

Ladakh Achieves Medical Milestone with First-Ever Retinal Laser Procedure at SNM Hospital

Historic procedure offers new hope for retinal patients in the region.

Leh, Ladakh : In a landmark achievement for the Union Territory of Ladakh, the region witnessed its first-ever retinal laser procedure successfully performed at SNM Hospital, Leh. The pioneering procedure, known as **Sectoral Panretinal Photocoagulation (PRP)**, was carried out by **Dr. Qamar Nauman Jawaid**, a Vitreoretina and Phaco Surgeon, marking a significant advancement in specialized eye care for the people of Ladakh.

The procedure was performed on a patient diagnosed with **Branched Retinal Vein Occlusion (BRVO)** in the left eye, accompanied by **subhyaloid hemorrhage**, a condition linked to **long-standing hypertension** and **borderline homocysteinemia**. With proper consent, the laser treatment was conducted at **153 General Hospital, Leh**, ensuring the patient received timely care without the need to travel to distant referral centers.

"This is a critical step forward in making advanced retinal care accessible locally," said Dr. Qamar. "The ability to perform such procedures in Ladakh will help prevent avoidable blindness and reduce the burden on patients who previously had to seek treatment outside the region."

Sectoral PRP is a vision-saving laser procedure commonly used to manage retinal vascular diseases. It works by reducing the risk of further retinal bleeding and progressive vision loss, particularly in conditions like diabetic retinopathy and vein occlusions.

This medical milestone reflects the growing capabilities of Ladakh's healthcare system and reaffirms the commitment to enhancing tertiary eye care services in remote and high-altitude regions.

The SNM Hospital team extended heartfelt gratitude to **Brigadier Rajan Kapoor, VSM**, and **Major Kapil Joshi, Gd (Spl) Ophthalmologist of 153 General Hospital, Leh**, for their valuable support and for facilitating the performance of this historic procedure.

This achievement is not just a milestone for the hospital but a beacon of hope for countless patients across the region needing advanced retinal care.



