

Shroff eye®

NEWS AND VIEWS

*Safe Place and Trusted Care
During COVID-19 pandemic your safety is our highest priority*

Our eyes are an important part of our health. We rely on them to see and make sense of the world around us. It is not uncommon nowadays to hear that humans live actively well into their 90s!

But what humans depend on most at that age is good vision.

Physically many activities may be challenging for elderly but reading and watching TV is an integral part of their daily living.

So, what can we do from a younger age to ensure good sight as we get older?

They are simple but important tips that keep your eyes healthy and make sure you are seeing your best.

1. Diet Healthy, balanced, rich in fruits and vegetables. Less processed food. Minimal sweets and fried food. Unhealthy diet can increase blood cholesterol and sugar which can affect the vessels of the eyes.

2. Weight Control Avoid obesity to avoid diabetes and hypertension (high BP). Such uncontrolled diseases can affect the retina

3. Exercise When regular it is associated with decreased risks for certain eye conditions

4. Eyewear good UV blocking sunglasses protect the sensitive retina; correct spectacle powers prevent eye strain; anti fatigue computer glasses prevent frequent changes in spectacle powers

5. Visit us regularly. Schedule checkups every year or two and make sure you use the right prescription for your glasses. Make sure that a dilated retinal examination is being done and not just a prescription check up.



Shroff Eye Opener® # 130

Do keep COVID at bay by vaccinating + masking + good hygiene + improved immunity with multivitamins + Vit D + Vit C + healthy diet + regular exercise...and not just during COVID but as a part of a lifestyle change!

1st Eye Hospital in India to be **awarded** the Joint Commission International (JCI) Accreditation (2006-2021) from USA

2 World Class Eye Centers – Marine Drive & Bandra

3 Generations of Eye Surgeons

4 Generations of Patients

100000 and more patients treated in last 17 years

100 Years of Excellence in Eye Care

Shroff eye®

Cataract • Retina • LASIK

*Open your eyes...**...to a whole new world*

Estd. 1919



Did you know?

While a fingerprint has 40 unique characteristics, an iris (the colored part of your eye) has 256!

This is why biometric scans are used for security purposes as cutting edge eye-identification.

Also used are retinal scans. Today, iris scans and retinal scans are part of the most advanced fraud prevention solutions!

A retinal scanner uses infrared light to map the unique pattern of blood vessels on a person's retina. This pattern is so intricate that even identical twins do not have the same configuration.

Retina scans are 70x more accurate than iris scans but need more expertise and time.

Hence iris scans are more widely accepted for commercial use



EYE QUOTE

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakens"

– Carl Jung

Real Stories. Real People.

Dr. Anand Shroff is not just an excellent professional but he is also a nice human with talent galore in various other fields too. I and my wife were impressed with the care what he took to check our eyes.

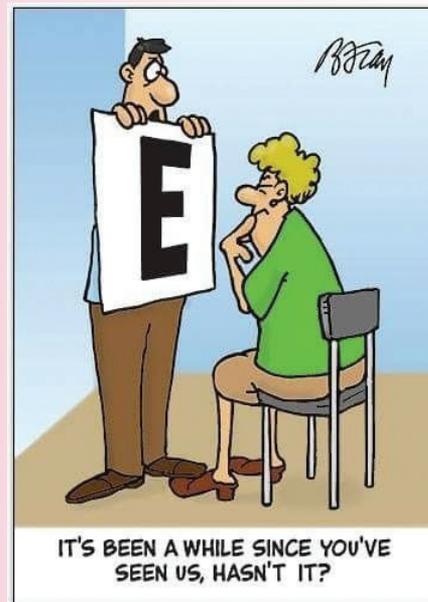
He guided us how to take care of our eyes and when to visit him next. Very pleased with the humanitarian service.

Dr. Rahul, May God Bless you and each member of the Shroff Eye Team. You all are angelic beings and I'm so blessed to have been guided to you and your team. You guys rock!

My mother-in-law's cataract surgery was done by Dr. Rahul Shroff in Feb 2021. It was a very mature cataract where she had no vision in her eye, but many thanks to Dr. Rahul that by his expertise her surgery was a success! Staff at Shroff Eye are very courteous be it in person or over call.. I have come now for her second eye surgery with the same assurance that the quality of care is never compromised at Shroff Eye...One can truly trust your eyes with Dr. Shroff!

Comfort & Trust. Compared to other clinics we felt that there was absolute clarity on line of treatment. And nothing was unnecessarily suggested. Overall staffs are extremely helpful, especially nurses, I'm really impressed with the kind service. Thank you God bless you all!

Humour



Connect with us now on WhatsApp for more information on our services / to schedule an appointment **BANDRA +91 8879189696 MARINE DRIVE +91 7718954077**



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Cataract • Retina • LASIK
Open your eyes...
...to a whole new world



Joint Commission International Accredited (2006-2021)

Shroff Eye Hospital is India's first eye hospital to be accredited by JCI – Joint Commission International, USA for excellence in patient care and health care delivery since 2006

Shroff Eye Clinic

Gobind Mahal, 86-B Netaji Subhash Road Marine Drive, Mumbai 400 002. India
Tel: (+91-22) 2281 1863 / 2281 4077 / 2202 9242 / 3593 5511 / 22848519

Shroff Eye Hospital • Vision Research Centre

222 S. V. Road, old Bandra Talkies Bandra (West), Mumbai 400 050. India
Tel: (+91-22) 6692 1000/ 6693 9372/ 6694 9876/ 2643 1006/ 2643 0940/ 2642 4813/ 2645 9961/ 2641 0500

shroffeye.org • lasikindia.in • smilerelex.com • info@shroffeye.org • Emergency helpline: +91 9821163901