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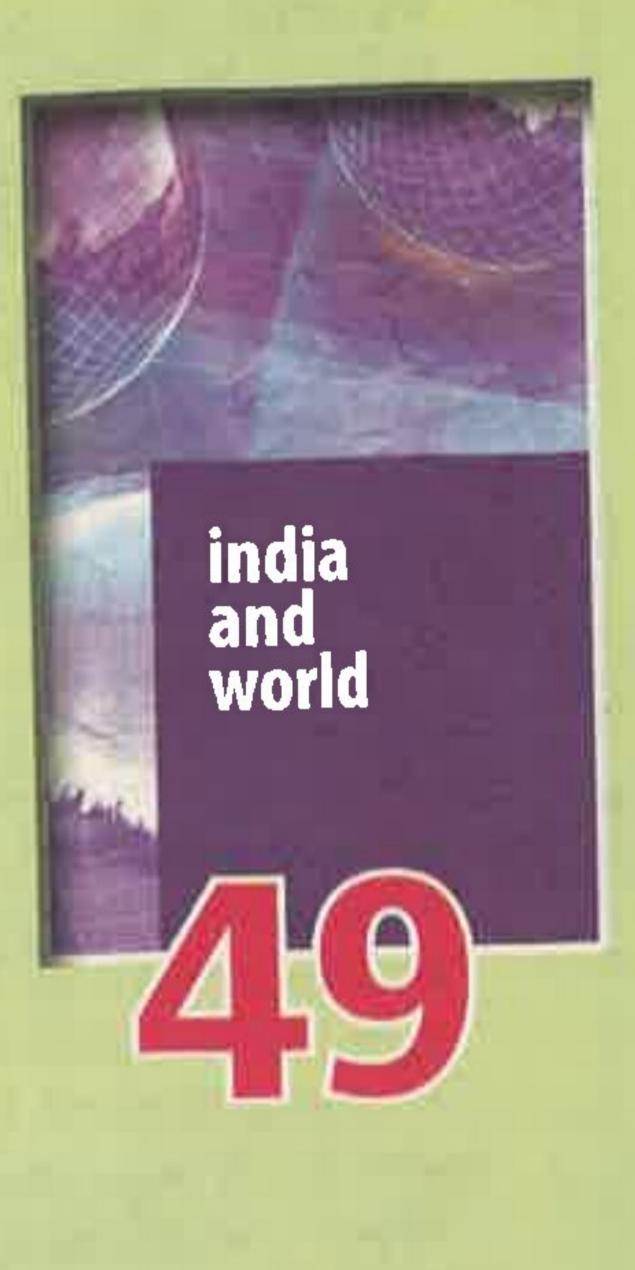
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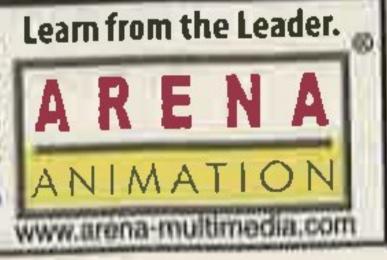


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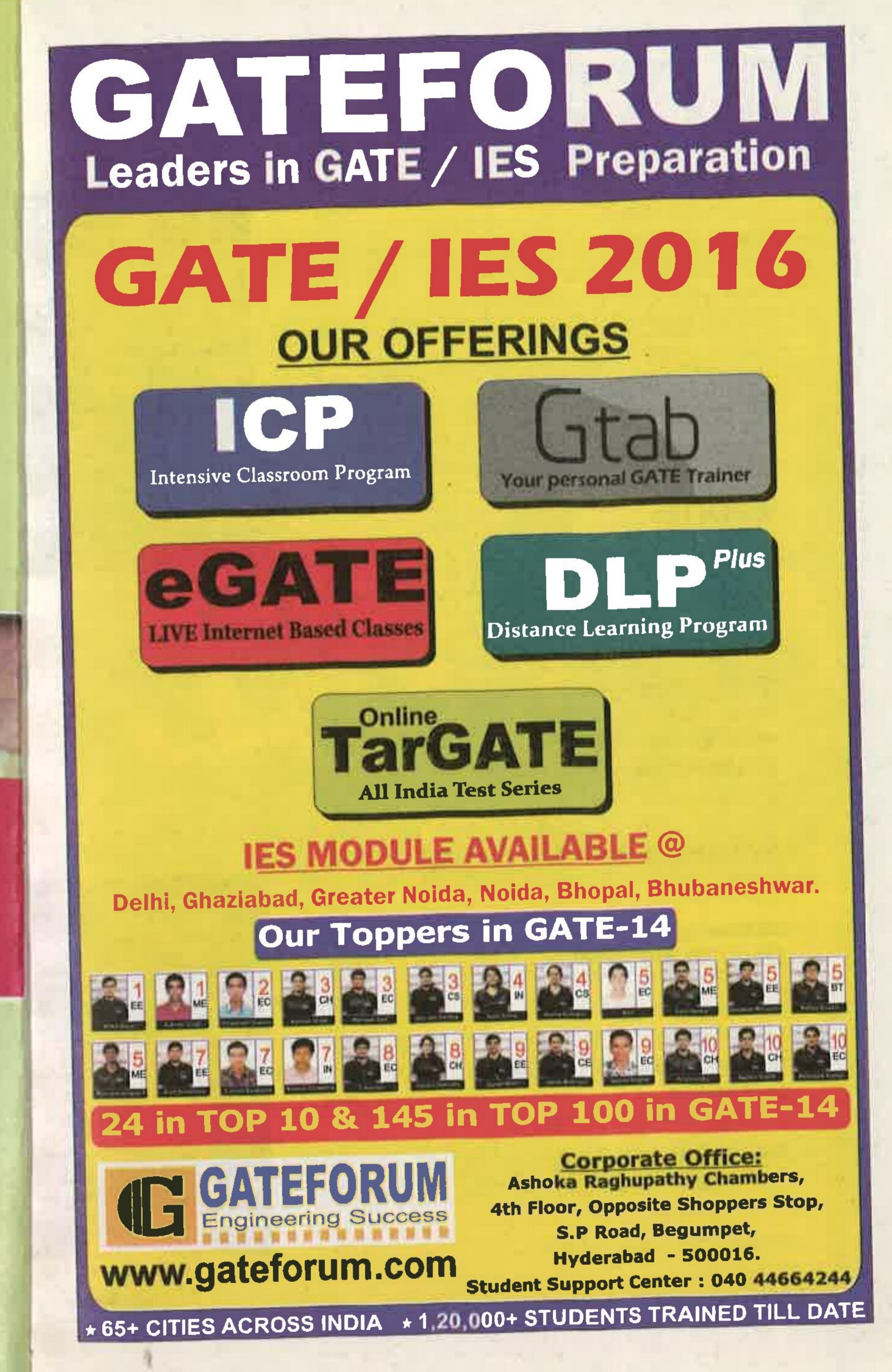
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September 1. Elena Varzi, 87, Italian actress (Path of Hope)

2013 November 10, Pushpa Thangadorai, 82, Tamil author • 17. Om Prakash Valmiki, 63, writer.

India

December 10. Srikanta Wadiyar, 60, Indian politician, leader of Mysore Kingdom and Wadiyar dynasty • 16. Uthradom Thirunal Marthanda Varma, 91, titular Maharaja of Travancore since 1991 • 27. Farooq Farooq Sheikh Sheikh, 65, Hindi ac-



tor • 29. Jagadish Mohanty, 62, Oriya language writer.

2014 February 5. Juthika Roy, 92, legendary bhajan singer • 13. Balu Mahendra, 75, award-winning film director and actor. • 13. Ghulam Mohammad Saznawaz,74, Sufi music maestro • 17. Amar Kant, 88, noted Hindi litterateur and Jnanpith award winner • R.K. Srikantan, 94, eminent Carnatic vocalist • Prokash Karmakar, 81, eminent painter noted for his landscapes and nudes • C R Simha, 72, renowned Kannada theatre and film personality.

March 1. Bangaru Laxman, 74, former President of the Bharatiya Janata Party (2000-2001) • 20. Khushwant Singh, 99, journalist and author • 27. P. Ramdas, 83, Malayalam film director.

April 7. Ashish Bose, 83, Indian demographer, coined the term "BIMARU".

25. Nanda, 75, Hindi film actress.

May 16. Russi Mody, 96, Indian steel and airline executive, President of Tata Steel, In-



C.P. Krishnan Nair

dian Airlines and Air India, recipient of the Padma Bhushan (1989) • 17. C.P. Krishnan Nair, 92, Indian hotelier, founder and chairman of The Leela Group of Hotels, recipient of the Padma Bhushan (2010) • 21. R. Umanath, 92, Indian

politician and political leader (CPI(M)), MP for Pudukottai (1962–1971), Tamil Nadu MLA for Nagapattinam (1977-1984) • 26. Baselios Thoma Didymos I, 92, Indian Orthodox Church hierarch, Catholicos of The East and Malankara Metropolitan (2005-2010) • 28. Mitraniketan Viswanathan, 86. Indian social reformer and environmentalist, founder of Mitraniketan.

June 3. Gopinath Munde, 64, politician • 10. Narendra Patni, 71, founder of Patni Computer Systems • 14. Telegana Shakuntala, 63, film and stage actress.

July 10. Zohra Sehgal, 102, actress and choreographer • 15. Sulekha Hussain, 85, Urdu novelist • 17. J. Sasikumar, 85, Malayalam filmmaker and director.

August 5. Pran Kumar Sharma, 75, Indian cartoonist (Chacha Chaudhry) • 5. Arvind Apte, 79, cricketer • 6. Smitha Talwalkar, 59, film actress, producer and director • 19. Adyar K. Lakshman, 80, Indian dancer • 20. B K S lyengar, 95, founder of lyengar Yoga • 22. U. R. Ananthamurthy, 81, writer and critic • 30. Bipan Chandra, 86, Indian historian, specialising in economic and political history of modern India.

September 1. Maya Rao, 86, Kathak dancer • 2. G E Vahanvati, 65, former Attorney General of India • 3. A.P. Venkateswaran, 84, former Foreign Secretary of India • 19. U. Srinivas, 45, mandolin player.



U. Srinivas

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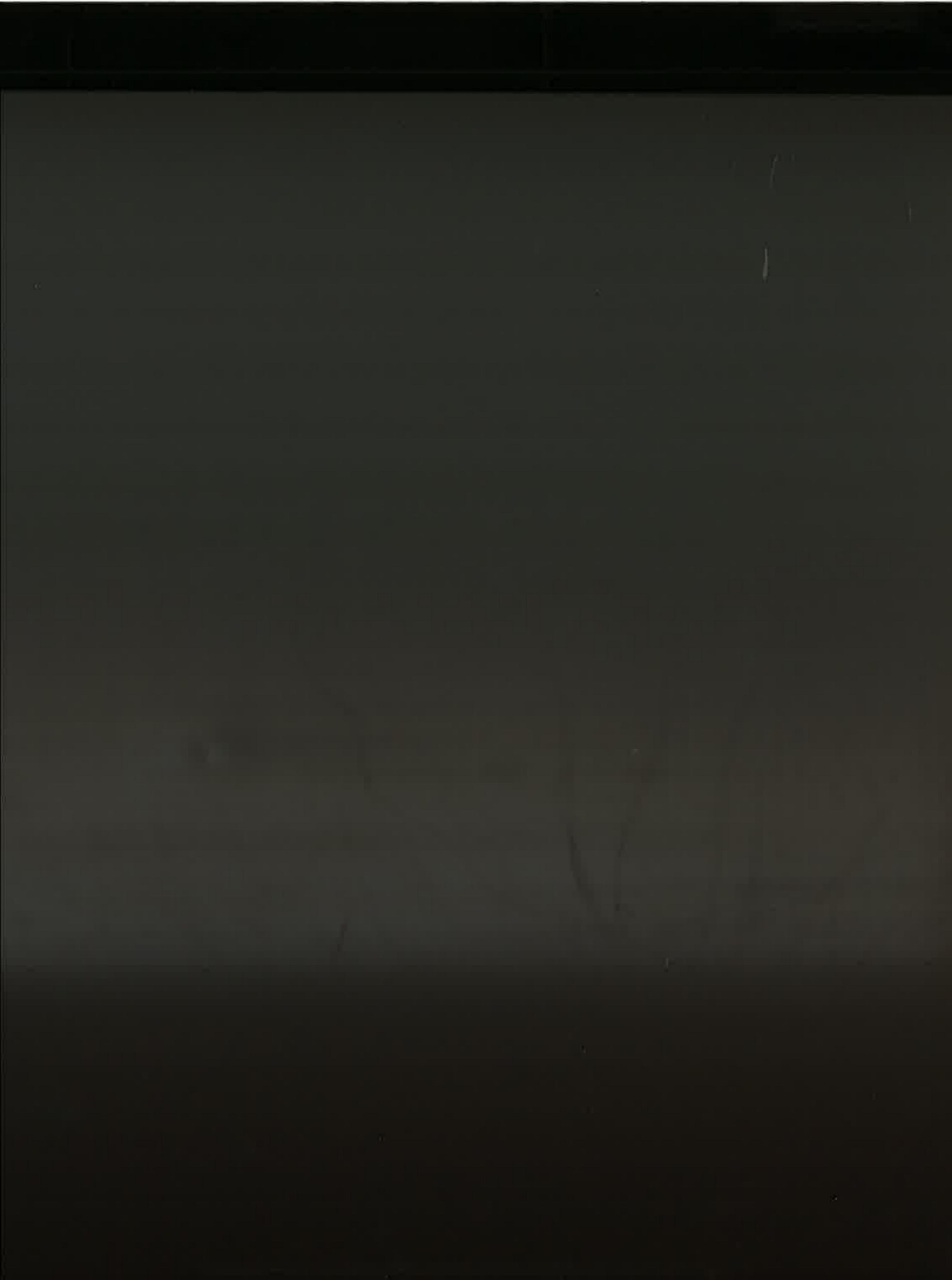
DIABETIC EYE DISEASES Understanding the disease and its symptoms

thin blood vessels supplying the retina get Diabetes mellitus is the body's in- affected by the high sugars of diabetics, ability in handling glucose, due mainly to causing tiny hemorrhages and leaks. At this a combination of insulin deficiency stage, there are no vision-related problems, (either relative or absolute) and insulin so unless routinely checked for, this early inaction (termed insulin resistance). In retinopathy is likely to be missed. In some normal persons, insulin takes glucose cases, the retina undergoes swelling from the blood and delivers it to wher- (termed macular edema), which causes ever it is required. When this does not blurred vision. Routine eye examination is happen, blood sugar levels go up, and dia- recommended in all diabetics, as early betes occurs. High sugar levels per se do retinopathy and macular edema needs to not cause symptoms. So why are we so be treated with laser therapy, a relatively inobsessed about tight sugar control? The expensive and painless procedure. If reason is that high sugar levels cause cer- missed, later stages of retinopathy are not tain changes inside blood vessels, which so easily treatable. If retinopathy is allowed in turn result in damages to various to proceed, new blood-vessels start develorgans of the body. Studies have shown oping over the retina (termed proliferative that tight control over blood sugar (and retinopathy). These vessels are weak, and blood pressure, if high) can prevent, and may subsequently break down to bleed inside the eye. Since a blood clot is opaque, in some cases reverse, these organ damthis causes sudden loss of vision in that eye ages. in part or whole, depending on the size of One of the organs commonly affected the clot.

in diabetes is the eye. The three eye dis-Prior to an actual bleed, proliferative eases that might occur in diabetics are retinopathy can also be managed with laser, diabetic retinopathy, cataract and glaubut once a bleed occurs, the only discourse coma. Although cataract and glaucoma are not limited to diabetics, they occur is surgery, which is performed only at spemore commonly in this disease. The cialized centres. Small bleeds may rarely common presentations in both these dis- disappear spontaneously, but may leave orders are headache and blurring of behind bands of scar-tissue that might pull vision. Diagnosis is fairly simple, and sur- at the retina and cause it to detach from the underlying tissue, which might also need gical treatment is the same as in nondiabetic individuals. However, careful surgical repair. blood-glucose control is absolutely mandatory during and after surger To sum up, diabetic eye diseases are an

Diabetic retinopathy, as the name imscreen; the screen being the retina. The (always) better than cure"!

important group of diabetic complications. Regular eye check-up can identify early plies, is an eye disease that is specific to stages of retinopathy, and treatment at diabetes. Retina is the part at the back of these early stages is relatively simple, with the eye where light falls after entering the laser therapy. Later stages of the disease eye and passing through the lens, some- may require more specialized surgical care. what similar to a movie projector and the But as the old adage goes, "prevention is



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