

National Conference of Indian Hernia society inaugurated



7th National conference of Indian Hernia Society was inaugurated by Dr. Mahesh C. Misra, Director, All India Institute of Medical Sciences, New Delhi at Sunrise Hospital Auditorium on 16th August. Dr. R. Padmakumar, National Vice President of Indian Hernia Society was the organising secretary. Dr. Rajeev Jayadevan, Secretary, IMA Cochin felicitated the function.

Vimukthi inauguration at AIMS



Vimukthi program was inaugurated at Amrita Hospital to reduce the use of alcohol, tobacco and drug use among school children. Cochin IMA doctors participated in creating the curriculum and spreading awareness among school children.



Meeting at Collectorate with Dr. K.V. Beena, DPM, NRHM, Dr. S.S. Kamath, Dr. Rajeev Jayadevan, Dr. Santhakumari, Mr. Anandakrishnan of Motor Vehicle Dept and others about the GPS enabled rapid response ambulance system



Three day training for Nirbhaya volunteers at Renewal Centre, Kaloor from 21st to 23rd July. Dr Abraham Varghese, Chairman, IMA District Task Force, Ernakulam took a session on Basic Life Support

Date to remember

- Sept 5th Friday 7.30 pm - **Onam celebration** at IMA House for all members and family. Rs 100/- per head and under 10s go free. It will be a musical night.
- Sept 13th Saturday 7 pm **IMA Cochin Family Nite** at IMA House for all members. Rs.200/- per head and under 10s go free. Cultural programs by professionals.
- Sept 14th Sunday - **SWC meeting** at Kottayam
- Sept 17th Wednesday at 8 pm - **IMA Cochin Office bearers election** at IMA house .
- Sept 28th Sunday 7pm **DTF Family Nite** at IMA House.
- Oct 5th Sunday 8 pm **IMA Cochin 2014-15 Office bearers Installation.**



IMA COCHIN NEWS

Megaphone
Monthly Newsletter from Indian Medical Association, Cochin Branch



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NIRBHAYA launch on August 1st, 2014



For the first time in Kerala, the NIRBHAYA project was launched in Ernakulam district at a grand function held at St Teresa's College with over 2000 attendees. The meeting was attended by the Home Minister, Excise Minister, three MLAs, IG Mr. Ajith Kumar IPS, DCP Ms. Nishantini IPS and Ms. Remya Nambisan who delivered the pledge.

Dr. Rajeev Jayadevan received memento on behalf of Cochin IMA. At the launch, a video of the training sessions, meetings and interviews was played. BLS classes by Dr. Abraham Varghese for Nirbhaya volunteers and of Cochin IMA Doctors involved with the planning, selection and training sessions. The volunteers had been specially selected for the program through interviews conducted by an expert panel including Dr. Gracy Thomas. NIRBHAYA is a project taken up as part of the State Government's prestigious project called 'Nirbhaya Keralam, Surakshitha Keralam' which envisages ensuring the safety of women and children. Ms. Nishantini IPS, Deputy Commissioner of Police is taking the initiative to launch this pilot project in Ernakulam.

AUGUST CME

Date : 27th August 2014, Wednesday
Time : 7.30-9 pm; Venue : IMA House

Chairperson : **Surgeon Commodore Naveen Chawla**
Commanding Officer, Indian Navy Hospital
Sanjeevani

1. Unique Solution for a Curious Problem

Dr. Raja Sekhar Varma, MD (Med), DM (Cardio)
Consultant Interventional Cardiologist,
Aster Medcity, Kochi

2. A follow up study

Dr. George Varghese, Consultant ENT Surgeon,
Cochin Hospital & Vijayalakshmi Medical Centre, Kochi

3. The Saga Continues....

Vinay Sukumara Pillai, Senior Consultant & Head,
Cornea & Refractive Surgery Services,
Giridhar Eye Institute, Kochi

4. A histological surprise

Mini G. Pillai, Endocrinologist,
Lakshmi & PVS Memorial Hospitals, Ekm.

5. Myths and Facts of Infertility

Dr. Mathangi, Consultant Obs & Gyn,
Vijayalakshmi Medical Center, Kochi

Meeting organised by
COCHIN CLINICAL SOCIETY

President's Message

Dear friends,

We indeed had lot of activities in the last one month. We were committed in doing more social activities. Nirbhaya programme by the district administration, for women, was launched with IMA Cochin. The one number GPS enabled ambulance services with the help of ambulance owners, district officials and IMA Cochin was also started.

As I have already written through this column the strength of our organization depends on the members. I once again request each one of you to take the pains to add one more member.

My team and I wish you a very happy onam.

Sincerely,

Dr. Babu John Mathews



AN INTERNATIONAL CONFERENCE ON THYROID DISORDERS AT YOUR DOORSTEP

AOTA CONGRESS 2014
25th - 28th SEPTEMBER 2014
LE MERIDIEN, KOCHI, KERALA
www.aotacongress2014.com

Conference highlights

- Panel of International experts in Thyroid disorders comprising Thyroidologists, Endocrinologists, Endocrine surgeons & Nuclear medicine specialists
- Latest in Thyroid pathophysiology relevant to clinicians
- Expert opinion and guidelines on management of common and not so common thyroid disorders
- Special sessions on management of thyroid carcinoma
- Latest trends in Thyroid surgeries
- Newer developments in the role of nuclear medicine in Thyroidology

NB- Post graduates to produce proof of trainee status from Head of Department

Please forward queries to aotacongress2014@aims.amrita.edu

Key Information

Online Abstract Deadline-August 31st

USG workshop on thyroid (Limited Seats Still Available) (Dr Jennifer Sipos, Division of Endocrinology, Ohio State University)

For Online Registration, Please visit www.aotacongress2014.com

-Extra credit hours for attending an international conference

-Scientific programme available on www.aotacongress2014.com under "conference details"

For Travel and Accommodation details, kindly log on to aotacongress2014.com or contact mail@amritaholidays.com

Registration Fees Structure

Categories	Regular Registration (Up to September 14, 2014)	Spot Registration (September 25 - 28, 2014)
International Delegate	\$300	\$350
Indian Delegate	INR 6000	INR 10000
International Post Graduate	\$125	\$150
Indian Post Graduate	INR 2000	INR 2500

CME at Lourdes Hospital

As part of Lourdes Hospital Golden Jubilee celebrations, a CME will be held every month in the hospital. A mega CME is also planned with TMC credit hours in April. Invitations will be sent. All are invited.

Dr. Geetha Philips

Convenor, Scientific Committee



Cochlin Clinical Society meeting for the month of August was held at KIMS Hospital Edappally. Dr. Santosh Balakrishnan received the award for best presentation for a case of *Enterobius vermicularis* causing bowel obstruction.



Road safety class at NUALS (National University of Advanced legal studies) by Dr. Rajeev Jayadevan

Attention Parents !

Felicitation for top rank holders of SSLC/ CBSE/ICSE examinations by IMA Cochin. Please submit your details by this month end.

Congratulations !

Dr. Abraham K. Paul elected as member of the panel to prepare guidelines for newborn hearing screening for South East Asian countries under WHO collaborating centre New Delhi.



OBITUARY

Sophy Jacob, mother of Dr. George Jacob Eraly, expired on 12th August 2014.

WANTED

A multispecialty hospital at Kochi requires :

1. Radiologist
2. Anaesthesiologist
3. MBBS Doctors

Mobile : 98958 78936

E-mail : hari.n@live.com

From the Editors Desk

Dear friends,

In the recent years, Cochin has emerged as the major healthcare estimation in South India. Kerala has the highest percentage of hospital beds available for the population of India. And within Kerala, Cochin has the largest number of hospitals. Dr. Sreekumar's article, an excerpt of his recent oration on Doctors Day, published unabridged by popular demand in this issue of Megaphone, gives us an insight into the history of how Cochin has emerged as a major player in the healthcare industry.

Compared to the health care system of the West, our patients now have the liberty and choice of walking into any specialist doctors office, without having to wait several months for an appointment. This is one of the major privileges of living in India as a patient, albeit seldom realised by our people.

However, with the advent of the specialties and super specialties, we also need to have more General Practitioners, to take charge of the patient's care and to be the first source of medical advice for every family. Though the number of superspecialists has gone up, we do not see a proportionate rise in the number of the family practitioners who in fact should be the foundation of good medical good health care in any community. Hopefully the trend will reverse in the coming years so that every family will have a general practitioner who can be the reference point - the family doctor who knows and understands all of their



medical history, sees the patient as a whole person, and can direct patients appropriately through the maze of healthcare decisions.

Best regards,

Dr. Rajeev Jayadevan

Dr. Salini Sudhindran



Flag hoisting on Independence day at IMA House



LAST MONTH CME : Topics : 1) Medical management of Arthritis, Dr. Emil Thatchil, Consultant Rheumatologist; 2) Surgical Management of Rheumatoid Arthritis, Dr. Jijo Jose, Consultant Orthopedic Surgeon; 3) Surgical Management of Osteoarthritis, Dr. Vinod Padmanabhan, all from Silverline Hospital

Evolution of super specialties in Cochin - a historical perspective

This is an unabridged excerpt from Dr. Sreekumar's oration on Doctors' day.

The advent of Super Specialities in Ernakulam resulted from the vision shared by late MKK Nayar and late Dr. Varghese Pulickan. At a time when the medical facilities in Cochin were nothing more than near basic, they dreamt of bringing Neuro Surgery to Ernakulam. In May 1974, Prof. Jacob Chandy - the legendary pioneer of Neurological Sciences in the country - inaugurated the Department at Medical Trust Hospital.

The hurdles were many. There was not a single anesthetist trained or experienced in Neuro Anesthesia which takes long hours and entails continuous monitoring. Those were pre scan days and all procedures were invasive - like Carotid angiogram, Femoral arteriogram, Cisternal and Lumber myelogram, Ventriculogram etc. There were no radiologists and the radiographers did not know much beyond barium studies and IVP.

Nevertheless, with the support and encouragement of many senior doctors, the department became busy within a couple of months. However, there was a major hitch. The rules prevailing at that time did not permit Medico Legal Cases to be handled by private hospitals. Consequently, road traffic victims were taken to General Hospital - which did not have any facilities - and then referred to Kottayam Medical College. Many patients used to succumb en route. Providentially two police officers were involved in a bike accident at Angamaly and three college students suffered serious head injuries from assaults. The local police authorities felt that they shall not withstand the travel to Kottayam and were brought to the Medical Trust Hospital.

All of them were operated as emergency and all survived. This resulted in a recommendation from the District Collector and the local Police Authorities to the State Government. After protracted discussions, the Home Minister



Poster competition in connection with World Breastfeeding Week celebration at Medical Trust Hospital



Ernamkulam Ambulance drivers first response provider training, road safety, fire safety and communication training on 20th August 2014 at General Hospital Ernakulam. DCP Ms. Nishantini IPS inaugurated. Training partners - IMA Cochin, NRHM, KHS, KP, Fire n Rescue, Motor Vehicle Dept., Road Safety Authority and Angels.



DTF Meeting at Perumbavoor on August 7th



IFTAR PARTY AT IMA HOUSE



MEDICAL CAMPS CONDUCTED BY COCHIN IMA

6th July - Osteoporosis clinic conducted by Dr. Soge Kurien at Saraf Hospital - free Bone Densitometry was done and Calcium tablets prescribed to all who attended the clinic.

12th July - Peak flow assessment and Asthma Camp conducted in Lakshmi Hospital.

24th July - Nutrition camp for children at Lakshmi Hospital, Tripunithura by Dr. Manju.



Dr. Rajeev Jayadevan took class at Nalanda Public School on the dangers of Alcoholism and drug use on 10th July 2014.

Teaching Pearls 11 of 12

(This is part of an ongoing awareness series for road accident prevention. Please use this to educate teenagers and younger drivers in particular)

Beware of curves!
Respect them.



All of us have seen the familiar sign on the roads "accident prone area" or "accident prone kilometre". These signs were put up based on an abnormally high number of accidents that occurred and that section of the road.

The most number of accidents happen on a curve. Often, the road looks 'perfectly innocent' and we wonder how an accident could ever happen in that area. A classic example is the 'POOJARI VALAVU' on Seaport-Airport Road that has claimed dozens of lives.

Fact is, the road itself does not cause an accident. Hazardous road behaviour does.

Why do accidents happen on a curve?

1. On a curve, there is a large BLIND SPOT. That is, even if we look, there is a section of the road that we cannot see. The blind spot gets larger when there are vehicles in front. Often, vehicles parked illegally on a curve worsen the blind spots.

2. Inexperienced and indisciplined drivers try to overtake on a curve, especially when their intelligent counterparts slow down to negotiate the curve safely. This is the major cause of accidents.

3. 'Making up time on the road' as alluded to in the earlier Road Safety pearls, people have the habit of getting out late and trying to make up time on the road by speeding and ignoring safety norms. The curve is often where they decide to speed up or overtake other vehicles.

The only fix for this problem is either to get out half an hour early or to decide that it is OK to reach late. Getting out early makes us relaxed and more likely to follow normal road-safety precautions.

4. The A Pillar (the pillar on the side of the windshield that connects to the roof of the car) can aggravate the blind spot in a right-facing curve. A large oncoming vehicle can easily be hidden by the relatively thin A-pillar due to the angle subtended in the visual field.

5. Centrifugal force at a curve prompts you to veer past the midline of the road to maintain your balance at higher speeds. This can surprise an oncoming vehicle.

In summary:

- 1) NEVER OVERTAKE ON A CURVE.
- 2) ALWAYS RESPECT THE CURVE.
- 3) Always slow down at a curve even though the road seems wide.
- 4) Even if you can't see him, make advance allowance for an oncoming driver overtaking on a curve to be in your lane in the wrong direction. If you are not prepared, a collision will occur for no fault of yours.