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IMA COCHIN NEWS

Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



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2013

IMA Road Safety Year inaugurated



Mr. Rishiraj Singh IPS, Kerala State Transport Commissioner, inaugurated Cochin IMA's social theme for the year 2013-2014, which is primary prevention of the road accidents. Prominent members from Motor Vehicle Department were present at the function. Felicitation was made by Mr. Sainuddin and Mr. Adarsh Kumar Nair. Dr. Babu and Dr. Rajeev Jayadevan spoke about the topic, and a detailed brochure was released which is designed to assist doctors in educating the patients and families, in eliminating high-risk behaviour, the main contributory factor of road accidents in the state.



Presidents Message

Dear friends,

I would like to bring to your notice a recent Supreme Court judgment against two senior doctors and a hospital in Kolkata.

In the judgment the court had specifically printed out the lack of proper documentation and the doing of dosage and medicines.

Please be guarded and always remembers to cite a proper history and in an IP daily notes. Medicine dosage and timings have to be clearly written. If you have a doubt please refer to the drug manual.

We have a mega camp coming up for the press club members and their families on December 1st. December 1st is also World AIDS Day. Please come on that day and help in to run the camp.

Thanking you,

Yours sincerely,

Dr. Babu John Mathews



NOVEMBER CME

Date : 27th Nov. 2013, Wednesday
Time : 8.00 pm
Venue : IMA House

Topic :
MANAGEMENT OF PVCS & VENTRICULAR TACHYCARDIA

Speaker :
Dr. Ajit Thachil MD,DM,PDF(EP), IBHRE
Consultant Cardiac
Electrophysiologist,
Lisie Hospital, Kochi

Meeting sponsored by
Medtronics

Proud Achievements of IMA Cochin

- State Presidents appreciation award to **Dr Abraham Varghese** as Convenor, Ethics Committee
- State Presidents appreciation award to **Dr Abraham Varghese** as DTF Chairman, Ernakulam Dist & Also Image Chairman's appreciation award as Joint Secretary, Image
- State Presidents appreciation award to **Dr Dinesh N** as President, IMA Cochin
- State Presidents appreciation award to **Dr Junaid Rahman** as Hon Secretary, IMA Cochin
- State Presidents appreciation award to **Dr Chandrika T N** as State WIMA Secretary
- IMA Womens Wing Kerala Chapter **Best Branch Award** 2012-13.
- IMA Nammude Arogyam special appreciation award 2013 to **Dr Rajeev Jayadevan**- Mmento
- IMA Nammude Arogyam Appreciation Award to **Cochin Branch** - Memento
- IMA Nammude Arogyam Appreciation Award to **Dr. Abraham Varghese** - Memento
- Social Security Scheme Chairman's Appreciation Award to **Dr. M. M. Hassan** - Memento
- Maximum membership enrolment** in PPS - Memento and Certificate
- Senior Social Security Scheme **2nd prize** -
- Merit Certificate - **IMA Nammude Arogyam** - Certificate

Mosquitoes

Dr. Maggie Xavier



They wait for me
From morning till night;
The moment they see me
They are quick to bite;

Hyperflexion, Hyperextension
At times circumduction;
However I 'clap'
They escape my 'slap';

While at arms and legs
I continue fighting,
Some quietly indulge
in 'back biting';

After some real acrobatics
Some drop dead;
Losing in the process
Few drops of my blood;

No net or cream
No mats are a barrier;
For some deadly viruses
They are the carrier;

I perform a 'commando'
A 'terminator' act;
But these 'crouching tigers'
[hidden dragons!!!!]
Escape with tact;

No earthquake no tsunami
No terrorists do I fear;
It is these dreadful mosquitoes
That buzz in my ear;

Kochi is famous
for it's lagoons and malls;
But mosquitoes take away
The sheen from all.

WIMA October activities

WIMA General Body meeting was conducted on 29th Oct 2013 at 2.30 pm in IMA House. This was the first General body meeting of WIMA 2013-14 term under the leadership of Dr. Shirley John and Dr. Sheela C. Babu. The previous office bearers handed over the books and presidential collar to the new office bearers and they started the meeting by lighting the traditional lamp. We had people from Pharmed company who assessed the bone density of all the WIMA members who participated in the meeting.



World Osteoporosis Day

Dr. Rajeev Jayadevan, our Hon Secretary participated in the World Osteoporosis day celebration on 18 Oct. at Sunrise Hospital. The staff organized an energy-packed 'FLASH MOB' dance in the hospital courtyard, emphasizing the role of weight-bearing exercise in preventing osteoporosis. The osteoporosis theme for 2013 is "Strong women make stronger bones".



Proud Achievement



Dr. V. Narayanan Unni, Prof & Head, Dept. of Nephrology, Amrita Institute of Medical Sciences, Kochi, was elected as the President of the Nephrology Association of Kerala at the annual conference of the Association. He is a recipient of the Fellowship of the Indian Society of Nephrology this year in recognition of significant contribution to the advancement of Nephrology in India.

CONDOLENCES



Dr. Kalyani Devi, Senior Gynaecologist and former chairperson of WIMA, Cochin expired on 8.11.2013.

Dr. Sunny P. Orathel's mother Mrs Mary Paily died on 10th Nov.

Dr. T.P. Paulose's mother Mrs Rosy Paul died on 4th Nov.

Dr. Mohan K. Abraham's mother Mrs Ruby Abraham died on 30th Oct.

From the Editors Desk

Dear friends,

On 8 November, we read the tragic news of an innocent man who got killed, along with two young men who got seriously injured near Panampilly Nagar during a 'routine' bike-racing session. Two of these men were in the prime of their youth, and paid the price for persistently engaging in hazardous road behaviour, while the innocent person happened to be at the wrong place at the wrong time. Imagine the scale of tragedy for their families.

As a doctor, this is heartbreaking for me as it could have been prevented by building awareness, possibly during their teenage years.

Last month, we witnessed a significant step in the history of Cochin IMA. We inaugurated our road safety programme, aimed at preventing road accidents before they happen, by eliminating hazardous road behaviour. A list of over a dozen common hazardous road behaviours was published in both English and Malayalam, and given out as a brochure, which is in itself an educational tool.

Propagation of these ideas, we hope, will eventually bring down the rates of death and disability from road accidents.

For this to become reality, we must first convince the public that there is indeed an entity called hazardous road behaviour, which is a far more dangerous health variable than smoking, alcoholism, obesity, lack of exercise or high cholesterol.

An ongoing series of twelve teaching pearls about safe use of the road is being done along with this newsletter.



In the past, we achieved a ban on public smoking after a long battle. Hopefully, we can achieve a similar victory over hazardous road behaviour too in the future.

Best regards,

Dr. Rajeev Jayadevan



Dr. Salini Sudhindran

For recording of your TV talk shows please contact :

Mr. Kunjachan
9846162326 / 9747455160
He will record your programme on a DVD and bring it to your Office.



Best presentation award 2012 of Cochin Clinical Society being presented to Dr. T V Ravi and Dr. Mathew Varghese of Ernakulam Medical Centre by Dr. Prathapan Nair, Principal, AIMS

Bone Health: A Deposit for the Future

Dr. K.R. Prathap Kumar MB, FRCS (R&Orth), FRCS(Gen), D'Orth.
Consultant Shoulder & Upperlimb Surgeon, Sunrise Group of Hospitals, Kochi



World Osteoporosis day is observed annually on 20th of October since 1996. 'Strong women make stronger women' is the theme coined by World Health Organisation for world osteoporosis day, this year. WHO has listed Osteoporosis as the most morbid disease of the 21st century, second only to Heart disease. This is a silent condition due to thinning of bone secondary to loss of its mineral content, especially Calcium and is defined as Bone Mineral Density (BMD) of 2.5 standard deviations or more below the bone mass of a healthy young adult as measured by Dual Energy X-ray Absorptiometry (DEXA Scan). This is no longer a disease of the Western world or affluence. Incidence of Osteoporosis is increasing alarmingly, secondary to changes in life style and increase in life expectancy.

In the reproductive age group Estrogen and Testosterone play a major role in maintaining the bone density. Hence Bone mineral density goes down rapidly after 45 years in women and 65 years in men predisposing them to Osteoporosis and fractures. Morbidity and mortality following an osteoporotic fracture in the vertebral body or

hip can be high in presence of any other co-morbidity. Initially the management of osteoporosis was based on the T-score, which is the standard deviation of the bone mineral density from a 30 year old adult of the same gender. However, WHO has developed a 'FRAX tool' (Fracture Risk Assessment Tool), a software to include risk factors and T-score to give 10 year probability of fracture more accurately in case of Osteoporosis. Even though Biphosphonate is still the major pharmaceutical agent in the management of osteoporosis, drugs like Teriperatide, Calcitonin, Estrogen analogues and Denosumab also play important part in selected cases.

Patients of all age group should be counseled on preventive measures of Osteoporosis. Prime importance must be given to adequate intake of Calcium and Vitamin D along with regular exercise. It is worth remembering that one can build up bone only up to the age of 28 years for women and 32 years for men. Maximum axial loading exercises like steppers, skipping ropes, running and walking, before this age can increase your actual bone mass. I think making the school exercise program compulsory and fortifying the common food items like Atta, bread and milk with calcium and Vitamin D, should encourage the youngsters to care for better and stronger bones for the future to protect them from Osteoporosis.



A large contingent of Cochin IMA and WIMA members attended the IMA state conference at Mahe. Some of our team members are seen in the photo along with Dr and Mrs A. V. Babu, Kerala state IMA President



Dr. Abraham Varghese and Mrs. Susan Varghese, were adjudged the best dressed people at IMA Cochin Fest cultural evening



World Diabetic Day celebrations by IMA Cochin and Medical Trust Hospital - Walkathon, free blood sugar checkups and dietary advice by experts.

Last Month Month CME



General body meeting was held on 30th Oct. 2013. Dr. P. Ramakrishnan was the speaker for CME. 'Pioglitazone: friend or foe' was the topic. He discussed the pros and cons of using this drug and highlighted the fact that the reasons for discontinuing this drug are in fact quite feeble and the number of cases of bladder cancer are so small, compared to the number of people taking this drug.

News & Views from State IMA & National IMA

Dr. V.D. Pradeep Kumar
State Working Committee member



Ever heard of IMA Health Scheme and brushed it aside? Then you are missing a great opportunity!!

IMA Health Scheme (IMA KHS) of IMA Kerala State Branch is a unique scheme, to help you at a time when you need it most.

Aim : To provide financial assistance to members, his/her spouse and children below 25 years, in the event of hospitalisation for diagnosis / management of diseases.

Who can join : As on today, any member upto the age of 55 years can join IMA KHS. A new amendment has been brought in recently allowing members upto the age of 80 years to join the scheme. This amendment will be effective from January 2014.

Membership fee : Admission fee varies between Rs.3,450/- to 4,450/- per head depending upon the age of the member. Rs.2,950/- for each child.

Payment per year : Rs.2,700/- per adult and Rs. 2,200/- per child.

Coverage : Upto 2 lakhs coverage for each insured member per year. Claim is to be made within 60 days of discharge from hospital.

IMA Health scheme offers you a hassle free payment of your genuine claims. You will get back the original bill after the verification. You may be able to utilise these bills for claiming any other mediclaim policy.

Two lakhs medical insurance coverage for just Rs.2,700/- per year



Dr. Manju on a TV show on immunization in children with Celebrity Anila Sreekumar and family Oct 19th.

CONGRATULATIONS



Dr. Santhosh John Abraham is elected as the National President of the Association of Surgeons of India for the year 2015. It is first time ever a Surgeon from Kerala is elected to this position.

Teaching Pearl 2 of 12

(Please use this teaching tool to educate teenagers and younger drivers)



Did you know this about SPEED?

1. The human body is designed by nature only to walk or run at speeds below 10 km/ hr. If it falls down at higher speeds, since we do not possess natural protective mechanisms against such injuries, they can be disabling or fatal. Not wearing protective equipment like helmet and seatbelt, therefore, is foolish while traveling at speeds faster than 10 km/ hr.
2. The severity of injury is dependent on the kinetic energy at the point of impact. Kinetic energy = 1/2 mass (velocity)². Which means, if speed doubles, kinetic energy quadruples!! Thus, severity of injury also quadruples.
3. A person who falls off a bike at 70 km/h suffers the same injury as falling from the sixth floor of a building on to a concrete floor.
4. Apart from a sense of thrill, there is no benefit in speeding. For a normal home to office trip, going fast will only save you a maximum of five minutes, which can easily be safely achieved otherwise by starting ten minutes early. The risk involved with driving fast does not thus justify the apparent purpose of reaching on time.
5. If a person develops a habit of driving fast each time he uses the road, it is quite likely that he will end up with a life-threatening injury or premature death on the road. Or worse, cause injury of death to other innocent road users. This is an example of hazardous road behaviour.
6. Never use the road to make up time. This is perhaps the best decision you can make in changing your driving.