



OCT. - DEC. 2022

COAVS NEWSLETTER



2nd COAVS-KEMU CONVOCATION, 2022



Chief Minister with Health Minister, Punjab graced the occasion of convocation.
October 19, 2022



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MILLION

Eye Screening Target @PEEK

DISTRICT	Punjab	Chakwal	Layyah	Sadiqabad
SCREENING	979,371	873,117	105,876	378



World Sight Day in Collaboration with FHF.
October 11, 2022



Awareness seminar on Breast Cancer with Mr. Omer Aftab,
CEO, Pink Ribbon. November 8, 2022.



Revamped Learning Resource Centre at
College of Ophthalmology with the
support of Fred Hollows Foundation.
December 31, 2022



11th Annual Sports week, 2022, organized by Vision Sports Society.
November 17-30, 2022



World sight day celebrations at Riphah International
University. Prof. Zahid Kamal Siddiqui, the Guest of
Honour. October 11, 2022



Inter-collegiate quiz competition won by COAVS team
at Riphah International University, Lahore.
October 11, 2022



Hands on training on Ultrasound Biomicroscopy (UBM)
by Prof. Suhail Sarwar. November 18, 2022



Prof. Zahid Kamal Siddiqui speaking at 1st International
conference of Allied Health Sciences organized by
University of Lahore. October 26, 2022



42nd International Pre-Scientific Symposium Workshop, King Edward Medical University Lahore. **Session on Inclusive Health.** Prof. Zahid Kamal Siddiqui, Dr. Nukhbatullah, Dr. Asad Abbas, Ayesha Sarfraz and Arshad Awan gave awakening thought on need to make health services Inclusive. December 17, 2022



Community Ophthalmology session in Afro Asian Congress of Ophthalmology, 2022 at Pearl Continental, Lahore. December 11, 2022

In the context of 42nd International Annual Scientific Symposium of King Edward Medical University, a pre-symposium workshop on "Pitfalls in Specimen Collection for Laboratory Diagnosis" was conducted by Prof. Dr. Zahid Kamal and Dr Sana Aslam-Microbiologist. Importance of antibiograms and antibiotic policy for the treatment and prevention of infections in patients was highlighted. December 16, 2022



Collaboration between Special Education department, Punjab and COAVS to give an orientation on available eyecare services, low vision management for rehabilitation and initiative of Inclusive health. November 1-3, 2022



Prof. Emeritus. Asad Aslam Khan, Prof. Zahid Kamal Siddiqui, Prof. Muhammad Anees (Nephrology) and Dr. Uzma Malik (Medicine) talked on role of multidisciplinary team in management of diabetes to prevent complications. November 17, 2022



Seerat-u-Nabi (PBUH) Conference
 Chief Guest, Dr. SM. Habib Irfani. October 6, 2022



ERG training by Prof. Zahid Kamal Siddique
 and Mr. Zia-u-Rehman



Founding members of 1st COAVS Alumni
 with Principle.
 January 1, 2022



Lecture on "Public Health and capacity building to improve
 Eyecare services", by Dr. Deon Minnies, Public Health Consul-
 tant, Ophthalmology, University of Cape Town, South Africa.
 October 27, 2022



ROP screening initiative by Dr. Samreen Jamal, Ms. Noreen Fatima, Sociologist
 (Focal Person) & pediatric ophthalmology team.



Christmas Celebration
 December 15, 2022



British Pakistani Ophthalmologists' Society awarded Gold Medals to
 Optom. Ayesha Saleem and Orthoptist Tayyaba Burhan for presenting
 scientific papers during Afro-Asian Congress of Ophthalmology, 2022.
 December 11, 2022



Workshop on Corneal Topography
 organized by SOOOP on World Sight
 Day. Dr. Sidrah Latif was the focal
 person for the event. October 17, 2022



Training of Lady Health Supervisors in District DG. Khan for National Sight Restoring Program run with collaboration of Fred Hollows Foundation



World Sight Day Celebration at District Mianwali in collaboration with Fred Hollows Foundation. October 14, 2022



Eye Screening Camp at Mianwali under National Sight Restoring Project run in collaboration with Fred Hollows Foundation.



CBM Peek training sessions at Govt. High School Dab, District Chakwal. October 11-14, 2022



Primary Eyecare and Inclusive Health sessions with Lady Health Supervisors at Multan in collaboration with Sightsavers. December 14-16, 2022



Inauguration of Optometry Clinic at THQ Kot Sultan and THQ Kot Azam by Prof. Zahid Kamal Siddiqui. November 25, 2022



Ms. Saadia Cheema, Project Officer, Layyah speaking on World Sight Day in District Layyah with collaboration of CBM. October 13, 2022



World Sight Day celebration at District Chakwal in collaboration with CBM



All health Facilities of Chakwal made accessible by team COAVS with support of CBM



Home Visits for Eyecare screening during PEEK project Chakwal in collaboration with CBM



Workshop on safety of patients and healthcare providers organized for Nursing Staff, Eye Ward.
November 14, 2022



Eye Camp at Metro-Cash & Carry, Ravi Road, to create awareness about eye health.
October 15, 2022



Representation of COAVS and Mayo Hospital at Afro-Asian Conference of Ophthalmology, Lahore 2022

کالا موتیا / Glaucoma آگاہی / Awareness

کالا موتیا کیا ہے؟

کالا موتیا آنکھ کی نرس (Optic Nerve) کی بیماری ہے جس میں نظر آہستہ آہستہ مکمل ختم ہو سکتی ہے۔ چونکہ اس کی کوئی علامات نہیں ہوتیں اس لیے اسے نظر کا خاموش چور کہا جاتا ہے۔ اگر انسان معالج کے پاس دیر سے پہنچے تو اطراف کی نظر ختم ہو چکی ہوتی ہے اور یوں معلوم ہوتا ہے جیسے انسان کسی پائپ میں سے دیکھ رہا ہے۔

کالا موتیا کے بارے جاننا کیوں ضروری ہے

دنیا بھر میں کالا موتیا اندھے پن کی دوسری بڑی وجہ ہے۔ اس میں مبتلا اشخاص کی تعداد بڑھتی چلی جا رہی ہے۔ ایک اندازے کے مطابق 2040 میں اس کی شرح دوگنی ہونے کا خدشہ ہے۔ جبکہ 50 فی صد لوگ ایسے ہیں جن کی ابھی تشخیص نہیں ہوئی ہے۔

کالا موتیا کا خدشہ کس کو ہے؟

عمر 40 سال سے زائد ہو۔
خاندان کے کسی فرد کو کالا موتیا ہو
شوگر کے مریض
دور کی نظر کمزور ہو
سیٹرائیڈ دوائیاں / قطروں کا بے جا استعمال

کالا موتیا کنٹرول کرنے کے اقدامات

آپریشن

لیزر

آنکھ کے اندرونی دباؤ کم کرنے والے قطرے

جلد تشخیص

پیغام:

ہر شخص باقاعدگی سے آنکھوں کا معائنہ کروائے۔ کالا موتیا کے امکانات کی صورت میں معائنے میں نرس کی جانچ، آنکھ کے اندرونی دباؤ اور دیگر ٹیسٹ کروائے جاتے ہیں۔ یاد رکھیں، بروقت تشخیص اور ماہر امراض چشم کی ہدایات پر عمل سے ہی نظر کو بچایا جاسکتا ہے۔

College of Ophthalmology and Allied Vision Sciences,
Mayo Hospital, Lahore.



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