

On the Wings

An Australian Diary



Well, we were a big group, not identical just by the profession but the age as well! The enthusiasm varied little between the three year old, three decade or the six decade old.

We were all set to fly into the depths of Australian winter. Melbourne greeted us with a cold breeze and Ah! We all snuggled ourselves into layers of wool. Touring Melbourne, we had a better awareness on the growing population in India, as Australia still was spacious. The far flung meadows, the freely grazing cattle and the never ending vineyards were more than a pleasure to our eyes.

The national parks were studded with parrots with a multitude of colours, sulphur crested cockatoos and wombats. The kangaroos did disappoint our peadiatricians by not demonstrating the ideal 'kangaroo mother care'. The Bortoli winery was more than good to us by offering an Australian cuisine and wine tasting which was almost irresistible to our group.

We almost puffed and panted as we boarded the "Puffing Billy", but the open train journey amidst the cool forest was truly worth it.

As the aircraft descended on Sydney all the eyes were on the look out for the most majestic piece of art 'The Opera House'.



When we got close to it we felt its beauty was beyond capture. Sydney lit beautifully at night so well that one would wonder if there were more lights than stars in the entire universe!

Yet another scenic place we visited was the Blue Mountains, covered with eucalyptus trees with a valley beneath. We loved the Koala bear, cuddly like a teddy bear. Like most of us they too loved to curl up and sleep. The last part of the trip is often the best and so it was! Gold coast was not just beaches alone, but the colourful night life, shopping malls and pubs lifted up our spirits to a festive mood. Hats off to the one who kept us on our toes, Ms Devika, on her mighty task of co-ordinating the entire team.

The tiny tots Neehara and Riann chirped all through out and entertained the entire group. We were amazed at the ease with which they bridged the gap between generations.



Not that we forgot the purpose of our visit, the academicians were enthralled by the mind boggling sessions, but it was the adventure, fun and frolic that made the trip a memorable one.

Dr. Cuckoo Sarah Kuruvilla
Anaesthesiologist, Medical Trust Hospital



Debate Forum

Physical examination 'in clinical practice' - a futile exercise

Dr. Shyamala Menon, Consultant Physician, Medical Trust Hospital

The conventional methods of clinical examination - inspection, palpation, percussion and auscultation - are they still relevant in modern clinical practice? Except perhaps for passing an examination, have they outlived their usefulness? Are they a waste of precious time?

Let us take the case of the respiratory and cardiovascular systems where they are most commonly employed. How many of us perform vocal fremitus and vocal resonance tests in a respiratory case? Even auscultation, very carefully done, gives conflicting and erroneous results many a time; while x-ray of the chest and other imaging modalities give us a clearer picture. **I remember the time, when as students, we had spent hours and hours straining our ears trying to pick up abnormal sounds, murmurs and whispers in the heart, fighting a losing battle against acoustics, arguing with each other about the presence or absence of these findings. Today's techno-savvy students will give us a proper cardiovascular diagnosis within minutes.** I am afraid that in the near future, the stethoscope which is the hall mark of the medical profession will be relegated to the status of a show piece in the archives.

One may argue that proper clinical examination has its place in cases of PUO's. Here again, many doctors and hospitals employ blind protocols including imaging of chest, thorax, biopsies, etc., and by luck, one of these will definitely show some abnormality. As far as neurology is concerned, I am not sure whether the neurologists themselves perform these arduous and time consuming clinical tests for diagnosis when it can easily be done by other modalities.

What about the much hyped about healing power of a doctors' touch? I feel over the years, the emotional psyche of Malayalis has also undergone a change and they are no longer happy with just words and touch; they want quick diagnosis and quicker cures. The internet and knowledge explosion have definitely added to the woes of the practicing doctor.

All said and done, emotions apart, the clinical examination, except in a few cases, has become a futile exercise, consuming our time and energy, without much benefit to the patient and to the physician.

Is it time to have a condensed and concise physical examination manual for the profession?

The Most Powerful Tool in Medicine : The Human Hand

Dr. Philip John, Psychiatrist, Neuro Centre, Cochin

.....In spite of the exponential technology today, the Human Hand remains the most powerful tool in the Doctors' arsenal. We have to restore the place of the Human Hand in our practice of Medicine, in order to restore the place of Modern Medicine in the hearts of people. To Diagnose, to comfort, and to heal.

The Human Touch determines the quality of 'Patient-Doctor' Interaction. The 'Clinical Touch' that 'examines' undergoes transformation during the all-important Physical Examination, to the 'Reassuring Touch', thus generating the unique 'Interpersonal Trust' that helps the patient to instantly confide his secrets or even to disrobe himself, for the Healing Touch. Hands make the Heart of the 'Patient-Doctor Relationship'. Our next generation seems to ignore this truth, in the backdrop of available technology for instant diagnosis and often refrain from Physical Examination. For the current generation, therefore, there is less scope for a 'connect' between Doctor and Patient! Old days, Physical Examination spontaneously connected the Doctor and Patient, as part of our clinical 'RITUAL', but sadly no more so!

'Physical Examination' and 'Clinical Diagnosis' which kindle the passion of medical practice is a 'dying art' today. Physical Examination skills are about to atrophy and die. And so may be the 'Patient-Doctor' relationship. This we need to resist. The Human Hand is the most powerful Tool, not just for Diagnosis but for Relationship.

....Let us resolve to restore Clinical Diagnosis. An MRI cannot detect Cerebral Palsy. Computer-generated questionnaires cannot diagnose Autism. Only the Clinician's hand can determine costochondritic pain, and reassure the patient - to heal. Thus, no technology can replace Physical Examination or the Human Touch, nor the resultant 'Patient-Doctor Relationship'.

Our Profession should also begin to advocate rewarding physicians not merely for Procedures and Interventions; 'Clinical' Diagnosis, Physical Examination and a Medical Outcome also must be advocated to be remunerated and rewarded equally; such a step can effectively eliminate the need for investigations with vested interest.



IMA COCHIN NEWS

Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



Issue 120
September
2013

IMA PRIVILEGE CARDS

One time offer from IMA

Launch of Privilege Cards - 25th Sept. 19, 2013

IMA COCHIN launches Privilege cards for the Auditorium and the recently renovated Rooftop Hall at the monthly meeting on Wednesday, 25th Sept. 2013.

Privilege cards for the Auditorium - 4th floor (PLATINUM CARD) - Rs.50,000/-

The card entitles the holder to use the auditorium free of charge for 4 hours, on any day three years after the date of issue of card*. At present the rent for Auditorium is Rs 82,500/- and it is likely to go up every year. The holder has also the option of surrendering the card to IMA for refund at the then existing rate**. Further details are available at IMA office.

Privilege cards for the Rooftop Hall (GOLD CARD) - Rs.25,000/-

The card entitles the holder to use the rooftop hall free of charge for 4 hours, on any day three years after the date of issue of card*. At present the rent for rooftop hall is Rs 40,000/- and it is likely to go up every year. The holder has also the option of surrendering the card to IMA for refund at the then existing rate**. Further details are available at IMA office.

Only limited number of cards are issued. * Water & electricity charges will be added; **subtracted.

SPECIAL COMBO OFFER ON LAUNCH DAY :1GOLD+1PLATINUM CARD FOR RS.70,000/-

Intelligent members who had taken privilege cards during construction of IMA House have reaped incomparable returns from their cards and many continue to do so.

For more details contact IMA office (9961665899) or Dr. M. Narayanan 93886 37109

Dr. V.P. Kuriyipe (Chairman)

Dr. S.S. Kamath (Convenor)

Fabulous Returns!!

Grab the offer Now!!

The Lagoon Nite 2013

Members of the Lagoon enjoyed to the tilt, an evening to remember, Lagoon Nite held on 8th Sept.2013. Sangam Kala Group performed the musical evening much to the delight of the packed auditorium. Talented professionals and semi professionals from various walks of life, who have proved their melted, entertained the members with their enviable talent. Nearly 300 persons attended the Nite. Programme was co-ordinated by President of Sangam Kala Group Dr. N.S.D. Raju and Vice President Dr. M. Venugopal.

Next Lagoon Nite will be in the first week of December. Entertainments will be by Lagoon members and their families only. Please get geared up!



SEPTEMBER CME

Date : 25th Sept. 2013, Wednesday
Time : 8.00 pm
Venue : IMA House

MANAGEMENT OF OBESITY - AN UPDATE

Medical Management
Dr. Tom Babu, MD, DNB (Endo)
Endocrinologist, Silverline Hospital, Kochi
Surgical Management
Dr. Koshy George, MS, Dip (Lap)
Bariatric Surgeon, Silverline Hospital, Kochi

Meeting sponsored by
Silverline Hospital, Kochi



Dear friends, here you have to conflicting views on clinical medicine. Please send your opinion to imacochinnews@gmail.com. It will be published in the next edition of Megaphone - Dr. V.D. Pradeep Kumar, Editor.

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Dear friends,
24th edition of Megaphone is in your hands. It is a matter of pride that during the last 24 months we could introduce a welcome change in the face, contents, and readability of our Newsletter. Megaphone also succeeded in bagging a sizeable revenue for IMA Cochin.



While completing my tenure as Editor I would like to place on record my sincere thanks to two Narayanans - Mr. K. Narayanan of Pixel Studio who handled the design of Megaphone and Dr. M. Narayanan who canvassed maximum advertisements. I appreciate their sincere services. I also thank President and Secretary of IMA Cochin for reposing their confidence in me.

Now over to the next Editor.

Dr. V.D. Pradeep Kumar
Editor, Megaphone

Dr. Pradeep's ENT Centre, Ponnurruni, Cochin-19
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Dear colleagues,

We have come to the last part of our tenure. Our hearty congratulations to the newly elected President Dr. Babu John Mathews, Secretary Dr. Rajeev Jayadevan and all other office bearers. We thank all the members for bestowing trust on us throughout the year to carry out the smooth functioning of IMA Cochin.

We can proudly say that we had a wonderful time in our tenure and some of the activities like Global Health Care Summit and Central Working Committee meeting, were the most remarkable landmark event of the year and also in the history of IMA Cochin.

The co-operation, unity and support of all the members of IMA Cochin were the basis of all our success and achievements during the last year. Hence we sincerely congratulate all our members again and again and we humbly request you all to extend all support and co-operation to the incoming office bearers elected for 2013-2014.

Wishing all the best to IMA Cochin and its members.

With warm regards,

Dr. N. Dinesh, President **Dr. Junaid Rahman, Secretary**

IMA SWC meeting



The IMA SWC meeting was held on Sept. 1st at State Head Quarters on 29th Aug 2013. Dr. M.M. Hasan, Dr. T.N. Chandrika, Dr. Sunny Orathael and Dr. Abraham Varghese represented IMA Cochin Branch. There was a special mention on the CWC organised by IMA Cochin Branch.

Clubs affiliated to IMA Lagoon

Kottayam Club - 0481-2578 903 / 2578072
Sreemulam Club, Tvm-0471 3262635/ 2722980
Travancore Club Thiruvalla - 0469 266 5977
Trivandrum Club - 0471 4144444 / 2726444
India Club, Dubai - 97143371112

WIMA Activities - August

WIMA General Body meeting was conducted on 27th August 2013 at 2.30 pm in IMA House. A special session of 'Healthy Lifestyle Puzzles' and Body fat measurement by Mrs. Mumtaz Khalid Ismail was conducted. Everybodies height, weight, BMR, blood sugar checking etc. was done. The programme was sponsored by British Biologicals. It was a very lively and interesting session.

Next General Body Meeting is scheduled on 25th September 2013.

Dr. Salini Sudhindran, Gen. Secretary



'Healthy Lifestyle Puzzles' and Body fat measurement by Mrs Mumtaz Khalid Ismail



AHE at Adarsha Vidyalaya, Kakkanaid by Dr. Gracy Thomas on 4th August

Release of First Aid Booklet



A booklet on First Aid in industries written by Dr. Abraham Varghese and Dr. Jayakumar, CMO, Cochin Shipyard was released by

Mr. K. Roshan, Senior Vice President, Binani Zinc Ltd. at a function held at the Binani Training Hall on 22nd Aug. Dr. Rajeev Jayadevan, Gastroenterologist, Sunrise Hospital received the book from Mr Roshan.

My best ten destinations - 5

From Argentina to Zanzibar, eating and enjoying the local food is half the fun of my travels. Even if we have tried and tasted some of the world's most renowned cuisines and specialties, one is likely to be surprised by how delicious the original is when served on its home turf.



But I do admit my heroic failures as well. In my sojourn through Cambodian villages, I could never savour the deep fried Tarantulas (a kind of spider) or the stir fried crickets which the locals seem to munch like roasted peanuts. By the same token, in Huaxi Street Night market, aka Snake Alley, in Taipei (the capital of Taiwan), I was offered fresh snake blood with herbs as a health drink; I could not muster enough courage to accept.

Japan is one of the very few countries in the world where I traveled exclusively to relish its famed cuisine. Although I am quite familiar with many Japanese delicacies, and having enjoyed it in many countries; contemplating and enjoying Japanese food in Japan seemed a Zen like experience.

The sad part of the story, however, is that I realize I can no longer bear Japanese food outside Japan.

My most charming encounter with Japanese gastronomy happened at the Tsukiji Fish Market in Central Tokyo. It is 'Japan's Kitchen' and the largest of its kind in the whole world. The market moves at a frantic pace with 2000 tonnes and thousands of fish from every continent being procured, purchased, processed, and shipped off to each nook and corner of the country, every day. The sight of an incredible assortment of fresh fish and other seafood, and the busy atmosphere filled with scooters, trucks, sellers and buyers hurrying around, make Tsukiji Market a major tourist attraction.



This is also the venue for the 'Great Tuna Auction'. Although visitors are

Sushi, Sashimi, Me and the Fine Art of Japanese Dining

welcome to witness the tuna auction, their number is limited to 120 people per day. But mind it, it is free. Entry starts from 5:00 am on a first-come, first-serve basis. Two batches of 60 visitors each will be admitted to the auction hall between 5:25 am and 5:50 am.

I have seen many walking kilometers to reach the market to be in the queue at 4 in the morning. But in spite of all the hiccups, and the serpentine line wait at the wee hour of the day, it is worth its weight in gold as it is such a unique and wonderful experience of a life time.

Once satiated with Tuna and the Pisces world, now came the time to indulge in some visceral pleasures. Heading straight to Daiwa Sushi, yes, 'Daivathinte Sushi', inside the market itself, which happens to be one of the finest Sushi restaurant in Japan; the food is simply divine.

Sushi is made using vinegared rice, called sushi-meshi, and raw fish. Generally, the two most popular types of sushi are Nigiri Sushi, where raw fish is placed on top of a bed of rice, and Maki Sushi, which is served in a seaweed roll.

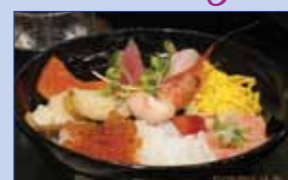
Before eating sushi, the fish end is lightly dipped in shoyu (soy sauce). If the rice end is dipped, the rice will wither, and hashi (chopsticks) will not hold it in toto. Even in Japan, sushi is the only dish that is perfectly acceptable to eat with your hands. Hence, there are no worries regarding the use of chopsticks. Slices of Gari (pickled Ginger) is also taken in between to refresh the palate.

Sashimi is raw meat (usually sea food) sliced and served by itself.

A standard meal in Daiwa Sushi, with seven Nigiri plus Maki and Miso Soup served in Arrowroot leaf, will cost 3500 yen, approximately 2250 Indian Rupees.

Simpler restaurants to try Sushi are at a Sushi Bar or a Kaiten-Sushi place. Here, sushi is served in a

conveyor belt that runs along the counter where you are seated. One can grab the sushi plate of choice and try. The price of each item is written on the plate or is color coded. The final charge depends on the number of plates of sushi one has eaten.



These kinds of Sushi bars are much cheaper and allows you the liberty to try different kinds of Sushi.

My Hiroshima and Miyajima days were filled with eating the famed local Oysters, and enjoying the Okonomiyaki cuisine of Japan. Okonomiyaki is a Japanese Pancake very popular in the Kansai region (Osaka) and in Hiroshima. Even though I tried the Okonomiyaki of both regions, the Hiroshima style suited my palate the best.



In Hiroshima, Okonomi-Mura is the place for it - 3 floors and 25 stalls full of Okonomiyaki. Here, we sit around a Teppan (hot plate) armed with a spatula and a pair of chopsticks. The batter is cooked in front of us like a thin crepe. Ingredients like cabbage, and toppings like seafood, meat, cheese, and wasabi are cooked separately and placed on the crepe. Okonomiyaki is served on top of Yakisoba noodles.

Ippudo in Kyoto was my favorite Ramen restaurant in Japan. Our days in Japan were, in the real sense of the word, a culinary travel through the wonderful country. In our extensive travel from Tokyo to Miyajima and from Nikko to Nara we surrendered to several Japanese culinary concepts starting from the Box Lunch, Bento. Then our food experiments extended to Yakitori (charcoal grilled chicken and vegetables), Sukiyaki (thin slices of beef cooked in a broth of shoyu, sugar and sake), and to the many many not-so-famous local specialties.

I have never relished food as much as I did when I was in Japan.

Dr. Natarajan N.J.
dr.natarajan@gmail.com

IMA COCHIN FEST 2013

6th October Sunday, 8.30 am to 8.30 pm

Dear friends,

Welcome to IMA Cochin Fest 2013. This will be one day programme, with CME during the day and a cultural extravaganza and fabulous dinner at night. **All members of IMA Cochin and their families are cordially invited to this grand gala programme.**

CME will focus on topics of interest to each and every practicing Doctor. Experts in various specialities will present 'What is new in medicine'. CME will be from 9 am to 5 pm, entertainment programme starts at 5 pm.

IMA Cochin Fest is open to all Doctors in Kerala.

Registration fee Rs.300 per person (inclusive of CME, Tea, Lunch and Dinner).

Let us make this event really memorable.

Dr. N. Dinesh President
Dr. Junaid Rahman Secretary
Dr. Babu John Mathew Organising Chairman
Dr. Rajeev Jayadevan Organising Secretary

Variety Entertainments

Entertainments by IMA Cochin members and their associates only. Bring out your talents in front of the cheering audience. The following instructions are to be followed by all the participants in the entertainment programme.

- Those interested to participate in the events are requested to give their names to Dr. M. Venugopal or Dr. Chandrika before Sept 30th.
- Members have to report for the practice session on Oct 6th at 9 am.
- On the spot entries will not be entertained.
- Only one item in one category is permitted. Extra items can be permitted only on the time availability.
- The order of the program will be finalised by the Org committee. The decision of the IMA President will be final.

Dress Code for the evening - Black & White

CME PROGRAM

8:30-9 am	Registration
9-10 am	CME by Amrita Institute of Medical Sciences 1. Endovascular treatment of aortic arch aneurysm : Prof. Vijayakumar 2. Stem cell transplantation : Dr. Neeraj Siddharth 3. Latest developments in stroke management : Dr. Vivek Nambiar
10-11 am	CME by Medical Trust Hospital Inauguration
11-11.20 am	CME by Silverline Hospital: Update on thyroid disorders : Dr. Tom Babu
11:20-11:50	CME by Lakeshore Hospital Dr. Gangadharan, Dr. Anupama and Dr. ArunWarrior
11:50-12:50	PVS Hospital : Dr Mathew Philip & Dr. Prakash Zacharias (Chairpersons) 1. Advances in GI endoscopy from the GP 's perspective: Dr. Johny Cyriac 2. Hepatitis B & C : Information relevant to Surgeons and physicians : Dr. Shibi Mathew
12:50-1:20 pm	Lunch
2-3 pm	CME by Lakeshore Hospital 1. Multiorgan transplant : Dr. Philip Thomas 2. Cosmetic surgery : Dr. Harikumar Menon 3. Head and Neck Oncosurgery: Dr. Harshad Hakeem 4. New endoscopic technique introduced in Kerala: Dr. Roy Mukkada
3-3:30 pm	CME by Medical Trust Hospital Communication in healthcare settings: Dr. Maria
3:30-4 pm	CME by Lisie Hospital: Newer trends in management of head injury: Dr.Koshy George, chief neurosurgeon, Lissie Hospital.
4-4:30 pm	CME by Ernakulam Medical Centre 1. Management of Severe Arthritis of Knee Joints - Dr. Alex Jacob 2. Contra Sexual - Dr. Sheela C. Babu, Recent advances in infertility treatment: Dr. ZonuTalwar
4:30-5 pm	Bourn Hall Clinic
5 pm onwards	Cultural program

Welcome, new team



56th IMA Kerala State Conference
Hosted by Thalassery Branch
8,9,10 November 2013
All members are requested to register.

Congrats!

Dr. R. Sureshkumar, Professor, Dept of Neurology, AIMS, Kochi has won the prestigious Dr. Epen Samuel Memorial award for the best published research paper in the year 2012-13. He received the award from the IMA Kerala State President Dr. K.V. Devadas at the 20th State Conference of the IMA, Academy of Medical Specialities, Kerala State Chapter. His paper was "Serum Vitamin D levels in patients with Multiple Sclerosis".



MEDICAL CAMPS



Osteoporosis clinic conducted by Dr. Jose Kurien on 1st August; By Cochin GP Association at Rotary Midtown Centre, Gandhi Nagar on 18th August; Dr. Rosily Devasya, Dr. Mariamma Sebastian, Dr. Shantha George Eraly, Dr. Mahadevan, Dr. Manju, Dr. Devasya, Dr. George Eraly, Dr. Xavier, Dr. George Varghese Kolluthara and many others participated. Asthma Camp in Lakshmi Hospital, Thripunithura by Dr. Manju on 21st August; At St Mary's Church, Thengode by Dr. Salini Sudhindran on 25th August.



Medical camp at SS Kalamandir. IMA in association with GSS Sangham. Dr. Ramesh S. Shenoy, Dr. Raj, Dr. Deepthi and Dr. Vinod Padmanabhan attended the camp. USG, blood sugar, BMD, eye testing done.

IMA COCHIN MEDICINE BANK

Medicines were contributed by Dr. P. Ramakrishnan, Dr. K.N. Jaya, Dr. Varghese Cherian, Dr. Vinu Pappachan, Dr. Preethy Peter, Dr. K.K.R. Warrior & Dr. M. Narayanan. Cochin IMA Medicine Bank distributed free medicines to 194 patients in the month of August 2013.