



SHARP SIGHT

EYE HOSPITALS

Eyespeak

MAY 2023

VOL. 01 ISSUE 32

As pioneers in eye care for over 20 years, Sharp Sight Eye Hospitals, believes in providing quality eye care for all. We deliver world-class services ranging from routine eye checks to vision correction surgeries (LASIK Surgery, Cataract Removal, etc.), to the treatment of complex vision & eye-related problems (Diabetic Retinopathy, Macular Degeneration, Glaucoma, etc.).

Backed by the latest technology, we have a highly experienced team of specialists & support staff who work tirelessly to provide care for our patients with passion and dedication. For us, our patients are more than just patients & this is the core value that trickles down every level & point of care at our centres.

With over 5 Lac successful surgeries and procedures, Sharp Sight has already established itself as a leading eye care provider in North India with 10 centres and many more to come. Building on the trust that we have gained of over 10 lakh delighted patients, we have initiated a new vision - 'Aao Accha Dekhein'; which welcomes & motivates people to inculcate a better perspective towards life.

This way, we hope everyone maintains a healthy vision and adopt a holistic approach to physical, mental & emotional health, while focusing on the positive side of things, rather than the negative ones.

Aao Accha Dekhein!

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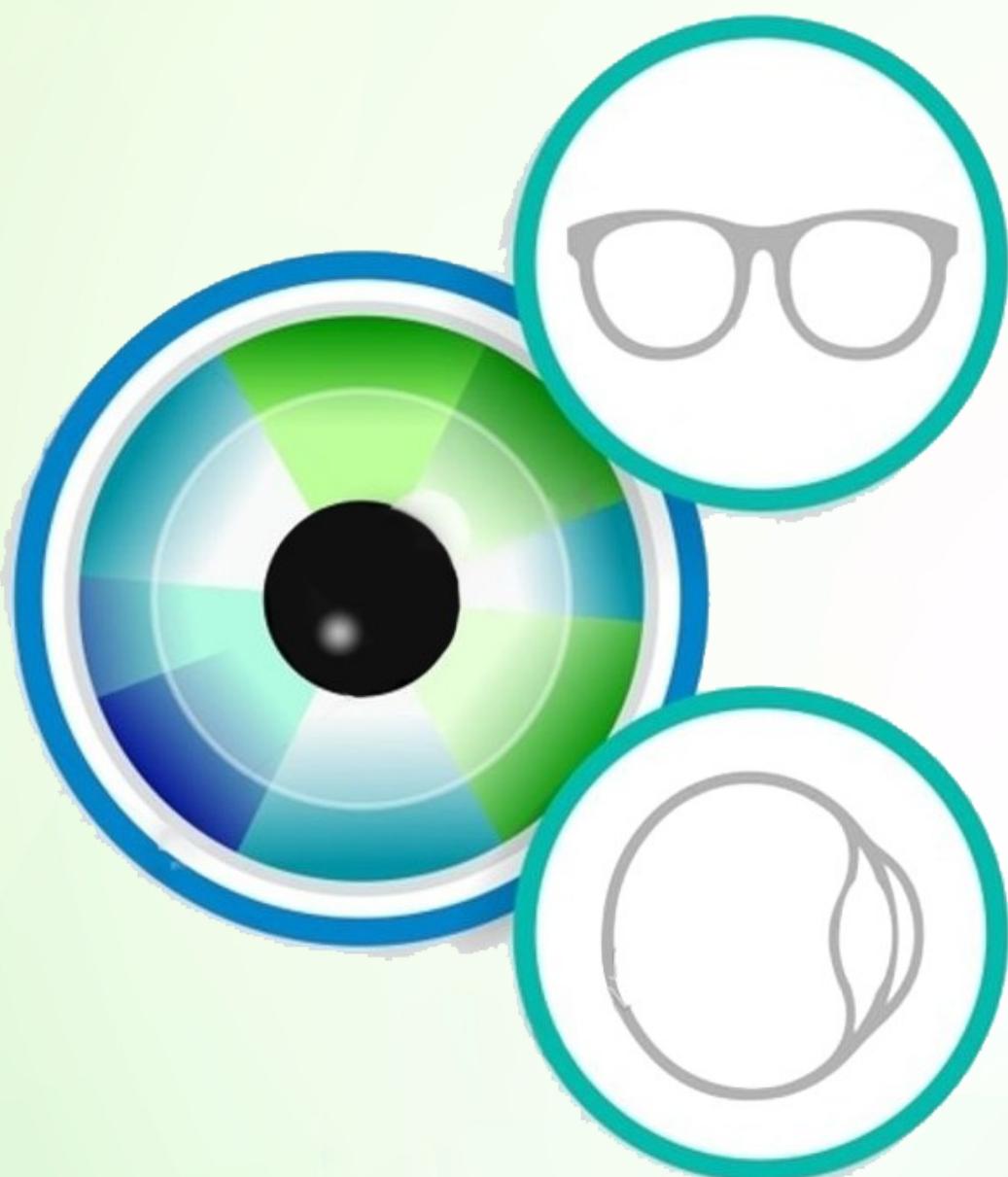
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MAY IS Healthy Vision MONTH

INSIDE THIS ISSUE



PROTECTING EYES FROM
DAMAGING SUMMER HEAT
By Dr. Shagil Khan



When Sharp Sight Eye Hospitals
won all the hearts and praises!

EYE AGE TOO, KNOW WHAT THEY GO THROUGH

with changing seasons, age related eye ailments like dry eyes, infections, glaucoma & cataract can aggravate.

DISCLAIMER:

This newsletter has been developed for information purpose only. If you have an eye problem or any eye related emergency you should contact an ophthalmologist for consultation, Diagnosis and/or treatment.

FOR MORE INFORMATION, CALL US : 9641-919191





Dr. Shagil Khan

MBBS, DO, DNB (Ophthal),
MRCS (Edinburg), FICO
Specialty: Cataract Surgery

HERE ARE SOME SIMPLE STEPS TO AVOID THESE PROBLEMS:

- 1.** Sunglasses with Ultraviolet (UV) protection can help protect the eyes from any type of damage and also reduce any type of sun exposure.
- 2.** Sleep at least 7-9 hours as it helps to rejuvenate your eyes in a natural way.
- 3.** If your eyes are puffy or red, try rinsing them with cold water few times a day to help relieve symptoms.
- 4.** Add green leafy vegetables, fruits, carrots, liver, cod liver, nuts, etc. in your daily diet to help keep your eyes healthy and recover from the onslaught of excessive sun exposure.
- 5.** Stay well hydrated during summers by drinking adequate water and eating healthy meals and liquid fruits can help prevent dry eyes and keep you well hydrated in the summer.
- 6.** Artificial tears, lubricants, or any type of substitute (such as eye drops) can help restore the eye's natural moisture. Using them in the summer is a great way to stay hydrated, not only to avoid dryness, but also to prevent any type of infection.
- 7.** To relax your eyes, hold a slice of cucumber over closed lids for a while.



PROTECTING EYES FROM DAMAGING SUMMER HEAT

With the season of summer, people often neglect the importance of eye protection during summers. With the scorching temperatures, eye related infections increases.

SOME COMMON ISSUES ARE:

1.

Eye allergies: Rising temperatures and higher levels of air pollutants can make your eyes more sensitive in the summer season. Some of the common symptoms of eye allergies include red, itchy, and burning eyes.

2.

Conjunctivitis: A person can experience conjunctivitis (pink eye) in one or both eyes. This condition causes red, itchy, and teary eyes. Conjunctivitis can be bacterial, viral or allergic, and can be transmitted via direct contact with an infected person.

3.

Dry eyes: Dry eyes are more common in the summer because high temperatures cause the tear film to evaporate too quickly. Those who have had eye related problems in the past are more likely to develop dry eye.

4.

Stye: A stye is a bacterial infection that causes swelling of one or both eyelids. Patients may experience eye pain, swelling, and redness. This condition is more often in children than in adults.

5.

Photokeratitis: The sun's ultraviolet rays can burn the surface of the eye, causing pain, redness, blurring and temporary loss of vision. An individual can prevent this by wearing sunglasses, a hat or using an umbrella.



When Sharp Sight Eye Hospitals won all the hearts and praises!

Recently, Sharp Sight received the prestigious

Times Business Awards

as

Excellence in the field of Eye Care



ACEF Award

as

Health & Motivation (Podcast)



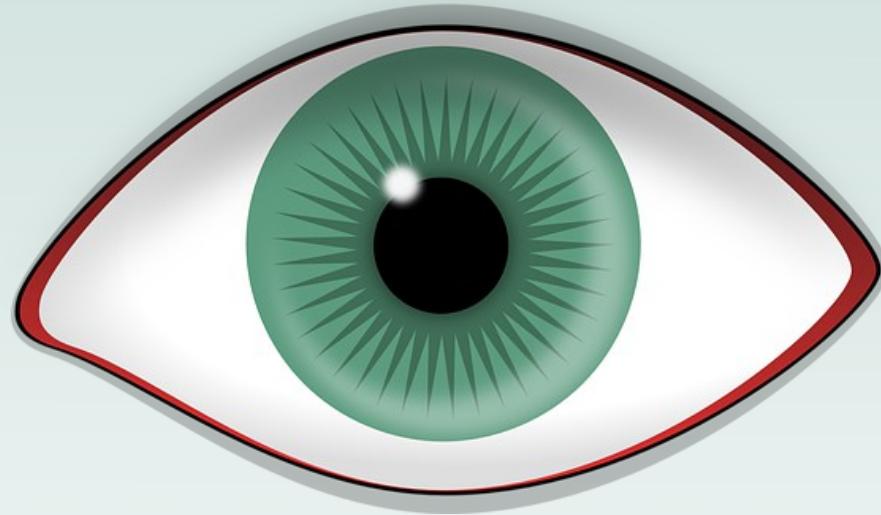


TIMELY TREATMENT IS THE BEST MEDICINE!

Untreated & unchecked Diabetic Retinopathy may prompt serious eye conditions like Glaucoma.

If you have diabetes or a family history of diabetes,
Get your eyes examined regularly.

**Do you
know?**



Eye removal takes only **10-15 minutes** and leaves no scar or disfigurement of the face

Fun Fact!



Infants can't produce tears for about **6 weeks**.



Kindly send us your feedback at newsletter@sharsight.in
& stand a chance to receive a gift from us.

Address: Baghat Chowk, Estate Barzulla,
Near Traffic Signal, Srinagar - 190005

Our other centres: **Delhi/NCR | UP: Prayagraj | Jhansi | Bihar: Patna | J&K: Jammu | West Bengal: Asansol | Jharkhand: Ranchi**

SHARP SIGHT
EYE HOSPITALS

www.sharsight.in

**ON PANEL OF AYUSHMAN BHARAT YOJANA (PM-JAY),
ALL MAJOR CORPORATE, MEDICLAIM SERVICES AND TPA'S**