

## Cochin IMA and Kerala Association of Neurologists (KAN) Observed World Stroke Day 2014

Summary of Stroke CME (see photographs), compiled by Dr Vivek Nambiar

World stroke day symposium was conducted at the Cochin IMA by Kerala Association of Neurologists. The panel of expert neurologists delivered talks on different topics and the session was moderated by Dr Mathew Abraham.

Theme of the year for stroke day was Women and Stroke. This point was highlighted by the panelists. Even though the incidence of vascular events are less in females in the premenopausal time the incidence of stroke is high in the peripartum, pregnancy and postmenopausal periods of the life.

Infact, stroke kills and disables more women compared to breast cancer. The quality of care given to female stroke patient and the outcome of female stroke patients are not as good as males in society. Various aspects of the stroke prevention and treatment were discussed.

Acute stroke diagnosis and treatment is a challenge as it is time bound and hence every potential delay should be reduced as far as possible to improve the outcome..

The time-window for intravenous thrombolysis is upto 4.5 hours for now, and may even rise upto 5 hours in the coming years due to good data coming in.

Intra arterial treatment can be given upto 6-8



Moderator: Dr Mathew Abraham Panelists: Drs Jacob Chacko, KP Vinayan, Vidya MV, Reji Paul, Murali Menon and Vivek Nambiar.

hours, especially mechanical thrombectomy. Different methods of endovascular treatments are available like solitaire retrievable stents and Trevo stents. Evidence for these devices are upcoming and hence the frontline treatment for acute stroke is still intravenous thrombolysis.

Blood pressure would be maintained at under 185/110 for patients with ischemic strokes eligible for thrombolysis.

Intracerebral hemorrhages are eligible for good BP control it may be reduced to 140/90 mmHg, without fear of ischemic damaging the brain even if we reduce the BP.

TIA is a valuable opportunity to intervene and warrants proper imaging and identifying major vessel involvement, critical carotid or basilar stenosis or a ruptured plaque. Stenting or endarterectomy can be done to prevent a

catastrophic stroke.

Surgical treatment for acute stroke – ischemic involves decompressive surgery. It is a life-saving emergency surgery to reduce the effect of brain swelling in patients with very large infarcts.

Rehabilitation is a most forgotten part of the stroke, it should be started as early as the stroke onset and gradually intensified according to the patient's general improvement over a period of time.

Stroke prevention is vital and requires strict control of the risk factors. BP control is the most important measure. Secondary prevention include antiplatelet or anticoagulation as per the requirements and the rigorous control of BP, dyslipidemia (to less than 100 LDL) and abstinence from smoking.

We need more centers to treat strokes as our thrombolysis rate is still less than 5% of all acute stroke. Awareness of stroke symptoms and acute stroke treatment among health care providers are most important to avoid delays in instituting acute stroke therapy.

Telestroke and telemedicine facilities should be utilized to increase the number of patients receiving thrombolysis.

### IMA Cochin Office Bearers 2014-15



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### IMA against price hike on Essential Medications

Meeting with District Collector Mr Rajamanickam IAS along with Dr AV Babu, State IMA President, to discuss Pharma Price Hike possibility following NPPA's power being curtailed by the Central Government. A PETITION was given to the collector to be sent to the Union Health Minister. Separate petitions were sent from the branch directly to the Union health minister.

### Road Safety Group

In response to recent Road Safety program news articles from Cochin IMA, Motor Vehicle Dept forms a Whatsapp group 'Doctors for Road Safety' Mr Vinod Kumar Motor Vehicles Inspector is Admin. Dr Venugopal, Dr Rajeev, Dr Satish Bhat Dr Najeeb, and Dr Chandrika are members from exec committee.

### Proposed Anti Alcohol/Drugs National School Level Campaign

Cochin IMA office bearers had a meeting with National IAP President Dr Sachidananda Kamath about setting up a national school level curriculum on health habits including alcohol tobacco and drugs. We sent a detailed written proposal about Anti tobacco-drugs-alcohol pledge that can be taken by students. The proposal was submitted to the Government of India.



Dr Haneesh accompanied selected children along with their parents to Kerala Blasters Game, tickets sponsored by Muthoot & Pallium India on behalf of Cochin IMA



Dr Deepak Varma speaking at Deceased organ donation seminar PUNARJANI. Dreams Hotel, 25.10.14



# Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch

IMA COCHIN NEWS



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## IMA Cochin grabs awards in IMA State Conference



Cochin IMA sweeps awards at the massively attended and exquisitely organized Millennium Annual State IMA conference held at Kovalam from 7,8,9 November. The Dr Pared Pillai rolling shield for Second-best Branch and The Dr Sankara Pillai award for Best Branch-Secretary are the highlights, along with a host of other awards.



### President's Message

Dear friends,

Cochin IMA won the second best branch award in the state annual conference at Kovalam. I am pleased to announce that Dr. Rajeev Jayadevan was selected as the best secretary in the state. Although our overall branch activity score was superlative, we lost the first place to Calicut IMA by a narrow margin, mainly on grounds of lower number of new IMA memberships. I congratulate Dr Babu John Mathews and his team for achieving so much during the past term.

Awards do matter, but activities matter more. Cochin IMA always has taken care of problems of the public. Lately, noise has become a menace to society. We decided that it is high time to make the society aware of the concept of safe sound. NISS: National Initiative of Safe Sound is an initiative we are launching under the leadership of Dr VD Pradeepkumar and team.

I would like to thank all the hospitals for conducting various activities on World Health Day.

Jai Hind, Jai IMA

**Dr Sunny P. Orathel**  
President, IMA Cochin



### NOVEMBER CME

Date : 26th Nov. 2014, Wednesday  
Time : 8.00 pm; Venue : IMA House

**DECOMPENSATED LIVER DISEASE - Is Liver Transplantation the best Option or Last Option ?**

Moderator : Dr. Philip G. Thomas

Panelists : Dr. Sudhindran  
Dr. K. PRAKASH  
Dr. Charles Panackel

Meeting organised by  
COCHIN GUT CLUB

## WIMA Cochin Activities



WIMA Executive committee Meeting



Adolescent health education at Maria Goreti School, Nettoor

Talk to teenage girls at Palarivattom

## Congratulations



**Dr Sunny Orathel** for winning the election to become Central working committee (CWC) member

**Dr M.M. Hassan** has been elected as Chairman of Board of Trustees, Social Security Scheme - 1 and 2, of IMA Kerala state. He received an award from the Chairman, Social Security Scheme, Kerala, for meritorious work.



**Dr Najeeb** personally enrolled 5 new life-members to Cochin IMA

## World Psychiatry Fellowship awarded



**Dr Johann Philip** has been selected for the prestigious Early Career Psychiatrist (ECP) Fellowship of the World Psychiatric Association (WPA). The Fellowship will be awarded during the WPA Congress, to be held in Hong Kong in December. Dr. Johann Philip is Executive Comm. Member, IMA Cochin, and In-charge of Early Career Doctors' Forum. He is the son of Dr. Philip John, Sr. Consultant Psychiatrist.

**Anamika Ann Maria** D/o Dr Antony Paul Chettupuzha and Teena Antony of 9th Std Bhavans Vidya Mandir Giri Nagar, who won the first prize in the national stamp design competition held on 2014 conducted by Postal Dept of India. Her painting will be published as an Indian postage stamp.



## Obituary

**Major Dr ET Kuriakose** passed away on 11.11.2014. He was retired DMO and Ophthalmologist.

## From the Editors Desk

Dear friends,

The Chattisgarh tragedy is dominating the medical headlines this month. At this time, it is believed that Ciprofloxacin tablets contaminated with Rat Poison caused the post sterilization deaths. State IMA has issued a strong letter condemning the inadequacy of the existing quality control measures that are expected to monitor over 64,000 available medicines, and have formed an expert committee to study the situation in Kerala.

Every tragedy brings along with it a learning opportunity, and this would be a time to introspect about our profession.

The loss of patients' lives in Chattisgarh was tragic. In addition, as doctors, we have every right to be upset with the media for initially calling Dr Gupta a 'killer doctor'. While this will not seem fair to us doctors, the way we see it, (IMA has strongly condemned this action) we must also pause for a moment and consider how the public sees us. Unfortunately, in the real world, as team leaders, whether we like it or not, we as doctors are ultimately deemed responsible for the quality of our staff, equipment and success or failure of the surgery or treatment that we administer. In our film industry, if a superstar acts in a badly scripted film, he or she gets blamed squarely for the failure, and no one blames the cameraman, light-boy, scriptwriter or director. A doctors' situation is not dissimilar.

When our working conditions remain suboptimal, it is only a matter of time before such tragedies happen, and the media and public, who may have placed us on a pedestal only the day prior, will be quick to drag us down to the depths of infamy. Clearly, even though Dr Gupta could not have possibly known that the tablets were substandard, he became a victim to this perception of the public.

In most other situations however, simple measures such as mandatory check lists prior to each procedure, and periodic quality improvement meetings with staff and administration,

can go a long way in preventing complications- and these measures really do not cost extra money.

We just have to wake up to the fact that the society looks up to us as team leaders, act responsibly and continue to have faith in our profession. Best regards,



**Dr Rajeev Jayadevan**



**Dr Salini Sudhindran**

**Next Cochin Clinical Society meeting is at INHS Sanjeevani, Naval Base on Dec 11th 2014, 7.30 pm**

## IMA COCHIN enters into yet another domain in Public Health NISS [National Initiative for Safe Sound]

Noise pollution in our country is increasing day by day. It is an unrecognised but important cause of many health hazards. To highlight the importance of Safe Sound in our life, IMA Cochin in association with AOI [Ent Surgeons Association] and many social organisations will be launching NISS in Cochin.

Main thrust will be on sensitising drivers and operators of public address systems about the dangers they themselves face and hazards which affect society at large. Propaganda among students, resident associations and various social and religious groups will be another important activity. Forceful interventions with district administration is essential in implementing the existing relevant rules.

IMA Cochin has taken up this initiative which demands wholehearted involvement of all of our members. A meeting held on 11th Nov has constituted a committee to spearhead the activities.

Chairman : Dr V D Pradeep Kumar

Secretary : Dr Rajeev Jayadevan

Vice Chairmen : Dr Sunny P Orathel, Dr Prakash Abraham

Joint secretaries : Dr Sunil George, Dr Haneesh, Dr Ramesh Shenoy

Convenor : Mr Pramod [SCMS group]

Joint convenor : Ms. Namratha (Young Indians)

Senior Advisors : Dr Abraham K. Paul, Dr Abraham Varghese

Meeting was included non-medical personnel.

**Watch for the actions to follow, and be a part of this great public service movement.**

**Dr V.D. Pradeep Kumar**



NISS brainstorming meeting in progress, also attended by non-medical people.



Dr Chandrika at South zone cultural fest on 17th Oct. at Kayamkulam IMA



Oration by Dr Robert Gallo, Co-inventor of HIV Virus, at IMA State Millennium Conference, Kovalam



Dr. Alias Thomas honoured : Dr. Babu John Mathews Imm. Past President, IMA Cochin presenting memento to Dr. Alias Thomas for being elected as National President of IDA.



Dr Philip Augustine gave an oration on 'Pancreatitis: past, present and future'. Dr Rajeev Jayadevan gave a presentation on 'Communication skills: what they don't teach you in Medical School'. Drs Narayanan Unni, Sajit Kesavan, Vimal Iype, TA Kishore, Arun Warrier, Suma Balan and Padmanabha Shenoy also presented CME topics.



World Stroke Day -29.10.2014 - At GH Ernakulam with DCP Ms Nishantini IPS and Dr Sunny Orathel. Free medical camp for stroke patients and related illnesses was arranged by Dr Haneesh and Dr Vivek Nambiar, followed by evening CME at IMA House.



Dr Kuriyep being honoured with Ponnada by Kottayam Medical College Alumni



World Osteoporosis Day - 20 Oct 2014 : CYCLATHON conducted at Sunrise Hospital by Dr. Prathap Kumar and Dr. Rajiv Jayadevan.



Dr Abraham Paul at Newborn Hearing Screening National Training of Trainers at JSS Institute of Speech and Hearing, Mysore

## International Radiology Day

International Day of Radiology Celebrations jointly organised by Indian Radiological and Imaging Association Kerala & Kochi Chapters and IMA Kochi- Imaging of the mind a reality. Prof. PV Ramachandran spoke on Wilhelm Conrad Roentgen, who discovered X rays 119 years ago. Roentgen was the typical German Scientist - selfless and committed with a dogged perseverance. Roentgen insisted that X rays should not be named after him, and should be available freely for the humanity at large. Prof. C Kesavadas from Sri Chitra Institute elaborated on the advances in Neuro Imaging. Imaging of the mind and its mysteries are now becoming a reality thanks to functional imaging. Patients with depression have a particular pattern of brain activity as compared to Normal. Neuro Imaging markers for various psychiatric disorders are in the developing stage. Alzheimers and other dementias could have definite treatment in the form of correction of abnormal tracts.



## Book Released

**Dr Thomas John** MBBS, DPM, DCH, MPhil (Behavioural Medicine) has published a book titled 'Handbook of Disability Certification in Psychiatry'. He can be reached at drthomasjohn@gmail.com or +91 94-47-210430



## IMA Cochin on FB

IMA Cochin is now in facebook. We have a group with address [www.facebook.com/groups/imacochin](http://www.facebook.com/groups/imacochin). Request our members to join & share your views, achievements etc. with others in IMA. We also have a page with address [www.facebook.com/imacochin](http://www.facebook.com/imacochin). This is to convey our social activities to the public. Request the members to like this page & also invite your friends (doctors as well as non doctors) to like this page so that we reach more & more people.

**Dr Ramesh S Shenoy**



**Teaching Pearls 14 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)

## The Stop Sign

**Do your Wheels Stop Turning When you Stop at an intersection?**



As we enter a larger road from a side road, we are expected to stop our vehicle, look in both directions, and enter the main road cautiously and only if fully clear.

In western countries, a stop sign is kept at such intersections where our vehicle is expected to stop before proceeding.



According to Western Driving instructors, "THE WHEELS HAVE TO STOP TURNING" at the stop sign.

In our country, stop signs are non-existent, for reasons beyond comprehension.

Our vehicles, especially two-wheelers, have the habit of entering the main road at full speed, without even checking whether there is an oncoming vehicle in the same lane.

This is a dangerous road behavior, and has caused several fatalities in this part of the world.

## Main Points

1. When entering the main road from a 'pocket road', STOP your vehicle (make sure your wheels stop turning), then look in both directions before moving forward.
2. While traveling on the main roads with several sideroads ('pocket roads'), be watchful for two-wheelers darting out at full speed on to your lane.