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Renai **Centre For Heart Diseases** heralds revolutionary changes in the realm of heart treatment. World renowned doctors, state of the art technology and equipment coupled with diligently dedicated nursing care make Renai an unmatched heart care centre in South India. Renai promises comprehensive panacea for all heart related complications. Renai dedicates itself for your vibrant heart beats.



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& Vascular Surgeon



Dr. Kuldeep Kumar
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Sr. Consultant Cardiothoracic
& Vascular Surgeon



Prof. Dr. D.V. Nair
MD, MRCP, FRCP, FACC,
FICC, FICA, FCCP, FICP
Sr. Consultant Cardiologist



Dr. Vinod Thomas
MD, DNB (Medicine), DM,
DNB (Cardiology), FSCAI, FESC
Consultant Interventional Cardiologist



Dr. Renjukumar B. C.
MD (Med), DM (Cardiology),
FSCAI (USA), FESC (Europe)
Consultant Interventional Cardiologist



Dr. Jay B. Pattam
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Consultant Interventional
Cardiologist



Dr. Shafiq Rehman
MD (Gen. Med), DNB (Cardiology)
Consultant Interventional
Cardiologist



Dr. Jeril George Kurien
DA, FCPS, DNB (Anaesthesiology),
PDCC (CVTA)
Consultant Cardiac Anaesthetist
& Intensivist



CENTRE FOR HEART DISEASES

- **CHEST PAIN UNIT**
Immediate care & diagnosis,
No unwanted / extra costs, early discharge.
- **KEYHOLE BYPASS/VALVE SURGERIES**
Less cuts on the body, minimal blood loss,
early discharge and longer life expectancy
- **LOWEST PACKAGES FOR ANGIOGRAMS,
ANGIOPLASTIES & BYPASS SURGERIES**

CARDIAC HELPLINE
93889 88000

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- World renowned doctors
- Latest of the best equipment
- Dedicated nursing care.



Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



Issue 141
June 2015

Road Safety initiative on Helmet Chin Strap



Law College student Volunteers at SN Petrol Pump, Koonamthai for survey and awareness programme on chin strap/helmet use



Helmet Chin-Strap awareness program conducted by Cochin IMA and Rotary Club on 28.5.2015. Mr Rishiraj Singh was chief guest. Dr Sunny Orathel, Dr Rajeev Jayadevan spoke and Drs Abraham Varghese, Dinesh, Santosh Balakrishnan, Rajesh (KIMS Neurosurgeon), Narayanan (Prof Gastro at Amrita) attended. Students from law college interviewed bike riders and surveyed adequacy of helmet use. Program was held at SN Indian Oil petrol pump Koonamthai Ernakulam. Mr George John, traffic expert was also present. Inadequate use of chin strap leads to helmet falling off before the head hits the ground in an accident. Out of 30, only 3 were wearing chin strap.



Honouring Dr V.P. Kuriyipe on Doctors Day - July 1 - 7.30 pm

All are invited to attend Doctors Day Celebrations on July 1st to honour **Dr V.P. Kuriyipe**. Chief Guests: **Sri Ramesh Chennithala**, Home Minister, Govt. of Kerala. Guest of Honour: **Padmashree Dr Marthanda Pillai**, National IMA President, and **Hon Mr Justice Thottathil B. Radhakrishnan**.

Dear friends,

President's Message

Indian Medical Association has its own academic wing for specialists and general practitioners since years as IMA-AMS & IMA-CGP. Many of our members are members of this forums. Life members of IMA possessing any PG qualification recognised by MCI shall be eligible for enrolment under IMA-AMS. Academy fellowship may be conferred who meet the requirement as prescribed. Life membership fee for IMA-AMS is Rs.1000 only.

IMA-CGP is designed for update of medical knowledge of GP's who form the backbone of health care delivery system in the country. IMA-CGP conducts fellowship exams - FCGP - twice in a year. Life membership fee for IMA-CGP is Rs.1500 only. Those who desire to join in any or both forums may contact IMA office.

This year's doctors day is going to be celebrated as a memorable event. We are honouring none other than Dr V.P. Kuriyipe on July 1st. We request all of you to join this program with your family and make it a grand event.

Dr Sunny P. Orathel

President, IMA Cochin



SECRETARY
Dr Rajeev Jayadevan

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JUNE CME

Date : 24th June 2015, Wednesday
Time : 8.00 pm; Venue : IMA House

TOPIC

Management of heart failure :
Role of Drugs,
Devices and Transplant

Dr Ajith Thachil
MD, DM, PDF(EP), CCDS
Consultant Cardiac Electrophysiologist
Lisie Hospital, Kochi

Meeting sponsored by

ST. JUDE MEDICAL

TREASURER
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Cochin IMA- AMS-Cochin Clinical Society meeting at Ernakulam Medical Center



Care of Elderly Ernakulam : Medical camp for the elderly on 30.05.2015



Professional Integrity Day : Observed on 15th May 2015



Dr Sunny on Asianet Doctor Live about Diseases of the Rainy season.



Dr Venu on Asianet Doctor Live about Fevers



Dr Sachithananda Kamath, National President IAP, being felicitated at Bangalore Pedicon on 10.05.2015

From the Editors Desk

Dear friends,

This past month has witnessed a lot of controversy about food and drug safety. Maggi noodles got withdrawn from the market after the finding of unacceptable levels of Lead and Monosodium Glutamate (MSG), Lead being the more concerning of the two. Incidentally, high levels of Lead, Mercury and Arsenic have already been reported in one-fifth of Ayurveda products in a study published by Robert B. Saper, et al JAMA. 2008 Aug 27; 300(8): 915-923.. The NAMA (National Ayurveda Medical Association), in their response to the JAMA article, has disputed the cut-off levels used in this study, but have stated that naturally occurring Lead is found in herbs and that independent third party testing of all such products is required. Spectrophotometric studies have already demonstrated the presence of heavy metals like Lead and Cadmium in herbs, believed to be absorbed from the environment into the leaves. Since extracts of several herbs are used in traditional herbal mixtures and decoctions, these preparations require further study on their lead and other heavy metal content.

Thanks to Manorama news, the pesticide mafia of Tamil Nadu farmers has been exposed and finally the government has woken up to the fact that vegetables shipped to Kerala from Tamil Nadu have alarmingly high levels of pesticides. Corrective steps are under way. IMA has been actively assisting the Government on this food safety issue.

Along with this, there is continuing debate on the use of generic medicine in Kerala. The press and public seem to want all doctors to start writing generic medicine right away. The trouble is, only a tiny minority of medications marketed in Kerala are subjected to quality control in Government-recognized laboratories. As doctors, our obvious concern is whether the tablet prescribed indeed contains the right medication in the right dose. Unless the Government can put its seal of quality on each medication shipment, it will be unrealistic to expect doctors to switch completely to generic. IMA has repeatedly raised this issue with

media and the Government. There is clearly a pressing need for adequate Government testing facilities where safety and quality of food and medications of all genres are ascertained.

Best regards,

Dr Rajeev Jayadevan

Dr Salini Sudhindran

GENTLE REMINDER : All members are kindly requested to clear their annual service dues of Rs.1000. These were added to offset our increasing expenses as discussed earlier.

DIABETES CME

RSSDI (Research Society for the Study of Diabetes in India) is conducting an international update (IDU) on July 25 and 26 at IMA House.

DIAFEST KERALA 2015

A public awareness program on diabetes and lifestyle disease is also being organized at Rajiv Gandhi Indoor Stadium from 31 July-4 Aug. 2015. Please contact Dr Sreenivasa Kamath, State Secretary, RSSDI for details 98460 54167, kamathsreenivasa@gmail.com

NISS - Campaign for Safe Sound from temples, mosques and churches!!

It has been decided to convene a meeting of heads of religious institutions, on August 2015 in IMA House. Purpose is to mobilise their support to reduce noise levels emanating from all religious places. Verdict from High Court and Green Tribunal in this regard will be a highlight.

You are requested to collect the names and address of all religious institutions in your vicinity and forward to the email mentioned below. It should contain name of Priest and chairman of themanagement committee along with their phone no. Please start action now.

Dr. V.D. Pradeepkumar, Chairman, NISS Cochin pradeept1@gmail.com

Dr. Philip John appointed National Chairman



Dr. Philip John has been appointed National Chairperson, Child and Adolescent Psychiatry (CAP) section of the Indian Psychiatric Society (IPS), in recognition of his contribution to Child

Psychiatry in India. Elected last month as American Psychiatric Association (APA) International Fellow, Dr. Philip is leaving to UK for an invited Lecture on "Neural Basis of Autism : Treatment Implications" at the British Indian Psychiatric Association Conference, 2015.

Cochin IMA victorious at Green Tribunal Chennai



Congratulations to Dr Abraham Paul and team for the historic victory of Cochin IMA's petition to prevent Noise Pollution that was heard at the green tribunal Chennai. The tribunal had rebuked the Government of Kerala for failing to comply with the high court order obtained by Cochin IMA earlier, to take steps against noise pollution in public places. The tribunal has ordered the state of Kerala to put all the necessary anti-noise pollution measures in place within four months time.



May CME : Topic : A case of abdominal pain - long case - Story of a post graduate - Dr Anish S K; A case of recurrent syncope/fall - Dr Archa Shaji; A case of tooth ache - Dr Gayathri G J; Every shell has a tale to tell - spotter - Dr Hima M S; Transient paraparesis- story of a poor mother in law n widow - Dr. Arya Krishna



Dr Krishnanunni welcomes the doctors at IMA-AMS-Cochin Clinical Society meeting, Renai Medicity



Cochin IMA - AMS - Cochin Clinical Society meeting at Renai Medicity



Dr Anil Nambiar speaks about the importance of eye care in Safe Driving



Dr Rajeev Jayadevan and Dr Anil Nambiar talked on Road Safety to Driving instructors at a program organized by the Faculty of Rajagiri and IIM Cochin.



247th SWC Alappuzha



Health for All : On 24.05.15 at R.S. Shenoy School of Hockey was inaugurated by Dr Sunny



Dr NSD Raju spoke on Blindness prevention at IDEA



Blood donation camp at Ponnuruni organised by IMA Blood Bank and cochin Blood donors Forum



Dr N.J. Natarajan receives the award from R.V.G Menon instituted by C. Achutha Menon Foundation for the best literary work among travelogues in Malayalam



Col Dr TR John Speaks at Schizophrenia Awareness program

IMA Early-Career Doctors' Forum and EPS organise "Into the Light"

In commemorating World Schizophrenia Awareness Week, the Early Career Doctors' Forum of IMA Cochin and Ernakulam Psychiatric Society jointly organized "Into the Light": Schizophrenia Awareness Programme for Patients and Caregivers. Dr Abraham Varghese, Dr (Col.) Kutty and Dr TR John spoke. Caregiver Appreciation Awards were presented to shortlisted candidates.

Dr. Johann Philip



Teaching Pearls 21 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)

How to avoid Hydroplaning in Rainy weather

(Have you checked your tyre tread?)



Hydroplaning is when a vehicle skids over a layer of water. The vehicle can skid off the road if the tyre tread is worn out! That is because a non-compressible layer of water appears between the tyre and the road surface, causing the vehicle to literally float on water. Braking becomes ineffective.

What is tyre tread?

The rubber surface on the tyre that makes contact with the ground is called tread. As tyres get old, the tread wears off and the grooves get shallow.

Why is tread important in rainy weather?

As tyres roll on a wet road, water gets underneath. The grooves in the tyre tread help this water to get channeled along the length of the tyre, and get expelled safely in the backward direction, allowing the rubber to remain in full contact with the ground.

As the car moves forward, if the tread if flat with no grooves, the water has nowhere to go. Water, though a liquid, is a non-compressible substance. As a result, the tyre gets lifted off the ground by the film of water, which gets thicker at higher speeds.

This is equivalent to water-skating, also called hydroplaning. As a result, braking distance gets prolonged, and the car skids easily.

Bottomline : Don't wait for your tyres to wear out fully, change them well before the tread drops to 1.6 mm (depth).

Other Rainy season Safety Tips:

1. Change your wiper blades: This improves night visibility in the rain.
2. Keep lights on to improve your visibility to other road users.
3. Reduce speed, increase gap between vehicles while driving as convoy, to allow for longer braking distance
4. Check air pressure in the tyres, as low pressure increases risk of hydroplaning (skidding over watery road)

