

DR. MARY JOSEPH

Consultant- Ophthalmology

Qualification

MBBS | MS (Ophthalmology)

Overview

Dr. Mary Joseph is a highly accomplished and experienced Comprehensive Ophthalmologist, boasting an impressive clinical career that spans 30 years. She is currently practising as a Consultant – Ophthalmology at Manipal Hospital Sarjapur Road, Bengaluru. A significant portion of her experience, 23 years, was dedicated to serving in a multi-specialty teaching, where she honed her expertise across a broad spectrum of ophthalmic conditions. Dr. Mary possesses astute clinical acumen, enabling her to proficiently diagnose and manage all types of outpatient department (OPD) cases in Ophthalmology. Her comprehensive skill set covers a wide array of conditions, including lid disorders, ocular surface diseases, corneal conditions, uveitis, cataracts, glaucoma, and medical retina. She holds a distinct special interest and extensive experience in Neuro-ophthalmology, particularly focusing on diseases of the Optic Nerve and Idiopathic Intracranial Hypertension (IIH). Glaucoma is another key area of her specialized interest. Her expertise extends to Systemic Ophthalmology, where she has considerable experience in the diagnosis and management of ocular manifestations of systemic diseases. Furthermore, she is adept at diagnosing and treating all different types of refractive errors. Dr. Mary is highly competent in the use and interpretation of various cutting-edge investigative modalities, such as Humphrey Field Analyzer (HFA) for visual field analysis, Optical Coherence Tomography (OCT), B Scan Ultrasonography (USG), and Glaucoma Diagnosis (GDx). Beyond diagnostics, she is skilled in performing therapeutic lasers for the treatment of diabetic retinopathy and other retinal vascular diseases. Her surgical repertoire includes extraocular surgeries for conditions like chalazion, pterygium, and various eyelid issues. Throughout her career, Dr. Mary Joseph has demonstrated a strong commitment to academic excellence and continuous professional development. She worked in a medical college for more than 21 years, where she played a pivotal role in training, mentoring, and guiding undergraduate and postgraduate students. Her dedication to the field is further highlighted by her role as a reviewer for instruction courses and free papers for the All India Ophthalmological Conference. She consistently stays abreast of the latest advancements in ophthalmology by actively attending conferences, Continuous Medical Education (CME) programmes, and workshops.

Fellowship & Membership

- All India Ophthalmological Society Karnataka Ophthalmic Society
- Fellowship in Medical Education 2014

Field of Expertise

- Special interest and experience in Neuroophthalmology (Diseases of the Optic Nerve and IIH)
- Anterior segment diseases
- Medical Retina
- Systemic Ophthalmology

Languages Spoken

- English
- Malayalam
- Kannada
- Tamil
- Hindi

Awards & Achievements

- Author – Chapter in Textbook – Idiopathic Intracranial Hypertension
- Cerebral Venous Thrombosis in textbook of Ocular Manifestations of Systemic Diseases
- Editor: H. V. Nema, Publishers: Elsevier.

Talks & Publications

- International Indexed Journals:
- Suneetha Nithyanandam, Supriya Dabir, John Stephen, Mary Joseph. Eruption Severity and Characteristics in Herpes Zoster Ophthalmicus: Correlation with Visual Outcome, Ocular Complications, and Post Herpetic Neuralgia. International Journal of Dermatology 2009, 48, 484–487
- Suneetha Nithyanandam, John Stephen, Mary Joseph, Supriya Dabir. Factors Affecting Visual Outcome in Herpes Zoster Ophthalmicus – A Prospective Study. Clinical and Experimental Ophthalmology 2010, 38(9):845–850
- S Nithyanandam MS, M Joseph MS, J Stephen. Ocular Complications and Loss of Vision Due to Herpes Zoster Ophthalmicus in Patients with HIV Infection and Comparison with HIV Negative Patients. International Journal of STD & AIDS 2012; 0:1–4
- Mary Joseph, Teena M Mendonca, Usha Vasu, Suneetha Nithyanandam, Thomas Mathew. Paradoxical Growth of Presumed Optochiasmatic Tuberculomas Following Medical Therapy. JAMA Ophthalmol. Nov 2013; 131(11):1463–1467
- Shroff S, Nithyanandam S, Joseph M, Raghunandan N. Fulminant Course with Dismal Outcomes in Cases of Bacillus Cereus Endophthalmitis. Annals of Trop Med and Public Health 2016; 9:344–346
- Pawar B, Lobo SN, Joseph M, Jegannathan S, Jayraj H. Validation of Artificial Intelligence Algorithm in the Detection and Staging of Diabetic Retinopathy Through Fundus Photography: An Automated Tool for Detection and Grading of Diabetic Retinopathy. Middle East Afr J Ophthalmol. 2021 Sep 25; 28(2):81–86. DOI: 10.4103/MEAJO.MEAJO_406_20. PMID: 34759664; PMCID: PMC8547660
- National Indexed Journals
- Suneetha Nithyanandam, Mary Joseph, Thomas Mathew. Clinical Profile of Cerebral Venous Thrombosis and the Role of Imaging in Its Diagnosis with Presumed Idiopathic Intracranial Hypertension. Indian Journal of Ophthalmology March–April 2011; 169
- N Suneetha, MM Teena, V Usha, J Mary. Microbiological Profile of Orbital Abscess. Indian Journal of Medical Microbiology 2012, 30(3):317–322
- Suneetha Nithyanandam, Mary Joseph, Usha Vasu. Can the Conventional Long Case Examination Be Improved? Indian Journal of Ophthalmology July–August 2012; 60(4):333
- Jyothi Idiculla, Suneetha Nithyanandam, Mary Joseph, Ajoy Mohan VK, Usha Vasu, Mohammed Sadiq. Serum Lipids and Diabetic Retinopathy: A Cross-Sectional Study. Indian Journal of Endocrinology and Metabolism 2012 / Vol 16 / Supplement 2:492–494
- S Gaur, M Joseph, S Nithyanandam, S Subramaniam, A S Koshy, A Vasudevan, K D Phadke, A Iyengar. Ocular Complications in Children with Nephrotic Syndrome on Long-Term Oral Steroids. Indian Journal of Paediatrics July 2014; 81(7):680–683
- Suneetha Nithyanandam, Mary Joseph, Sangeetha, Sriram, Nibedita Acharya, Yamini Priya, Usha Vasu. Reliability of an Essay Question – Effect of Using an Answer Key. Journal of Research in Medical Education & Ethics Vol 5, No. 2; July 2015:134–137

- Mary Joseph, Sangeetha Sriram, Suneetha Nithyanandam, Shankar Nachiket, Bhargavi Pawar. Evaluation of Small Group Teaching-Learning Methods: A Comparison of Tutorial with Problem-Based Learning. *Journal of Research in Medical Education & Ethics* Vol 6, No. 3, November 2016:136-140
- Nithya Raghunandan, Mary Joseph, Suneetha Nithyanandam, Shubhasree Karat. Role of Ultrasonographic Optic Nerve Sheath Diameter in the Diagnosis and Follow-Up of Papilloedema and Its Correlation with Frisen's Severity Grading. *Indian Journal of Ophthalmology* 2019; 67:1310-1313
- Ankita Kothari, Mary Joseph, Anupama Janardhanam. Characteristics of Open Globe Injuries in a Tertiary Hospital of Southern India. *Journal of Clinical Ophthalmology and Research* 2019; 7:37-40
- Christeena J, Raina D Souza, Kevin George Mathew, Jananee Muralidharan, Suneetha Nithyanandam, Mary Joseph, Jyothi Idiculla. Diabetic Retinopathy and Anemia: Is There a Treatable Nutritional Element? *JAPI* May 2020; 68
- Sonika Porwal, Suneetha Nithyanandam, Mary Joseph, Andrew K Vasnaik. Correlation of Axial Length and Peripapillary Retinal Nerve Fiber Layer Thickness Measured by Cirrus HD Optical Coherence Tomography in Myopes. *Indian Journal of Ophthalmology* 2020; 68:1584-1586
- Jonathan Chavan, Mary Joseph. Clinical Profile and Ophthalmological Manifestations of Idiopathic Intracranial Hypertension in Adults at a Tertiary Care Centre in India: A Cross-Sectional Study. *Indian Journal of Ophthalmology* 2022; 70:3393-3397
- Soumya Umesh, Thenmozhi Nagarajan, Lakshmi TA, Mary Joseph. Simulation-Based Learning: Is It Time for a Paradigm Shift in Training Postgraduates for Crisis Resource Management? Prospective Interventional Study. *Medical Journal of Dr D Y Patil Vidyapeeth* Jan 2022
- KK Shyamala, Kulkarni V, Shenoy V, Bidhata Khatri, Thapashwi, TA L, Joseph M. Impact of Communication Skills Training in Postgraduate Medical Education. *National Journal of Community Medicine* [Internet]. 2022 Jun 30; 13(06):359-363
- Mathew Jacob, Mary Joseph, Jyothi Idiculla. Non-Alcoholic Fatty Liver Disease and Diabetic Retinopathy: Is There an Association? *Journal of Family Medicine and Primary Care* 2023
- Suneetha Nithyanandam, John Stephen, Nachiket Shankar, Mary Joseph, Soumya Umesh, Jananee Muralidharan, Thenmozhi Nagarajan, Aaron Charles Lobo, Lakshmi Anantharaman. An Online Course to Teach Clinical Reasoning Skills: Students' Perspectives and Short-Term Outcomes. *National Medical Journal of India* 2025; 38:23-29. DOI: 10.25259/NMJI_396_2022