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BMCH IT Wing

CONTENTS

- **ACHIEVEMENTS**
- **OUTREACH PROGRAMMES**
- **PROGRAMS AND EVENTS**
- **FACULTY CORNER**
- **RESEARCH CORNER**
- **SPECIAL CASE REPORT**
- **STUDENT CORNER**

ACHIEVEMENTS

Dr. G. R. Rajashree MD (Anes) DEAN, was honored for chairing a scientific session at ACS Medical College and Hospital during the prestigious iMeduCon'26 – International Conference on Medical Education, organized by Dr. M.G.R. Educational and Research Institute, Chennai, on February 5th and 6th, 2026.

As Session Chairperson, Dr. Rajashree played a pivotal role in guiding academic discussions, facilitating knowledge exchange, and ensuring the smooth conduct of presentations. Her insightful moderation and academic expertise significantly enriched the session, fostering meaningful dialogue among delegates and participants.

In recognition of her valuable contribution, she was felicitated with a memento during the conference. The event witnessed the presence of eminent academicians and healthcare professionals, highlighting advancements and innovations in medical education.

Dr. Rajashree's participation reflects the continued academic excellence and active involvement of Bhaarith Medical College in national and international medical forums.



Dr.M.Thanigai Vendan MBBS, MD (Anes), Chief Executive Officer - was invited for a Panel Discussion in the Global Summit on CLIMATE CHANGE MITIGATION – HEALTHCARE PRESPECTIVE was honored in recognition providing an insight on the hiring Climate literate staff in healthcare sharing real time experiences and examples on how Bhaarath Medical College And Hospital gives priority on Green environment.

EVENT DETAILS:

Topic

Leadership, Education, and the Way Forward for Climate-Resilient Health Systems

Date & Time

05th February 2026 & 04.00pm to 04.45pm

Venue

SRM Medical College Auditorium, Kattangulathur, Chennai

Host

Common Wealth Medical Association Hosted by Indian Medical Association Tamil Nadu State Branch

Event Synopsis

Climate change presents a critical opportunity for health systems to innovate, adapt, lead. Across hospitals & healthcare services, there is growing momentum to strengthen resilience, improve efficiency, protect vulnerable populations through sustainable practices.

From addressing heat stress & air quality to ensuring water & energy security, healthcare institutions are increasingly shaping solutions that enhance both patient care and system resilience.

The CMA Global Summit 2026 brings together healthcare professionals, educators, students, policymakers, engineers, civil society to explore how health systems can adapt, mitigate, and lead climate action.



Dr. Jamunarani, Professor and Head of the Department of Pathology, was honored with the CMA Global Ambassador for Climate Change Mitigation award by the Commonwealth Medical Association on 5th February 2026.



Dr. Jamunarani, Professor and Head of the Department of Pathology, was honoured at an IMA event for unwavering commitment, visionary leadership, distinguished service and exemplary contributions to the association.



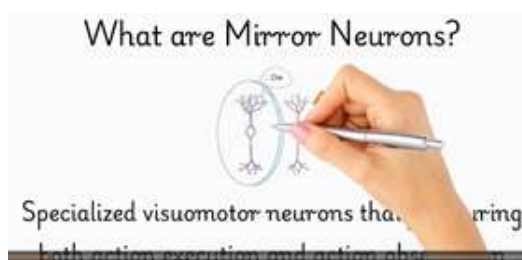
Dr.Neha.A, Assistant Professor, Department of Pathology has been honoured at an IMA event in recognition of young professionals' participation in professional activities and involvement in the association.



Dr.Dhanalakshmi, Professor, Department of Pathology has been honoured during CME on the Cervical Cancer Awareness CME titled “Cervical Cancer Awareness -Screen, Prevent, Protect” for participation in professional activities and involvement in the Indian Medical Association.



Dr. Vanathy, Department of Physiology proudly secured the First Prize in the Academic Video Competition at the International Conference on ‘JARA – Neurobiology of Aging’, conducted by Velammal Medical College Hospital & Research Institute, Madurai.



NABH ENTRY LEVEL AUDIT – ADVANCING TOWARDS QUALITY AND PATIENT SAFETY EXCELLENCE

“Quality Care. Patient First.”

Bhaarath Medical College & Hospital, Chennai, achieved a significant milestone in its quality journey by successfully undergoing the NABH Entry Level Onsite Assessment on 27th & 28th February and 1st March 2026. This marked the institution’s first-time onsite assessment under the NABH Entry Level Standards for Hospitals (1st Edition), focusing on evaluating patient safety systems, quality of care, and operational efficiency.

As a multi-specialty teaching hospital, the institution provides a wide spectrum of specialty and super-specialty healthcare services, with a strong emphasis on patient-centered care, safety, and continuous quality improvement.

Audit Process and Methodology

The assessment commenced with an Opening Meeting, during which the Accreditation Coordinator presented an overview of the hospital’s infrastructure, scope of services, and quality initiatives. The Principal Assessor outlined the objectives, structure, and methodology of the assessment in alignment with NABH Entry Level standards.

The audit was conducted in a systematic and comprehensive manner, covering all functional and clinical areas of the hospital. The methodology included:

●Departmental Visits:

Detailed physical inspection of all relevant departments including OPD, IPD, Emergency, ICU, Operation Theatres, Dialysis Unit, CSSD, and support services

●Staff Interactions:

Interviews with management representatives, consultants, nursing staff, and support personnel to assess awareness, training, and implementation of protocols

●Patient Care Pathway Evaluation:

Review of patient flow from admission to discharge, ensuring continuity, safety, and quality of care

●Document Review:

Verification of policies, standard operating procedures (SOPs), records, registers, and statutory documents to ensure compliance with NABH standards

●Quality Indicator Assessment:

Evaluation of data related to clinical and administrative indicators, reflecting ongoing monitoring and performance improvement

Key Strengths and Recognitions

The assessment highlighted several strengths of the institution:

- Well-maintained cleanliness and hospital ambience, enhancing patient comfort and satisfaction
- Strong leadership commitment towards quality improvement and patient safety, which was appreciated during the assessment
- Active functioning of hospital committees, with proper documentation and regular review mechanisms
- Structured monitoring of quality indicators, demonstrating a proactive approach to continuous improvement
- Adoption of safe clinical practices, ensuring high standards of patient care

Commitment to Continuous Quality Improvement

The audit process served as a valuable opportunity to strengthen institutional systems and reinforce best practices across departments. It emphasized the importance of:

- Standardization of processes
- Effective documentation and record management
- Staff training and awareness
- Adherence to infection control and patient safety protocols

The hospital is currently in the final stage of committee verification, and the certification is awaited.

Way Forward

The successful completion of the NABH Entry Level Audit reflects the collective dedication and teamwork of the entire hospital team and marks a strong foundation in its quality journey.

Bhaarath Medical College & Hospital is now strategically progressing towards Full NABH Accreditation, with a targeted timeline of 2027, further strengthening its quality framework, patient safety systems, and clinical excellence.

The institution remains committed to delivering safe, ethical, and high-quality healthcare services while continuously enhancing its processes in alignment with national accreditation standards.

BLOOD BANK

Successful Management of RTA Case with O Negative Blood Group from Blood Bank

A critically injured patient following a road traffic accident (RTA) was admitted to our hospital in a life-threatening condition, requiring immediate and extensive transfusion support. The patient was identified to have an O negative blood group, which is relatively rare and often poses significant challenges in emergency situations due to limited availability.

Understanding the urgency, the Blood Bank team acted promptly and efficiently to ensure uninterrupted supply of blood components. On the same day of admission, required number of O negative PRBCs were mobilized and provided without delay, demonstrating the preparedness, coordination, and commitment of the Blood Bank services. A total of 12 units of Packed Red Blood Cells (PRBCs), 5 units of Fresh Frozen Plasma (FFP), and 2 units of platelets were arranged and transfused as part of the patient's management.

This rapid response played a crucial role in stabilizing the patient during the critical phase of treatment. The dedicated efforts of the medical team, blood donors, and support staffs were instrumental in ensuring timely care and improving patient outcomes. Such instances reaffirm our institution's commitment to delivering prompt and quality healthcare services, even in the most challenging circumstances.

***OUTREACH
PROGRAM***

HEALTH CAMP

A health camp was organized for the residents of SSM nagar by the staff of Bhaarith medical college and hospital in association with the IMA BMCH branch. It was a one day screening camp which was conducted for the benefit of residents. Complete health screening was done by the doctors and counselling for the health condition was given. There were around 80-90 beneficiaries who benefitted from the camp.



PROGRAMS
AND
EVENTS

ENT

The **ENT Department** marked the kickoff of World Hearing Day celebrations with a series of impactful outreach initiatives. A free medical camp was conducted at SSM Nagar on 21st February, offering screening and consultation services to the community. In addition, awareness talks based on the World Hearing Day 2026 theme of “from communities to classrooms : Hearing care for every child” were delivered in various schools - Bhaarth MHSS, MCC MHSS and Shanthinikethan MHSS, emphasizing the importance of early detection, hearing protection, and timely intervention. These activities reflect the department’s commitment to promoting hearing health and creating awareness at both community and student levels.



BIOCHEMISTRY

The Metabolic Maze Crossword Puzzle Quiz Competition was conducted by the Department of Biochemistry, Bhaarith Medical College and Hospital, bringing together students to enhance their knowledge and skills in an engaging and interactive manner. The program witnessed enthusiastic participation, reflecting the students' keen interest in academic and extracurricular excellence. The highlight of the event was the prize distribution ceremony, which was graciously presided over by the Dean, Vice Principal student affairs, Medical Superintendent (MS), and Deputy Medical Superintendent (DMS) and by the biochemistry department. The dignitaries appreciated the efforts of the organizers and motivated the participants to continue striving for excellence. Winners were recognized and awarded for their outstanding performance, making the occasion both memorable and inspiring.



The Department of Biochemistry , Bhaarith medical college & hospital successfully conducted an informative and engaging seminar for 1st year MBBS (2025- 2026) students. The session focused on advancing knowledge in the field of biochemistry, highlighting recent developments, research insights, and their practical applications in healthcare. Students and faculty actively participated, making the seminar highly interactive and intellectually stimulating. The speakers effectively simplified complex concepts, encouraging curiosity and critical thinking among attendees. Their expertise and clear presentation were widely appreciated by the audience. The seminar concluded with a discussion session, allowing participants to clarify doubts and share perspectives. Overall, the event was a great success, enriching academic learning and inspiring students to explore deeper into the subject.

IMA, BHAARATH MEDICAL COLLEGE AND HOSPITAL, SELAIYUR BRANCH

The IMA, Bhaarith Medical College and Hospital, Selaiyur Branch along with the Department of Anaesthesia, conducted a BLS training program for the interns. The interns were taught about the steps of BLS and hands on training were given on mannequins. It was an interactive session emphasizing the importance about basic life support.



CME ON CERVICAL CANCER AWARENESS

The Department of Obstetrics and Gynaecology, in association with IMA, Bharath Medical College and Hospital, Selaiyur Branch, organized a CME on “Cervical Cancer Awareness” on 10th February 2026. The session was delivered by eminent speakers who highlighted the importance of early detection and management of cervical cancer. The CME was an academic extravaganza with knowledgeable and interactive sessions.



WORLD ORGAN DONOR DAY

IMA, Bhaarith Medical College and Hospital, Selaiyur Branch, commemorated World Organ Donor day on 16.02.2026. It was an attempt to honour the supreme sacrifice of organ donation. Three live kidney donors were honoured and felicitated. This was followed by a motivational session to encourage organ donation.



CME DECODING SEPSIS

On 25/02/2026 IMA conducted an academic program for the doctors. A CME titled decoding sepsis was conducted. Four eminent speakers spoke about the etiopathogenesis, diagnosis and management and about septic shock in detail. They also highlighted the varied clinical presentations of sepsis. It was an interactive session which was attended by 50-60 doctors.



FACULTY
CORNER

Dr. Gayathri

● Attended CME on “Clinical Applications of Bioimpedance Spectral Analysis – 2026”
Conducted by **St. Peter’s Medical College and Hospital, Hosur** (20th February 2026)

● Participated in “Heartbeat 2026” CME, Conducted by **Government Medical College, Dindigul** (13th February 2026).

Dr. Meena

● Attended “JARA – Neurobiology of Ageing”, International Hybrid Conference (6th–8th February 2026),
Conducted by **Department of Physiology, Velammal Medical College and Hospital**.

Dr. Vanathy

● JARA - Neurobiology of aging - International conference - FEB 6th to 8th - conducted by velammal medical college hospital & research institute, Madurai.
● Heartbeat 2026 - CME - FEB 13th - conducted by Government medical college, Dindigul.

Dr. Latha, HOD, Department of Physiology - Delivered a guest lecture on “Gut Health & Gut Microflora” at **PERI College of Arts and Science** on 20th February 2026.



Dr. Uma Maheshwari, HOD, Department of Biochemistry, served as judge for paper presentation session at iMEDUCON 2026, International medical education conference conducted on 5th February at ACS medical college and hospital

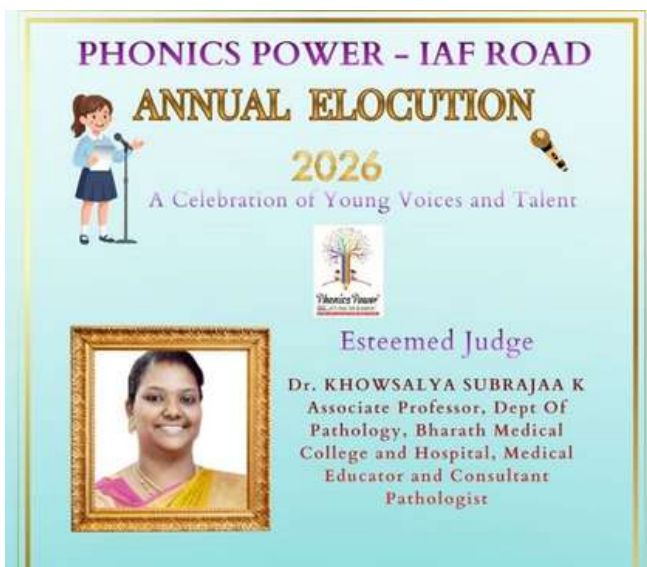
Presented as "Best Reviewer" in the journal "International journal of clinical Biochemistry and Research" and "African journal of Medicine and Pharma Research" at Reviewer's training workshop 2026 organized by IESRF in association with IP Innovative Publication Pvt. Ltd. New Delhi, held on 28th February 2026.



Dr. Jamunarani, HOD, Department of Pathology, delivered an insightful talk on “From HPV Infection to Cervical Carcinoma: Molecular Pathogenesis and Clinical Implications” as part of the Cervical Cancer Awareness CME titled “Cervical Cancer Awareness -Screen, Prevent, Protect.”



Dr. Khowsalya Subrajaa, Associate Professor, Department of Pathology, served as a judge for the annual elocution competition organized by Phonic Power–IAF Road on 20th February 2026



DR. R. VEENA, Professor, Department of Pathology, has served as a peer reviewer for the following journals:

- Academia Medicine and Health
- Cureus Journal of Medical Science



***RESEARCH
CORNER***

1. Dr.Gayathri

Published: "Correlation between resting blood pressure and body mass index among first-year MBBS students: a cross-sectional study"

Journal: **African Journal of Biological Sciences (2026; 8(2): 89–96)**

2.Dr.Meena

Published: "Anthropometric and functional predictors of cardiovascular stress – A cross sectional study to assess their association across normotensives, pre hypertensives and hypertensives in South India"

Journal: **Journal of Cardiovascular Health Research (2026; 16(1): 2552–2561)**

***SPECIAL CASE
REPORT***

OBG - A CASE OF ABRUPTIO PLACENTA

A 22-year-old primigravida, presented at 34 weeks and 5 days of gestation with complaints of intermittent lower abdominal pain and symptoms of cough and cold for one week ,along with facial puffiness and bilateral pedal edema for three days

She had a history of childhood epilepsy, well-controlled with no recent episodes. Her antenatal period was normal, with normal scans and no prior history of hypertension.

On examination, her BP was elevated at 147/90 mmHg with significant edema. Systemic examination was unremarkable, and fetal heart rate was initially normal.

She was admitted for observation and started on antihypertensives and antenatal steroids. Regular monitoring of blood pressure, fetal heart rate, and signs of imminent eclampsia was carried out.

Over time, her blood pressure progressively increased, reaching 170/100 mmHg. She developed abdominal tenderness with a tense uterus, raising suspicion of placental abruption. Despite stable fetal movements initially, the clinical picture worsened.

Investigations showed stable platelet counts and normal ultrasound findings prior to the event. Considering severe preeclampsia with impending abruption, an emergency lower segment cesarean section was planned. She received magnesium sulfate and intravenous labetalol prior to surgery.

Intraoperatively, the uterus and adnexa were normal, and a 50g of retro placental clot was removed. One unit of packed red blood cells was transfused during the procedure. A live female baby weighing 1.6 kg was delivered.

Postoperatively, the patient was managed with antihypertensives, magnesium sulfate, antibiotics, and supportive care. Her recovery was smooth with stable vitals and good uterine contraction.

Multidisciplinary consultations were obtained, and regular monitoring was continued.

The baby was observed and later shifted to the mother's side. The patient was discharged in stable condition after suture removal. She was advised home blood pressure monitoring and continuation of antihypertensive therapy. Iron and calcium supplementation were prescribed.

This case highlights the importance of early recognition and prompt management of severe preeclampsia and impending placental abruption

DEPARTMENT OF DERMATOLOGY

RARE CASE SPOTLIGHT: PACHYDERMOPERIOSTOSIS WITH CHRONIC KIDNEY DISEASE

Introduction

Pachydermoperiostosis is a rare hereditary disorder characterized by digital clubbing, periosteal thickening of bones, and thickening of skin over the face and scalp. The condition primarily affects males and usually begins around puberty. In addition to dermatological and skeletal manifestations, patients may present with systemic complications such as joint pain, hyperhidrosis, seborrhea, and gastrointestinal involvement. Early recognition of the condition helps prevent complications and improves patient quality of life.

Case Presentation

A 46-year-old male presented with progressive enlargement of both hands and feet for 23 years and bilateral knee swelling for four years. He also developed thickened skin over the forehead and scalp folds. Clinical examination revealed digital clubbing, cutis verticis gyrata, forehead skin thickening, pallor, hyperpigmented lesions over the lower limbs, and generalized xerosis. The patient had no family history of similar illness and was previously diagnosed with pachydermoperiostosis and was receiving conservative treatment.



The presence of scalp folds is one of the characteristic dermatological manifestations of pachydermoperiostosis. These folds result from progressive thickening of the skin and underlying connective tissue.

Scalp folds suggestive of cutis verticis gyrata



Bilateral knee swelling

Joint involvement commonly presents as swelling, effusion, and pain. Radiological imaging typically demonstrates periosteal thickening and joint effusions, which support the diagnosis.

Systemic Findings

Further evaluation revealed severe anemia, hypothyroidism, hypertension, and chronic kidney disease. Laboratory investigations showed elevated blood urea and creatinine levels. Ultrasonography demonstrated reduced kidney size with loss of corticomedullary differentiation. The patient developed reduced urine output and was diagnosed with Stage 5 chronic kidney disease requiring maintenance haemodialysis.

Disease Mechanism and Clinical Features

The disease is associated with abnormalities in prostaglandin metabolism and growth factor activity leading to increased prostaglandin E2 levels. Major features include pachydermia, periostosis, and digital clubbing, while minor features include hyperhidrosis, acne, seborrhea, cutis verticis gyrata, and joint effusion.

Management

There is no definitive cure for pachydermoperiostosis. Treatment is primarily symptomatic and includes non-steroidal anti-inflammatory drugs, corticosteroids, colchicine, COX-2 inhibitors, and bisphosphonates. Surgical interventions such as synovectomy may be considered in selected cases. The patient continues conservative management along with haemodialysis support.

Conclusion

Pachydermoperiostosis is a rare disorder diagnosed through clinical and radiological findings. Its association with chronic kidney disease is uncommon. Early recognition, regular follow-up, and multidisciplinary care are essential in improving patient outcomes.

Cydnidae Pigmentation: An Emerging Cause of Palmoplantar Hyperpigmented Macules

Background

Pigmentary disorders affecting the palms and soles often create diagnostic confusion for clinicians. Among the lesser-known yet increasingly recognized causes is Cydnidae pigmentation, a distinctive exogenous pigmentary condition resulting from contact with burrowing bugs belonging to the Cydnidae family. Awareness of this benign and self-limiting entity is essential to avoid unnecessary investigations and patient anxiety.

Clinical Presentation

Patients typically present with:

- Sudden onset of multiple brown to black macules
- Predominant involvement of palms and soles
- Asymptomatic lesions without itching or pain
- History of outdoor activity, gardening, or agricultural exposure

The lesions are usually irregular, discrete, and vary in size. They do not blanch on pressure and are limited to superficial skin layers.



Multiple discrete hyperpigmented macules scattered over both soles representing characteristic cydnidae pigmentation.

Pathogenesis

The pigmentation results from insect defensive secretions that contain dark-colored hydrocarbons and quinone compounds. These substances adhere strongly to keratin and produce the characteristic discoloration. Since the pigment remains superficial, it gradually fades as the stratum corneum undergoes natural exfoliation.

Differential Diagnosis

- Petechial hemorrhages
- Palmoplantar melanocytic nevi
- Tinea nigra
- Drug-induced pigmentation
- Vasculitic lesions

A detailed history and dermoscopic evaluation can help distinguish cydnidae pigmentation from these conditions.

Dermoscopic Features

- Superficial brown globules or granules
- Lack of vascular patterns
- Pigment limited to skin furrows

Management

- Patient reassurance
- Gentle keratolytic agents if required
- Observation as lesions typically resolve within 1–3 weeks

Prevention

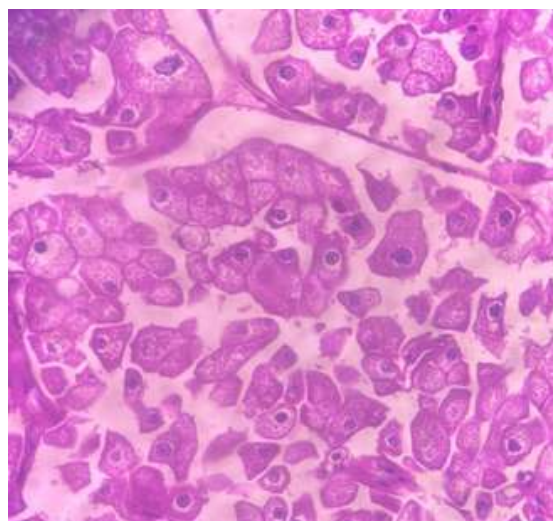
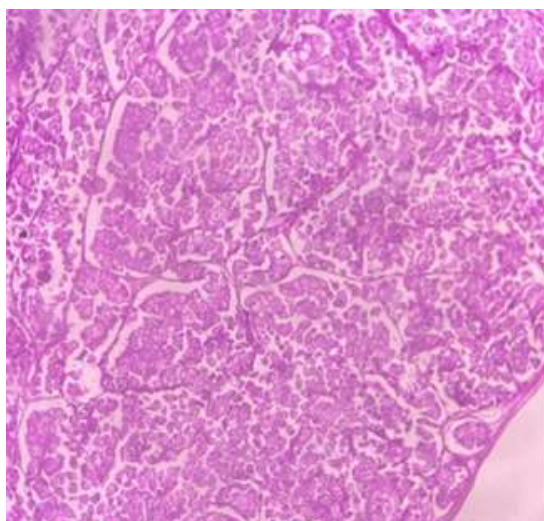
- Wearing protective footwear and gloves during outdoor or agricultural activities
- Avoiding crushing unknown insects against bare skin
- Maintaining awareness among individuals in endemic regions

Conclusion

Cydnidae pigmentation is an important yet underrecognized cause of palmoplantar hyperpigmentation. Proper identification prevents misdiagnosis, avoids unnecessary treatments, and reassures patients about the benign nature of the condition.

INTERESTING CASE IN PATHOLOGY

Left Nephrectomy: Chromophobe Renal cell carcinoma, pT1



DEPARTMENT OF OPHTHALMOLOGY

Age-Related Macular Degeneration: The Importance of Awareness and Screening

Protecting Vision Through Early Detection

Age-Related Macular Degeneration (ARMD) is one of the leading causes of irreversible vision loss among individuals above 50 years of age. With increasing life expectancy and an ageing population, ARMD has emerged as a growing public health concern worldwide. However, timely screening and early intervention can significantly reduce the risk of severe visual impairment.

ARMD affects the macula, the central portion of the retina responsible for sharp and detailed vision needed for activities such as reading, driving, and recognizing faces. Degeneration of the macula leads to progressive loss of central vision, while peripheral vision is usually preserved.

Types of ARMD

ARMD is broadly classified into two types:

Dry (Non-neovascular) ARMD:

This is the most common form, accounting for nearly 85–90% of cases. It is characterized by the presence of drusen deposits beneath the retina, along with retinal pigment epithelial changes and sometimes geographic atrophy. The disease usually progresses slowly but can eventually cause significant central vision loss.

Wet (Neovascular) ARMD:

Although less common, wet ARMD accounts for the majority of severe vision loss. It occurs due to abnormal growth of blood vessels beneath the retina, known as choroidal neovascularization, which may lead to leakage, bleeding, and scarring of the macula.

Risk Factors

The development of ARMD is influenced by several factors, including increasing age, genetic predisposition, smoking, hypertension, obesity, and excessive exposure to sunlight. Diets low in antioxidants and leafy vegetables may also contribute to disease progression. Among these, smoking remains one of the most important modifiable risk factors.

Screening and Early Detection

Early ARMD may remain asymptomatic, making routine screening essential. Individuals above the age of 50 years, particularly those with risk factors, should undergo periodic eye examinations.

Screening methods include:

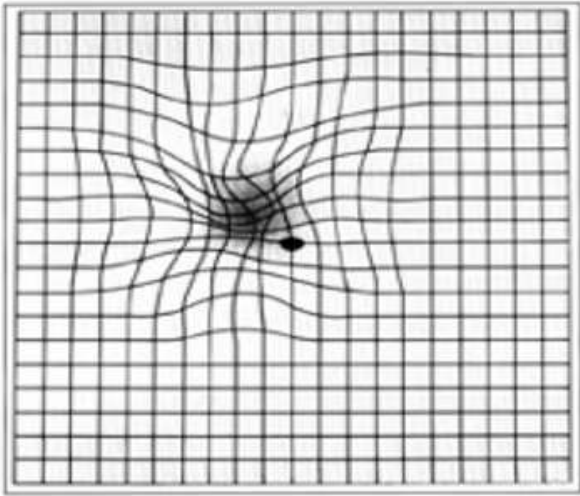
- Visual acuity assessment
- Dilated fundus examination
- Amsler grid testing to detect distortion of central vision
- Optical Coherence Tomography (OCT) for early structural changes
- Fundus photography for documentation and follow-up

Early detection enables timely monitoring and intervention, which may help prevent progression to advanced stages.

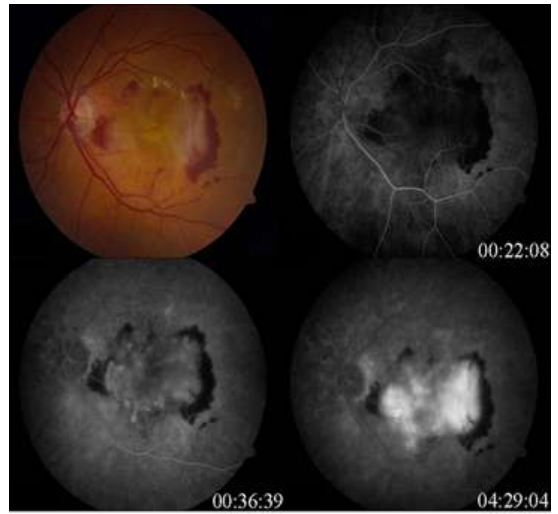
Management and Prevention

Management depends on the stage and type of ARMD. In dry ARMD, lifestyle modification and antioxidant supplementation based on the AREDS formulation may help slow disease progression. Wet ARMD is treated primarily with intravitreal anti-VEGF injections, which can stabilize or improve vision if administered early.

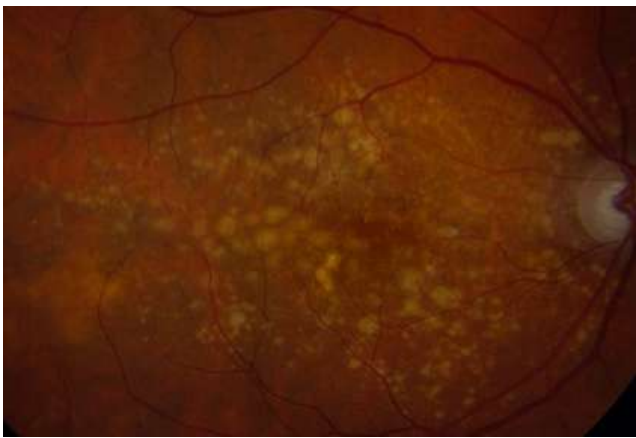
Preventive strategies include smoking cessation, maintaining a balanced diet rich in green leafy vegetables and omega-3 fatty acids, controlling systemic diseases such as hypertension, and undergoing regular eye examinations after the age of 50 years.



Changes in amsler grid



Exudative AMD



Intermediate AMD



Progression of AMD

Awareness Box: 5 Warning Signs of ARMD

Patients should seek an eye examination if they notice:

- Blurred central vision – Difficulty reading or recognizing faces
- Distorted vision – Straight lines appearing wavy (metamorphopsia)
- Dark or blank spots in the center of vision
- Difficulty seeing in dim light
- Reduced contrast sensitivity or faded colors

Important: Early ARMD may not produce noticeable symptoms. Regular eye screening after the age of 50 years is essential.

Self-Check Tip:

Patients can monitor their vision at home using an Amsler grid. If lines appear distorted or missing when viewing the grid with one eye at a time, they should consult an ophthalmologist promptly.

Key Message

Age-Related Macular Degeneration is a major cause of visual impairment in the elderly, but early detection through regular screening and timely treatment can significantly reduce vision loss. Increasing public awareness and encouraging routine eye examinations after the age of 50 years are essential steps in preserving vision and improving quality of life.



Bhaarath





MEDICAL COLLEGE & HOSPITAL



Bhaarath Medical College and Hospital

A constituent institution of Bharath Institute of
Higher Education and Research (BIHER)

(Declared as Deemed-to-be University under section 3 of UGC Act, 1956)

-  173, Agaram Main Rd, Selaiyur, Tambaram, Chennai, Tamil Nadu 600073
-  044-61116222 Toll Free: 1800 123 444 447
-  office@bmch.ac.in  www.bmch.ac.in

