distance prescription. Five Points About Correcting Presbyopia with an add. When prescribing an Add, testing the range in which the vision remains clear can be very helpful. The purpose is to make sure that the Add not only provides clear vision at the patient's ideal reading position, but also nearer and farther than that position. The reading range is tested by having the patient hold the near card at their preferred reading distance, and then asking them to move the card toward them until the numbers blur. The point at which the numbers blur is the near point of the range. Next the patient is asked to push the card away until the numbers blur, and the point at which that occurs is the far point of the range. An ideal reading range has the preferred reading distance midway between these two points.

The general guideline, the following rule of thumb for Add strength is often helpful:

- At age 45, the typical Add that is needed is +1.50 diopters.
- At age 50, the typical Add that is needed is +2.00 diopters.
- At age 55, the typical Add that is needed is +2.50 diopters (the typical maximal strength Add).

MODALITIES TO CORRECT PRESBYOPIA

1. Spectacles- Bifocal, Reading glass, trifocal, progressive addition lenses
2. Contact lens: Monovision, Modified monovision, Bifocal and Multifocal Contact lens

1. Options available to manage Presbyopia with Spectacles

- 1.1. **Bifocal Lens** :- The standard bifocal works well for far and close viewing, but it does not provide for clear vision in the intermediate area between distance and near.
- 1.2. **Reading Glasses** :- This is single vision glass which use for near only
- 1.3. **Trifocals** :- The trifocal has a third lens which allows for clarity at the intermediate distance, but there are still gaps — one between the distance and intermediate area, and another between the intermediate and near area.
- 1.4. **Progressive Addition Lenses (PALs)** : - The progressive addition lens (PAL) is an extension of the bifocal and trifocal concepts. It can be thought of as a graduated multifocal. With the distance correction at the top of the lens, plus power increases Soft Lens Options available to manage "progressively" in the lower portion of the lens until the prescribed Add power is reached. Thus, one can focus clearly from distance to near, with gaze directed lower in the lens for intermediate and near.

2. Presbyopia with contact lens

- 2.1. **Reading Glasses** :- Patients who have adapted to single-vision contact lenses may prefer reading glasses over their contact lenses, especially if they're early presbyopes, where assistance with near tasks is required only occasionally.
- 2.2. **Alternatively, regular soft contact lenses** :- can be prescribed using the Monovision principle in which one eye is corrected for distance and the other eye for near?

- 2.3. **Special Bifocal contact lenses with translating designs(segmented)**, :- which provide distance and near vision by alternating the gaze between the segments of the lens is another form of correction
- 2.4. **In Simultaneous Vision lens designs** :- the distance and near vision is perceived simultaneously and the brain selects the image of interest. They come in different types, concentric ring or bull's eye design (annular), aspheric design, multi-zone or diffractive design.
- 2.5. **Modified monovision** :- is a method where single vision lens is used in one eye and a bifocal in the other.
- 2.6. **Other Combinations** :- like different designs of multi/bifocal lenses in each eye are reserved for mature presbyopes and those having higher demands in vision.

Note :

Increasing the plus power of an add results in a closer and narrower reading range. Interestingly, an add that is too strong can produce more difficulty for the patient than an Add that is too weak. Patients are often more distressed about having to hold their reading material too close than they are about having to push it farther away.

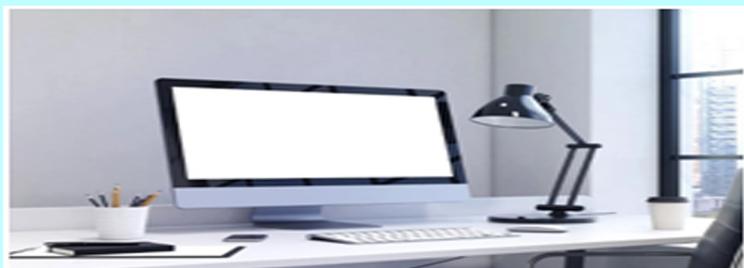
Eyecareawareness

By: HARIJYOT COLLEGE OF OPTOMETRY

What is Digital eye strain?

Digital Eye Strain, describes a group of eye and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use. Many individuals experience eye discomfort and vision problems when viewing digital screens for extended periods.

PREVENTION OF DIGITAL EYE STRAIN



Also known as Computer Vision Syndrome (CVS)



1. Get a comprehensive eye exam.

Having a routine comprehensive eye exam every year is the most important thing you can do to prevent or treat computer vision problems.

2. Use proper lighting.

Bright sunlight and harsh interior lights can cause glare on your computer screen, causing you to squint your eyes and move your head at awkward angles. Block out the sunlight with some thick curtains and blinds. Also take a look at what's going on inside - either use fewer light sources or lower intensity bulbs. Ideally you want a subtle yellowish ambient light when you are working. Make sure to position your computer screen away from your light source, with the light to your side. If you find this impossible to do, go ahead and invest into a computer hood.

3. Minimize glare.

Glare from light reflecting off walls and finished surfaces, as well as reflections on your computer screen also can cause computer eye strain. Consider installing an anti-glare screen on your display and, if possible, paint bright white walls a darker color with a matte finish. If you wear glasses, purchase lenses with antireflective (AR) coating. AR coating reduces glare by minimizing the amount of light reflecting off the front and back surfaces of your eyeglass lenses.

4. Upgrade your display

If you have not already done so, replace your old tube-style monitor (called a cathode ray tube or CRT) with a flat-panel LED (light-emitting diode) screen with an anti-reflective surface. Old-fashioned CRT screens can cause a noticeable "flicker" of images, which is a major cause of computer eye strain. Even if this flicker is imperceptible, it still can contribute to eye strain and fatigue during computer work. Also, choose a relatively large display. For a desktop computer, elect a display that has a diagonal screen size of at least 19 inches.

TIPS TO PREVENTING DIGITAL EYE STRAIN



1. Get a comprehensive eye exam.
2. Use proper lighting.
3. Minimize glare.
4. Upgrade your display.
5. Adjust your computer display settings.
6. Blink more often.
7. Exercise your eyes.
8. Take frequent breaks.
9. Modify your workstation.
10. Consider computer glasses.

5. Adjust your computer display settings.

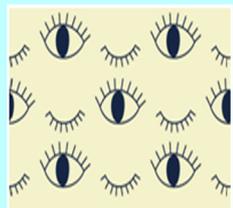
Brightness :- Adjust the brightness of the display so it's approximately the same as the brightness of your surrounding workstation. As a test, look at the white background of your computer screen. If it looks like a light source, it's too bright. If it seems dull and grey, it may be too dark.

Text size and contrast :- Adjust the text size and contrast for comfort, especially when reading or composing long documents. Usually, black print on a white background is the best combination for comfort.

Color temperature :- This is a technical term used to describe the spectrum of visible light emitted by a color display. Blue light is short-wavelength visible light that is associated with more eye strain than longer wavelength hues, such as orange and red. Reducing the color temperature of your display lowers the amount of blue light emitted by a color display for better long-term viewing comfort.

6. Blink more often.

Blinking is very important when working at a computer; blinking moistens your eyes to prevent dryness and irritation. When staring at a screen, people blink less frequently - only about one-third as often as they normally do - and many blinks performed during computer work are only partial lid closures, according to studies. If you experience dry eye symptoms, ask your eye doctor about artificial tears for use during the day. To reduce your risk of dry eyes during computer use, try this exercise: Every 20 minutes, blink 10 times by closing your eyes as if falling asleep (very slowly). This will help rewet your eyes.



7. Exercise your eyes

Another cause of computer eye strain is focusing fatigue. To reduce your risk of tiring your eyes by constantly focusing on your screen, look away from your computer at least every 20 minutes and gaze at a distant object (at least 20 feet away) for at least 20 seconds - the "20-20-20 rule." Looking far away relaxes the focusing muscle inside the eye to reduce fatigue. Another exercise is to look far away at an object for 10-15 seconds, then gaze at something up close for 10-15 seconds. Then look back at the distant object. Do this 10 times. This exercise reduces the risk of your eyes' focusing ability to "lock up" (a condition called accommodative spasm) after prolonged computer work. Both of these exercises will reduce your risk of computer eye strain. Also, remember to blink frequently during the exercises to reduce your risk of computer-related dry eye.

8. Take frequent breaks

To reduce your risk for computer vision syndrome and neck, back and shoulder pain, take frequent screen breaks during your work day (at least one 10-minute break every hour). During these breaks, stand up, move about and stretch your arms, legs, back, neck and shoulders to reduce tension and muscle fatigue.

9. Modify your workstation.

If you need to look back and forth between a printed page and your computer screen, place the written pages on a copy stand adjacent to your screen. Light the copy stand properly. You may want to use a desk lamp, but make sure it doesn't shine into your eyes or onto your computer screen. Poor posture also contributes to computer vision syndrome. Adjust your workstation and chair to the correct height so your feet rest comfortably on the floor. Position your computer screen so it's 20 to 24 inches from your eyes. The center of your screen should be about 10 to 15 degrees below your eyes for comfortable positioning of your head and neck.

10. Consider computer glasses.

For the greatest comfort at your computer, you might benefit from having customized computer glasses. This is especially true if you normally wear contact lenses, which may become dry and uncomfortable during extended screen time. Computer glasses also are a good choice if you wear bifocals or progressive lenses, because these lenses generally are not optimal for the distance to your computer screen. Also, you may want to consider photochromic lenses or lightly tinted lenses for computer eyewear to reduce your exposure to potentially harmful blue light emitted by digital devices.

