

## **A story.....**

My husband and I were residents of our beautiful native place Jammu. Ours was a happy family and our happiness doubled when we expected our first baby. Like every parent we were also very excited about our first baby, that how would he/she be? To whom will the baby resemble? Especially the eyes because mine is grey where as my husband has brown. Some people liked the light coloured eyes of mine but some were praying for normal brown eyes.

Finally the day ( 28<sup>th</sup> July'2004 ) was here when we were blessed with our first born baby girl. Visitors from family started flooding in to have a look of apple of our eyes. Among the visitors was one of my cousins who pointed that one of the eyes of our child is of different shade. We thought it was a joke but when in the morning we consulted a pediatrician, he confirmed about jaundice being the cause of different eyeshades.

Gradually her blue coloured eye turned up to brown but was hazy to look at. Then we took her to our family eye specialist who referred us to R.P.Center of AIIMS as our little daughter had “ Glaucoma”, Pediatric/infantile glaucoma which occurs in babies and young children. At first we were shattered to hear this but we kept the hope and faith in God and took her to AIIMS. After the check up on 20<sup>th</sup> Aug'04, our daughter was admitted on 21<sup>st</sup> Aug'04 in R.P.Center ,AIIMS , which provides good facilities for eye health care as an integral part of general health service.

The doctor at AIIMS was very polite and gave the best treatment. The staff was very co-operative. My daughters left eye got operated and was discharged on 25<sup>th</sup> August'04. By God's grace and Doctor's hard work, she had started recovering. She started responding well with medication and eye drops. She had to wear glasses at the minor age of 4 months and was advised

patching/occlusion to improve her vision. Our joint efforts along with Doctors' advice started showing positive results and she was on the way of improvement.

Now it has been 15 years and she has grown upto a beautiful, bubbly, chirping teenager studying in standard tenth. Her eyesight is now stable with glasses like any other normal child. She enjoys swimming, drawing, fine arts, and classical dance (Kathak and free style both). We still take her to AIIMS for regular checkups.

Some tips to other parents:

- Give your child a healthy and balanced diet with exercise for better living.
- Always understand the correct timings of eye drops i.e., keep the exact time gap as suggested by Doctor.
- Make eye drops a typical routine; breakfast drops, lunch drops, dinner drops.
- Always talk to the school teacher about flexible sitting that may mean moving closer to the board i.e, front row of the classroom.
- Provide your love, support and understanding to your child.
- Always trust God and keep praying for better future. Your ability to cope up with your child's Glaucoma undoubtedly will vary from day to day. There are times when you will almost forget the disease.

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