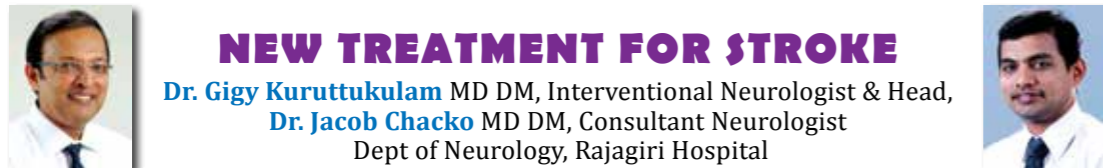


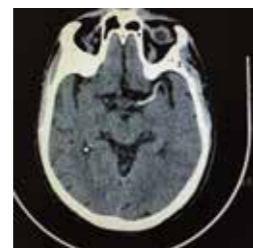
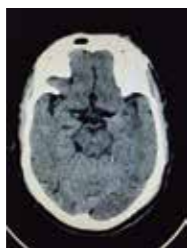
IMA IFTAR ON 12TH JULY



NEW TREATMENT FOR STROKE

Dr. Gigy Kuruttukulam MD DM, Interventional Neurologist & Head,
Dr. Jacob Chacko MD DM, Consultant Neurologist
 Dept of Neurology, Rajagiri Hospital

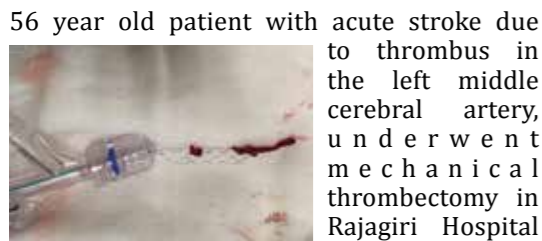
Mechanical Thrombectomy is a new treatment option for patients with acute ischemic stroke due to occlusion of blood vessels in the brain. Blood clots from the brain can be removed using a special stent called stent retriever. This procedure is called Mechanical Thrombectomy. Small catheters are passed into the brain through a femoral artery and the clot is pulled out using the stent retriever.



recently. The clot was removed and immediately the blood flow was restored. This has to be done as soon as possible upto 6 hours after the onset of symptoms.

There is a need for early detection of stroke symptoms so that new treatment options to restore blood supply to brain can be effective.

Interventional neurology is a new specialty of neurology with minimally invasive procedures for treating ischemic and hemorrhagic strokes in the brain.



56 year old patient with acute stroke due to thrombus in the left middle cerebral artery, underwent mechanical thrombectomy in Rajagiri Hospital



Inaugurating the bulk kitchen in IMA House



Police officers training program on 15 June 2015 at Sunrise Hospital



Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch

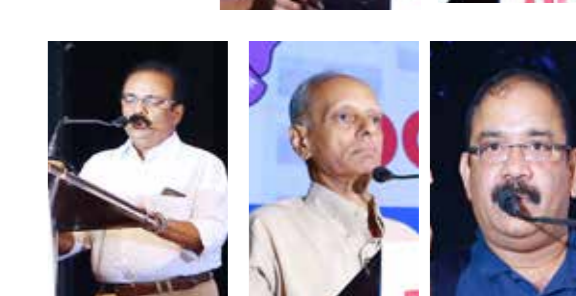


Issue 142
July 2015

Doctors Day celebrated



Doctors Day was celebrated with pomp and passion by Cochin IMA. Hon Justice Thottathil B. Radhakrishnan was the chief guest. Dr.V.P. Kuriyape was honoured on the occasion.



Dear friends,

President's Message



We are launching senior doctors forum in Cochin IMA on 29th July after monthly CME. It is our bounden duty to honour and respect our senior colleagues who fought hard to bring glory to the health scenario of Cochin. Our aim is to provide them a platform to share their views, cherish their memories and to interact with their contemporaries.

On the occasion of doctors day celebration, legal luminary Justice Thottathil B Radakrishnan posed a question: "Why can't IMA take initiative for the proposed cancer centre in Cochin.?" to which we replied positively. Whether it is possible or not, it is a recognition to us. The message is that the community at large have hopes and expectations about our ability to do incredible things.

I would like to make a clarification about the annual service charge. The service charge we are collecting is not for the expense of our monthly meetings or any other meeting, but for the office expenses and mandatory social activities of IMA. We request all of you to be kind enough to pay the amount without leaving this as a liability.

Dr Sunny P. Orathel
President, IMA Cochin

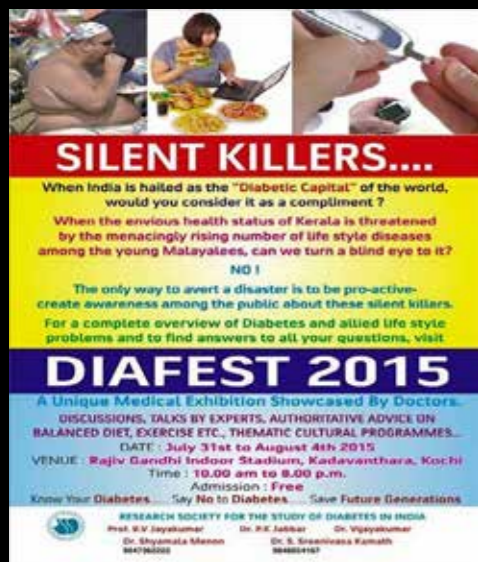
JULY CME

Date : 29th July 2015, Wednesday
Time : 8.00 pm; Venue : IMA House

TOPIC

**Diabetic Foot Management :
Where do we stand ?**

Dr. S.K. Ajayakumar
MS, FMAS, FIAGES, FAIS
PGDHSC (Diabetology), MHA,
Diabetic Foot Specialist
Metabolic and Bariatric Surgeon
Saraswathy Hospital
Parassala, Trivandrum



SILENT KILLERS....
When India is hailed as the "Diabetic Capital" of the world, would you consider it as a compliment?
When the enviable health status of Kerala is threatened by the menacingly rising number of life style diseases among the young Malayalees, can we turn a blind eye to it?
NO!
The only way to avert a disaster is to be pro-active, create awareness among the public about these silent killers. For a complete overview of Diabetes and allied life style problems and to find answers to all your questions, visit
DIAFEST 2015
A Unique Medical Exhibition Showcased By Doctors, DISCUSSIONS, TALKS BY EXPERTS, AUTHORITY ADVISE ON BALANCED DIET, EXERCISE ETC., THEMATIC CULTURAL PROGRAMMES...
DATE: July 31st to August 4th 2015
VENUE: Rajiv Gandhi Indoor Stadium, Kadavanchery, Kochi
Time: 10.00 am to 8.00 p.m.
Admission: Free
Know Your Diabetes... Say No to Diabetes... Save Future Generations.
RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA
Dr. K. Jayaraman, Dr. K. Jayaraj, Dr. V. Prasad, Dr. S. Srinivasan, Dr. S. Srinivasan, Dr. S. Srinivasan



Mid Zone meeting of Branch Presidents and secretaries, DTF officials at Trissur on 5.7.2015



ANGELS office at GH Ernakulam inaugurated by District Collector on 23.06.2015



Dr Rajeev Jayadevan talks on Road accident prevention at Albertian Engineering College Kalamassery on 3.7.2015



IMA-NABH Initiative for accreditation at IMA House, Cochin



Cochin IMA office bearers were invited to Iftar by RTO Mr Shaji on 03.07.2015

From the Editors Desk

Dear friends,

Recently I received a call from the insurance ombudsman of Kerala about improperly filled out insurance claim forms. It was brought to his notice that patients often requested doctors to hide their medical information in order to obtain insurance claims during hospitalisation. He requested that doctors not oblige such requests and that medical information/medical records remain credible for insurance purposes. I reassured him that I will pass on this message to the medical community and that we will uphold our high standards of documentation as always.

The Kerala State IMA ethics committee will be passing on relevant practice pearls on the subject of medical ethics that will help us refrain from violating the ethical norms of medical practice. The committee pointed out that doctors tend to violate ethical practice guidelines because we are unaware of all the guidelines. I have included the teaching slides provided by the ethics committee in this issue of the newsletter and expect continuing input from



the ethics committee in the forthcoming issues. Self monitoring is considered the best form of discipline, hence this initiative.

Best regards,

Dr Rajeev Jayadevan



Dr Salini Sudhindran

Dr. V. P. Kuriyipe, truly a Legend !!



- ❖ Born in Elanji, Ernakulam District.
- ❖ Graduated from Kottayam Medical College.
- ❖ Post Graduation in Dermatology from Vienna and Mysore University.
- ❖ Worked in various hospitals under Health Services Department.
- ❖ Long stint at General Hospital, Ernakulam.
- ❖ Baptised in organizational activities through KGMOA. Made significant contribution to growth of KGMOA.
- ❖ Revolutionised Blood Transfusion services in Kerala, by launching IMA Blood Bank in 1984.
- ❖ Took leadership in making IMA Blood Bank, the pioneer in many introducing new facilities in blood banking.
- ❖ Dedicated and sincere contributions brought IMA Blood Bank into the limelight at national level.
- ❖ Worked as Secretary & President of IMA Cochin Branch.
- ❖ During his tenure IMA Cochin was adjudged as Best Branch in Kerala and Best Branch in India, during 1984-1985.
- ❖ Unparalleled leadership in constructing the iconic of Cochin IMA House.
- ❖ Untiring work in mobilizing people and funds to complete the construction of IMA House in 800 days.
- ❖ Continues as Chairman of IMA House Cochin - the biggest IMA House in India.
- ❖ Worked as President, Rotary club of Cochin Global



June CME : Topic - Management of heart failure : Role of drugs, Devices and Transplant Speaker : Dr Ajith Thachil



Cochin Clinical Society meeting at Sunrise Hospital on 11.6.2015



World Environment Day : Dr. Pratap Kumar talks at Changampuzha Park



Class on Lifestyle diseases at Rajagiri Business School students



Congratulations

Dr Charles Panakkel, Gastroenterologist at Medical Trust Hospital completed a Fellowship in Hepatology at National University Hospital, Singapore. Focus was mainly on liver transplantation.

Free Insulin

Silverline Hospital has been approved by the Novo Aid Foundation (the second centre in Kerala) to distribute free Insulin to Juvenile Diabetic Children below the age of 18 years. The insulins are given for a 3 month period during each visit and they continue to get insulin till they are 18 years old. Diabetes Nurse Educator (Mr. Harold Martin) can be contacted on 08089153202 for further details.

This information was provided by **Dr. Tom Babu**, Consultant Endocrinologist & Medical Director, Silverline Hospital.

Senior Doctors Forum

IMA Cochin is launching Senior Doctors Forum on 29th July after the monthly CME. IMA Cochin members who are 65 years and above can join the Forum. There will be informal meeting of the members once a month at IMA House between 2.30-4.30 pm. There is no membership fee for joining. For further details, contact me at 8891038377, or President/Secretary or office staff Mr Hari at 9249578466.

Dr Ramesh S. Shenoy

ETHICS PEARLS (JULY 2015) from Ethics Management Committee, IMA KSB

Name Board / Prescriptions

- Only name
- Qualifications obtained from a University or a statutory body
- Name of the speciality
- Registration number including the name of the State Medical Council under which registered.
- Should not use an unusually large sign board.
- Improper to affix a sign-board on a chemist's shop or in places where he does not reside or work.
- Printing of self photograph, or any such material of publicity in the letter head or on sign board of the consulting room or any such clinical establishment shall be regarded as acts of self advertisement and unethical conduct.

- Registration number accorded by the SMC/ MCI should be displayed at/in Clinics, Hospitals Prescriptions Certificates Money receipts given to his patients
- Display as suffix to their names only recognised Medical degrees Certificates/diplomas
- Memberships/honours which confer professional knowledge or recognizes any exemplary qualification/achievements.
- Cannot claim to be specialist unless he has a special qualification in that branch.

Teaching Pearls 22 of 24
(This is part of an ongoing awareness series for road accident prevention. Please use this to educate teenagers and younger drivers in particular)

**Dangerous Accessories :
How innocent objects can
turn dangerous
while traveling**



1. The Saree

One a two-wheeler, the dangling tip of the saree can get caught in the spinning rear wheel, with catastrophic consequences. Given little time to react, the person can fall off the vehicle, get seriously injured or die. Injury can occur either while falling or after falling, when the person gets run over by another vehicle.

This can also happen to women who wear long shawls as part of their attire.

The Saree-Guard might save your life!

A properly fixed saree-guard can help prevent such accidents. It is also prudent to wear appropriate attire while traveling on a two-wheeler, the saree being the least suitable. Those using motorcycles abroad are required to wear special protective clothing in addition to helmets. This culture is yet to happen in India.



2. The Water bottle: Another accessory that can cause accidents is the plastic water bottle often seen on the floor of the car. The cylindrical bottle can roll forward underneath the brake pedal, and cause failure of brake during an emergency stop.

3. The Umbrella on a two-wheeler: One other dangerous behavior by the pillion rider in Kerala is to open the umbrella while the two-wheeler is moving. This can cause the person to fall off the vehicle as the umbrella abruptly catches wind and pulls the person backwards.

