

DR. TEENA MENDONCA

Consultant - Ophthalmology

Qualification

MBBS | MS Ophthalmology | FLVPEI

Overview

Dr. Teena is a Consultant of Ophthalmology at KMC Manipal Hospitals, Mangalore, bringing a wealth of experience and expertise to the field. Her foundational medical education began with an MBBS from Kasturba Medical College, Mangalore, followed by a Master of Science (MS) in Ophthalmology from St. John's Medical College and Hospital, Bangalore. Furthermore, she completed a highly specialised Fellowship in Paediatric Ophthalmology, Strabismus, and Neuro-Ophthalmology from L.V. Prasad Eye Institute in Hyderabad. She also completed Fellowships in phacoemulsification at the M.M. Joshi Eye Institute, Hubli, and at PVRI, Hyderabad. Additionally, she serves as an Associate Professor in the Department of Ophthalmology at Kasturba Medical College, Mangalore. Dr. Teena's clinical expertise includes paediatric ophthalmology, where she tackles complex procedures like paediatric cataract surgery, including advanced techniques such as lens aspiration with primary posterior capsulotomy, anterior vitrectomy, and secondary IOL placement. Her skills also encompass the diagnosis and management of a wide array of paediatric ophthalmic disorders, neuro-ophthalmology, and lacrimal disorders. Her proficiency is not limited to paediatrics; she is an expert in both adult and paediatric strabismus surgery, a crucial skill for correcting eye alignment issues. She is also adept at performing Botulinum toxin injections, an effective non-surgical treatment for certain eye conditions. She provides essential retinopathy of prematurity screening, a critical service for premature infants. She is also proficient in phacoemulsification surgery, manual small incision cataract surgery, and adult and paediatric lacrimal surgeries. Dr. Teena has authored and published several papers, contributing valuable research and insights that have enriched the ophthalmology community.

Field of Expertise

- Paediatric Cataract.
- Paediatric ophthalmic disorders.
- Ptosis correction and correction of other eyelid malpositions.
- Treatment of ocular surface tumours.
- Neuro-ophthalmology.
- Lacrimal Disorders.
- Strabismus surgery (Adult and paediatric)
- Extraocular muscle surgery for nystagmus.
- Extraocular muscle loop myopexy.
- Periosteal fixation of the lateral rectus.
- Botulinum toxin injection.
- Retinopathy of prematurity screening.
- Phacoemulsification surgery.
- Manual small incision cataract surgery.
- Pterygium surgery with autograft.
- Nd: Yag laser and Retinal photocoagulation.

- Adult and paediatric lacrimal surgeries.

Languages Spoken

- English
- Hindi
- Tulu
- Kannada
- Konkani

Awards & Achievements

- Young Researcher Award from Kasturba Medical College, Mangalore.
- Best Free Paper Award at the 2018 KOSCON State Conference.

Talks & Publications

- Clinicodemographic Profile of Visual Disability Among Applicants for Disability Certification in South India. Clinical Ophthalmology.
- Association of serum lipid profile and other systemic risk factors with retinal hard exudates in diabetic retinopathy. International Ophthalmology (2024)
- Linezolid-induced toxic optic neuropathy in drug-resistant tuberculosis case series. Indian Journal of Tuberculosis (2023)
- Purtscher-like retinopathy uncommon ocular manifestation of giant cell arteritis. Clinical and Experimental Optometry (2023)
- Dry eye symptoms and digital eyestrain - Emerging epidemics among university students due to online curriculum amid the COVID-19 pandemic. A cross-sectional study. Indian Journal of Ophthalmology (2023)
- Retinal Hemorrhages in Leukemia. The New England Journal of Medicine (2022)
- Paradoxical growth of presumed optochiasmic tuberculomas following medical therapy. JAMA Ophthalmology (2013)
- Pattern strabismus and torsion need special surgical attention. Eye (2015)