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Eye care Professionals Hold Rally to create Awareness on ‘Thieves of Sight’



The SN Academy Students and Faculty at the Rally

CHENNAI: In an effort to spread awareness on eye diseases, around 200 professionals, students and members of the management of the Sankara Netralaya Academy took out a rally titled ‘Walk for Vision’ on the occasion of World Optometry Day that is observed every year on April 3.

The rally, which kicked off near the Nolambur police station, had healthcare professionals holding aloft banners and placards with catchy phrases during the walk, giving the general public an insight on various eye diseases including glaucoma, diabetic retinopathy and even squint — all of which can cause permanent damage to the eyes if untreated.

‘Glaucoma - The silent thief of sight,’ read one of the banners, ‘Squint is not lucky, read another one. Dr Anuja R Singh who heads the optometry department at Sankara Nethralaya Academy said that every person who has reached the age of 35 must undertake regular eye checkups as they were prone to glaucoma. “If left untreated, glaucoma can cause permanent damage to the eye. It is caused when the intra ocular pressure in the eyes increases, but in most of the cases the patient may not even aware that he or she has glaucoma,” said Anuja, stressing that after 35, everyone should mandatorily do annual check ups to detect glaucoma.

Terming diabetic retinopathy a lifestyle disease, she added that many people were prone to get it, given the changes in lifestyle today. Also, every child with a squint needed to be examined as it may lead to a ‘vision threatening condition’ if left unchecked.

The participants walked from Nolambur police station to the Walkers’ Park at Mogappair West and back, taking their message to a large number of people.

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