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FOCUSING ON YOUR EYES

With Dr. Shalesh Kaushal Of Associated Comprehensive Eye Care

+ On Trial: Shaping The Future Of Medicine

Focusing On Your Eyes

World renown retina specialist Dr. Shalesh Kaushal has recently joined forces with Dr. Linder Earl Wingo at Associated Comprehensive Eye Care. From preventative care to comprehensive exams and surgeries, Dr. Kaushal and Dr. Wingo work to keep your eyes healthy and strong by providing patients with the most comprehensive eye care possible in a friendly, professional environment.

The eye, although often overlooked, is an essential yet highly sensitive and complex structure that allows us to see the world around us. At Associated Comprehensive Eye Care, Drs. Shalesh Kaushal and Linder Earl Wingo combine decades of medical practice with the most cutting-edge technology available to provide patients with the best care possible. Their goal is to help patients maintain strong, healthy eyes throughout their lives and reduce the risk of degenerative ophthalmic conditions.

Dr. Kaushal, educated at Yale University, Johns Hopkins and the Massachusetts Institute of Technology, is a world renowned clinician, scientist and educator. This has given him an unusual, nuanced clinical experience in treating and managing chronic diseases like age-related macular degeneration (AMD), diabetic retinopathy, other retinal conditions and glaucoma. In addition, his research has led to an understanding of and has impacted research in inflammation, oxidative stress, poor energy production by the mitochondria (the energy factories of the cell), glucose metabolism and immune system imbalance that occurs in chronic diseases.

Dr. Linder Earl Wingo, M.D., medical director of Associated Comprehensive Eye Care, is an established and highly skilled physician with over 40 years of experience in diseases of the eye and ophthalmic surgery. He specializes in the evaluation and treatment of eye diseases, including but not limited to cataracts, glaucoma, macular degeneration dry eye and associated eyelid



Dr. Shalesh Kaushal

diseases. He holds degrees from Emory University, the University of Florida, the Medical College of Georgia and the University of Alabama Medical Centers. He is a member of the American Academy of Ophthalmology, the American Society of Cataract and Refractive Surgery, the American Medical Association and the Marion County Medical Society. He has served in the U.S. Navy. Dr. Wingo has a special interest in neuro-ophthalmology and external diseases of the eye and eyelids.

For Dr. Kaushal, it is an honor and privilege to take care of patients. This commitment is a confluence of his spiritual values and his background as a retinal clinician and scientist. He is passionate about providing care through a thoughtful partnership with his patients by chaperoning them to better overall health and simultaneously protecting and improving their vision.

"I immensely enjoy taking care of patients and find it deeply gratifying as their vision and health improves," says Dr. Kaushal. "I am wholly committed to the compassionate, cutting-edge care for all my patients."



Dr. Linder Earl Wingo and Dr. Shalesh Kaushal

The principle of improving our overall health and nutrition to optimize retinal function is a simple and novel idea.” —DR. KAUSHAL

Dr. Kaushal has extensive expertise in the areas of macular degeneration, diabetic retinopathy, inherited retinal diseases, inflammatory diseases of the eye, multiple sclerosis and Lyme disease of the eye, surgery of the retina and vitreous, cutting-edge diagnostic testing, novel clinical trials, nutritional biochemistry and clinical genomics.

“The retina is an amazing structure with the largest blood supply per unit volume in the body and is so metabolically active that nearly all human diseases have a retinal manifestation,” says Dr. Kaushal. “Indeed, it’s a sensitive barometer of our well-being. The principle of improving our overall health and nutrition to optimize retinal function is a simple and novel idea.”

As a clinician and scientist, Dr. Kaushal’s basic research effort has been to understand the molecular and biochemical basis of retinal and macular diseases. Separately, his research has led to the identification of certain nutraceuticals that mitigate common disorders of the retina like macular degeneration and diabetic retinopathy. He is also actively developing stem cell treatments for retinal diseases. His work has led to several clinical trials.

Photography by John Jennigan



Dr. Kaushal has a currently funded research project studying the incidence of diabetic retinopathy in the general population using a new telemedicine approach. He serves on the scientific board for the Lion’s Eye Bank at Bascom Palmer Eye Institute and many biotech companies. He is also a consultant for multiple biotechnology and diagnostic device companies. He has been invited as a speaker

throughout the United States and internationally.

Even with his clinical practice and research interests, Dr. Kaushal’s highest priority is his family. He, his mother, wife, son and daughter live in Gainesville with their two Coton de Tulears puppies. Dr. Kaushal and his family have been continuously active in various charitable programs in Gainesville. He has made many trips to India where he has taken care of retinal patients and done many surgeries free of charge, as his way of giving back to society.

“I enjoy studying both science and spirituality,” says Dr. Kaushal, “but perhaps even more importantly, practicing them to improve the lives of my patients and in doing so to improve the quality of my own life. It is an honor and blessing to take care of patients. Indeed, our staff and I consider them our friends.” [hl](#)

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