

MAGNIFICENT LIFESTYLE AT AN AMAZING PRICE



₹1.6 Cr.*
ONWARDS

PREMIUM WATERFRONT VILLAS & APARTMENTS, EROOR, KOCHI

ONLY 176 UNITS ON 11 ACRES

140 apartments, 36 villas on 11 acres of land • 70% of property, artistically and naturally landscaped
Sustainable development; Pre-certified under the IGBC Green Homes Platinum rating • Landscaped riverside promenade

PRIVACY IS BETTER WHEN IT COMES WITH A VIEW

No common walls for apartments, only 2 units per floor • Apartments built to enjoy both sunrise and sunset

A CLUBHOUSE THAT'S IN A CLASS OF ITS OWN

20,000 Sq Ft clubhouse with fitness centre, indoor badminton & squash courts, lap pool etc. • Tennis & basketball courts

TECHNOLOGY. WE'VE PUT IT TO GOOD USE

100% power back up • Home automation systems with IP integration facilities • Universal plug points
Air conditioning integrated into false ceiling

+91 98951 19000 | +91 98951 29000

sales@mfar.com | www.shimmeringheights.in

Site Address: Opp. Kerala Warehousing Corporation Godown | Eroor North | Kochi 682 306



Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch

IMA COCHIN NEWS



Issue 129
June
2014

World No Tobacco Day observed



Cochin IMA along with IAP Cochin, Cochin Thoracic Society and Kochi Health Mission organized 'World No Tobacco Day' Walkathon flagged off by Mr. M.G. Rajamanickam IAS, District Collector on 31st May at Kaloor Stadium. Awareness classes were also conducted for police officers on tobacco, alcohol and drug use. Cochin IMA Teachers Bank of Doctors was emailed to police officers after the class.

You are invited for DOCTORS' DAY CELEBRATIONS

by Cochin IMA on 1 July 2014

Honouring: **Dr. Sreekumar**

Chief Guest : Mr. M.G. Rajamanickam IAS, District Collector.

JUNE CME

Date : 25th June 2014, Wednesday

Time : 8.00 pm

Venue : IMA House

Synopsis of Advances in Assisted Reproductive Technologies (ART)

1. Bourn Hall - Yesterday, Today & Tomorrow - Pooja Ajith, MBA, PGDHM
2. IVF/ICSI, BTEER Therapy
Dr. Philip Abraham, MD, DGO
3. PESA/TESA and Micro TESA
Dr. Meera B., DGO, DNB, MRCOG
4. Clean Room Technologies
Ms. Kurshith Banu Thameen, BSc.
Master of Clinical Embryology(MCE)

Sponsored by
Bourn Hall International India Pvt. Ltd.
Cochin

President's Message

Dear friends,

The Clinical Establishment Bill may be tabled in this session of the state assembly. There are various clauses in the Bill that are bad for the profession. We have contacted our MLA and briefed about our apprehensions about the Bill. They have assured us that they will do their best to help us.

The Lagoon Nite went off very well. Let me thank the Womens Wing, Dr. M. Venugopal, Dr. Chandrika, Dr. Maria, all the artistes for the excellent performance.

Cochin IMA conducted a world class BLS training programme for the police force on 15 June at our hall. It was inaugurated by Mr. M.R. Ajithkumar IPS, IG of Police. Dr. Abraham Verghese, Dr. Sachidananda Kamath, Dr. Haneesh were the trainers from our Branch. I thank each one of you.

Yours sincerely,

Dr. Babu John Mathews



PRESIDENT
Dr. Babu John Mathews
Kadamankovil, 28/1000, Indira Nagar
Kadavanthra, Cochin 682 020
Ph : 2318322 Mob : 94473 96922
Email : babujmathews@yahoo.com

SECRETARY
Dr. Rajeev Jayadevan
Aathira, 38/1920, Aishwariya Ln,
Elamkulam, Cochin - 682 017
Mob : 98471 02221
Email : rajeevjayadevan@icloud.com

TREASURER
Dr. Jilse George
House No. 1, Plakkat Colony
Kaloor - Kadavanthra Road
Kaloor PO, Cochin 682 017
Ph : 98471 35742; drjilsegeorge@gmail.com

WIMA Cochin



Health Talk by Dr. Shirley John



Empowerment of women - Talk by Mrs. Susan Varghese, WIMA Exec. Committee member at YWCA.



Dr. Rajeev Jayadevan, Secretary, Cochin IMA and Dr. Mohammed Saheed were invited as faculty to IMA Perumbavoor on 21 May 2014 to give a symposium on the use of smartphones, social media and apps in a doctors life and practice. Dr. Abraham Varghese spoke on Clinical Establishment Bill. Dr. Sunny Orathel spoke on Pension Scheme.

World Schizophrenia Awareness Day



Dr. Babu John Mathews, President, Cochin IMA along with Dr. Thomas John led the program

SWC At Calicut



The office bearers of Cochin IMA attended the IMA SWC meet at Calicut on 18th of May.

KGIMOA Conference



KGIMOA 26th Annual State Conference was held at Crown Plaza. Dr. Najeeb, Dr. Babu John Mathews attended the programme.

From the Editors Desk

Dear friends,

This past week, I had the privilege of attending and coordinating three superb academic programs in the city of Cochin. The quality of these programs and the sense of academic fulfilment achieved after attending, reminded me how lucky we are as doctors to live in the city of Cochin, from a professional standpoint.

This past Thursday, Cochin clinical society met at Sunrise Hospital. The program was well attended by over 75 doctors from across the district. I wish to congratulate Dr Vasanta Nair, Dr Jayakumar, Dr Ramesh Shenoy and all the hospitals of Cochin city for keeping this monthly academic program ongoing over the years. The next meeting is to be held at Medical Trust Hospital.

The next was a community service program initiated by Cochin IMA for the police officers of our city. The program was attended by DCP Nishantini IPS and inaugurated by IG Mr Ajith Kumar IPS.

That same day, on 16 June Dr GN Ramesh and the Gastroenterology fraternity of Cochin along with Cochin IMA and IAP Cochin organised an absolutely superb academic program titled "Incidental abnormalities of the gut, what to do?" This program kicked off at 2:30 sharp on a Sunday afternoon with a full house, continued relentlessly without even a coffee break, and still retained its large audience till the late hours of the night.

I highlighted these three programs because they took place in a span of just three days. Incidentally, TCMC has sent a circular asking for each doctor to do 30 CME credit hours every 5 years. We need to add credit hours for future programs, which will not only keep

us at the cutting edge of knowledge but also help maintain the wonderful camaraderie among doctors that again is unique to our city.

Best regards,

Dr. Rajeev Jayadevan

Dr. Salini Sudhindran



MEDICAL CAMPS CONDUCTED BY COCHIN IMA

3rd May 2014 - Osteoporosis clinic conducted by Dr. Soje Kurien at Saraf Hospital - free Bone Densitometry was done and Calcium tablets prescribed to all who attended the clinic. **10th May 2014** - peak flow assessment and Asthma Camp conducted in Lakshmi Hospital; **24th May 2014** - Nutrition camp for children at Laxmi Hospital, Tripunithura by Dr. Manju; **25th May 2014** - Medical camp was conducted at St Mary's Church, Thengode by Dr. Mahadevan and Dr. Govinda Shenoy.

A mega medical camp was held at Ernakulathappan ground, Ernakulam under the leadership of Sri Hibi Eden, MLA, and Cochin IMA. Numerous doctors from Cochin IMA provided patient care at the camp.

Memo from TRAVANCORE COCHIN MEDICAL COUNCIL

- At least 30 CME credit hours are required every 5 years. They may be obtained from reputed professional academic bodies or other organizations accredited with TCMC.
- 'MD' sign not to be displayed by doctors who have not passed the recognized postgraduate course in India. MBBS acquired abroad is not to be displayed as MD in India.

Important upcoming Events: Please mark your calendar

- 21 June** Ernakulam DTF meeting at IMA House
- 22 June** Seminar on medicolegal matters organized by IMA KSB at IMA House
- 26 June** International day against drug abuse
- 1 July** Doctors Day
- 10 July** Cochin Clinical Society meeting at Medical Trust Hospital
- 10 Aug** State Pres./Vice-Pres. Election



IMA Cochin is on FB

1) We have created a group for our members. The link to the same is <https://facebook.com/groups/imacochin>. The IMA news and meeting intimations are posted in this group. Please join this group and keep updated. 2) IMA Cochin has a FB page too. Its link is <https://facebook.com/imacochin> for creating awareness to the public and also keep all updating social service extended by IMA Cochin for public.



Please like this page by clicking the like button on top. Also invite your FB friends to like this page so as to get more viewership.



BLS Training for the police force organised by IMA Cochin on June 15th.



HBI the meeting held at IMA House on June 11th.



World Environment Day was observed by Cochin IMA on June 5th. A tree was planted in our campus. Also pledged to reduce our carbon foot prints



World Digestive Day : Cochin IMA along with the Cochin Gut Club and IAP Cochin organised a seminar on probiotics, on the occasion of the world digestive today. Dr. Philip Augustine inaugurated the session. Dr. Sunil Mathai led the discussion, where several scientific presentations were made.



Last month CME - Topics 1) Robotic Surgery - Yesterday, Today, Tomorrow- Dr. Kishore T.A., Consultant Urologist; 2) Joint Replacement Surgery : Recent Advances - Dr. Vijayamohan, Consultant Orthopedic Surgeon; 3) Stroke - Dr. Bobby Varkey, Consultant Neurologist - all from Aster Medicity.



Cochin Clinical Society meeting at Sunrise Hospital on 12 June 2014. Dr. Prathap Kumar won the award for the best case presentation. This is a monthly meeting of doctors in Cochin where patients' cases of academic interest are presented. Each major hospital gets to host the meeting once a year. Dr. Jaideep Menon was the chairperson.



Incidental abnormalities of the GI tract: Seminar organized by Dr. G.N. Ramesh and the Gastroenterology fraternity of Cochin at Dream Hotel 15.6.2014. See editorial.

Lagoon Nite - June 8th



Teaching Pearls 9 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)

Slow driving : A dangerous road behaviour !



For some, it would be surprising to see slow driving in the list of dangerous driving behaviours.

It is because slow driving can indirectly cause accidents in several ways.

For this article, 'slow driving' as defined as lazy, absent-minded, self-centred driving which is out of tune with the traffic on the road, causing obstruction to other road users.

Most of our roads in India are single lane roads, with barely enough space for two vehicles to pass each other. If you drive at an extremely slow speed in a distracted fashion, you will block up the traffic not only in one direction, but cause difficulties to the oncoming traffic as well.

Other people trying to overtake you can cause accidents by colliding with pedestrians that get caught in the confusion.

People in this part of the world often are in a hurry when using the road. While this is irrational and dangerous in itself, it is not going to change in the near future despite efforts at driver education. Such drivers do not tolerate any avoidable delays on the road. If you block such a driver by your driving absent mindedness, road rage can result and complications to follow. Studies have been done on personality types of drivers, Type A personality drivers tend to show more aggression.

In western countries, narrow roads which are prone for Traffic Block, are marked with a road sign saying "no stopping" and "no standing" which means that your vehicle should not stop for whatever reason in that street. This is to prevent a traffic jam and complications that follow. Unfortunately such culture is yet to happen in India.

HERE IS WHAT WE CAN DO :

- If it is a single lane, try to keep up with traffic, and go as a convoy and not slow down unnecessarily.
- If you require to stop, indicate so early enough and please do so at a spot where other vehicles can pass you without difficulty. This may sometimes require your driving a few extra metres, to find a suitable spot.
- Avoid abrupt stops, this can cause accidents by people trying to overtake you and colliding with pedestrians and other road users the get caught in the confusion you create.
- Keep checking your rearview mirror to see if you are likely to block other road users by stopping on the road.
- If someone wants to overtake you, go out of your way to let them go, it is good for everyone. They can travel faster, and you get a free escort too!!

Putting it simply :

KEEP UP WITH TRAFFIC.

Do not block other road users.