

IMA Cochin family member to Kerala Blasters



Duleep Menon, son of a Cochin IMA member Dr Girijanandan Menon has been hand picked by Sachin Tendulkar, for the **Kerala Blasters Football Club** at a function held at Kochi on 29 Sept. Duleep, an M Tech in Communication Engineering, had a passion for football from childhood.

He is the son of Mrs Hemalatha Menon & Dr D. Girijanandan Menon, Consultant Anaesthesiologist, MOSC Medical College, Kolencherry.

Best wishes to Duleep Menon from IMA Cochin.

National Blood donation Week observed



National Blood Donation Week Inaugural function at Vyttila organized by Cochin Blood Donors Forum on 1st Oct. 2014. Valedictory function held at IMA Blood Bank on 7th Oct. 2014.

World Heart Day - 29.9.2014



Walkathon by Dr Rajeev Jayadevan, Secretary, Cochin IMA along with doctors and staff of Sunrise Hospital on 29.9.2014.



Congratulations!



Congrats to Dr Sunil Mathai for being elected as President of Regional Sports Centre.



The recent article about Cochin IMA's innovative activities for the community. Indian Express, 1st Oct. 2014.

LAST MONTHLY CME : Held on 24th Sept 2014 at IMA House. Topics 1) Identifying the Child with poor vision by Dr Neena Menon. 2) Botox undoing the change by Dr Marian Pauly. 3) The Innovations in Corneal Surgery by Dr Vinay S Pillai. 4) Retinal Diseases in the elderly. The moderator was Dr Sai Kumar. The meeting was organised and sponsored by GIRIDHAR EYE INSTITUTE.



IMA COCHIN NEWS

Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



Issue 133
October
2014

Installation of New Office Bearers 2014-15



Secretary Dr Rajeev Jayadevan presenting the report of activities for the year 2013-14.



Dr Sunny P. Orathel taking the presidential oath. IMA State President Dr A.V. Babu was the installing officer. Hon'ble Mr. Justice Antony Dominic was the Chief Guest.



Silverline Hospital gets the prestigious NABH Accreditation



NABH Accredited Hospital

Our Departments

- Dept. of General Medicine
- Dept. of Diabetology and Endocrinology
- Dept. of Paediatric Endocrinology
- Dept. of Endocrine and Thyroid Surgery
- Dept. of Podiatry and Plastic Surgery
- Dept. of Bariatric Surgery (Weight loss Surgery)
- Dept. of Vascular Surgery (Varicose Veins)
- Dept. of Orthopaedics
- Dept. of Physiotherapy
- Dept. of Urology
- Dept. of Nephrology
- Dept. of Cardiology
- Dept. of Pulmonology and Chest Diseases
- Dept. of Ophthalmology
- Dept. of Sexual Dysfunction and Andrology (Sexual Health Clinic)
- Dept. of Dentistry



Silverline Hospital

KP Vallon Road, Kadavanthara PO, Kochi -682020
Telephone: 0484 4073155, 4073156
E-mail : silverlinehospital@gmail.com | www.silverlinehospital.in

President's Speech

Dear colleague,

At the outset, let me express our sincere thanks for electing us as the leaders of Cochin IMA and we accept the responsibility with great pleasure and pride.

Cochin being the hub of all medical activities – buzzing with academic research, conferences and innovative social initiatives - people tend to look at us in a different angle. This year, we are sharing social responsibility with the community in implementing national initiative of SAFE SOUND (NISS) and promoting Care of the Elderly, Pain and Palliative Care. In addition to these initiatives, we are focusing on charitable works with commitment.

Cochin IMA has an elite status with our state of the art IMA House. We have to give a new face to our dream project, of course hassle free from all liabilities. Challenges are ahead of us, but these challenges are the fuel of our work. To help me in all activities, we have an able executive committee with Dr. Rajeev Jayadevan, Secretary and other stalwarts of IMA are members in this committee. We hope we can build a socially committed and wonderful IMA year.

We look forward to your co-operation in all endeavors of the IMA, to make our community comfortable and our great nation proud.

Jai Hind, Jai IMA

Dr. Sunny P Orathel, President, IMA Cochin



OCTOBER CME

Date : 29th Oct. 2014, Wednesday
Time : 8.00 pm; Venue : IMA House

WORLD STROKE DAY SYMPOSIUM

Panelists

- Dr. Reji Paul
- Dr. Gigy Kuruttukulam
- Dr. Vivek Nambiar
- Dr. Mathew Abraham
- Dr. Vinayan K.P.

Meeting organised by
KERALA ASSOCIATION OF NEUROLOGISTS

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Protest in front of IMA House



This picture was taken during the recent incident at IMA House, apparently by political activists protesting against the ongoing Anaesthesia CME program. Their allegations that there were no doctors left at Kottayam Medical College to give Anaesthesia were found to be baseless and false. A police complaint has been lodged.

Camp for the Elderly

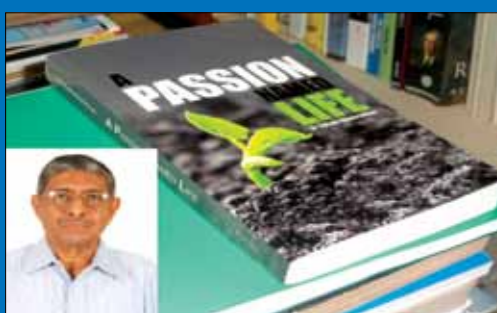


A medical camp was conducted for the inmates of an old age home, Sree Narayanagiri Aluva on Sept. 27th Saturday by Dr Shobha K Pillai, member of the committee for the Care of the Elderly, IMA, KSB. Clinical examination was done for 45 elderly persons mostly ladies and distributed medicines. Hightech Laboratories, Palarivattom conducted blood sugar examination of all the participants. An interactive session was also conducted regarding the importance of healthy food habits and the need to take the medications for the symptomatic control of problems in the elderly.



Dr Abraham Varghese addressing the employees of SEPR Refractories India Ltd (Saint Gobain Group), Palakkad on **Occupational Health - the changing paradigm** on Oct 7th in connection with the International Environment, Health, Safety Day 2014.

Book by Dr. V. Balakrishnan



Dr. V. Balakrishnan, authored a book 'A Passion named Life'. He is one of the foremost gastroenterologists in India, has practiced and taught medicine for 55 years. He describes in this book the qualities of an ideal physician. A powerful writer and inspiring teacher, all his life he has been an indefatigable exponent of the practice of compassionate medicine and a strong critic of the over-riding incursion of technology into medical practice. He is one of the pioneers in gastroenterology in India and an international authority on pancreatic diseases. A staunch proponent of ethical medicine, Balakrishnan is the author of nearly a 100 medical publications and has edited four medical books. He is also a recipient of the Dr. B.C. Roy National Award in Medicine and many more lifetime achievement awards.

From the Editors Desk

Dear friends,

This month saw the installation of the new office bearers of Cochin IMA. Even as the new office bearers takeover, several of our innovative projects will be continued.

Our activities as an organization were reported widely in the media, and came to a peak on Oct. 1 with the Indian Express Newspaper giving Cochin IMA a full-front-page coverage, a rare honour for any organisation.

What was apparent from this was that the goodness in our hearts and our selfless wish as doctors to do good for the community was slowly being recognised by the general public. All of our social programs are designed to directly benefit the common man, at the grass root level, without profit of any form to the doctors.

Under Dr Sunny Orathel's leadership, we are already putting our heads together to expand our activities further. We take this opportunity to thank you for your continued participation, encouragement and for the positive feedback, which is priceless.

Best regards,

Dr Rajeev Jayadevan

Dr Salini Sudhindran



Meeting with specialties was held at IMA House. Discussed ongoing CME programs, and important updates about IMA House and its maintenance.



IMA FIRST AID Class to teachers of Nettoor Public School on 18.10.2014 arranged by Dr Mahadevan.



38th Annual State Conference of **Indian Society of Anaesthesiologists - ISACON Kerala** at IMA House on 11.10.14



Combined executive meeting in progress



Cochin IMA wins Best Branch Award from Ernakulam DTF



IMA joining hands with Nila Catering



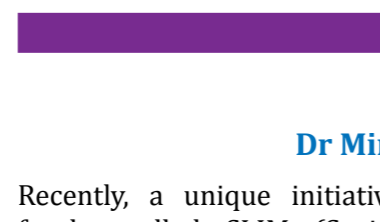
Dr Sunny Orathel being welcomed at Ernakulam Psychiatric Society on **World Mental Health Day** Oct 10 2014. Theme: Living with Schizophrenia. Drs Thomas John, CJ John, George Mathew, Anoop Vincent, Jayaprakashan also on stage.



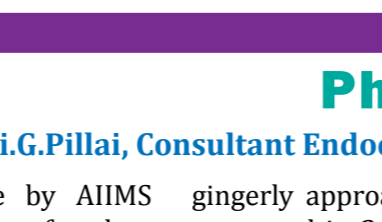
Policy poll in progress. New ideas being presented at a meeting organized by IMA State President Elect Dr Sreejith N Kumar at IMA House on 5 Oct. Leaders of various IMA branches attended and gave their suggestions on how to improve IMA's activities in the future.



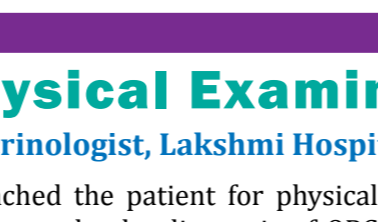
Dr Abraham Varghese & Dr Gracy Thomas took **classes for the teenagers** at St George Orthodox Church, Palarivattom on Oct 3. Topic: Healthy Living & Health issues among teenage girls.



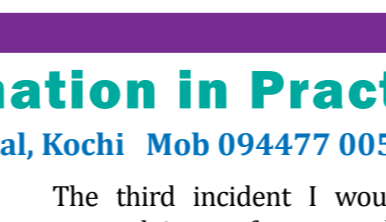
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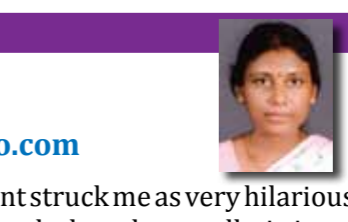
IMA joining hands with Nila Catering



Dr Abraham Varghese - **Installation of Stem cell donation camp** held on 21.10.14 at office bearers Perumbavur IMA.



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On **World Heart Day**, a book on heart care "Hrudrogachikitsa : Puthiya Kandalukalilude" by **Dr George Thayil**, released by Minister Anoop Jacob handing over a copy to Veena George, Chief News Editor, Indiaivision.

Physical Examination in Practice

Dr Mini.G.Pillai, Consultant Endocrinologist, Lakshmi Hospital, Kochi Mob 094477 00540 Email : minigpillai@yahoo.com

Recently, a unique initiative by AIIMS faculty called SLIM (Society for less investigative medicine) was in the news. On reading this, a debate on the relevance of clinical examination in clinical practice from last year's IMA news letter came to my mind. I have put together a few incidents where routine clinical examination saved the day, and in the first 2 instances, the patients' lives also.

The first anecdote is from the casualty posting during our final year MBBS in Calicut Medical College. It was around midnight on a relatively light day and the students, house surgeons and postgraduate students were relaxing around the huge doctors' desk when a person found in an inebriated state by the roadside was brought in by some good Samaritans who disappeared from the scene almost immediately; an almost everyday occurrence in MCH at that time. The patient was obviously stuporous and reeked of alcohol and vomit even from a distance. None of us sitting around the desk had the heart to get up and examine the patient; but anyway, one of my friends

gingerly approached the patient for physical exam and in 2 seconds, the diagnosis of OPC poisoning was made. The patient had pin point pupils. Treatment was initiated promptly and later on we came to know that it was a suicide attempt. He had taken OPC along with alcohol.

Two years later, during my postgraduate training, a young girl was brought unconscious. The history was that while on the way to school, she fell down, hit a concrete slab and became unconscious. Neuro imaging was definitely indicated; but physical exam came first. Again, the characteristic pin point pupils and while looking at the pupils, I could distinctly smell, though faint, the OPC odour. History taking from relatives led to the surmise that she may have chewed on some tender stalks of grain while walking to the school with friends. Apparently the concrete slab was over a canal bordering some fields which were sprayed with insecticide recently. A suprapubic mass was noticed soon after initiating treatment. This was assumed to be due to urinary retention because of atropine; but soon after catheterisation, we realized that this school girl was 4 months pregnant.

The third incident I would like to narrate occurred just a few years back, very much in the "era of investigative medicine". We were posted for 1 month in PGI, Chandigarh as part of our DNB Endocrine training program in Amrita. On OP days, we used to present as many new cases (new means first visit to PGI) as possible to the faculty. One day, there was this young girl with hypogonadism who had undergone a transsphenoidal surgery for a pituitary macroadenoma a few months prior to one of the major corporate hospitals in Delhi. Though we focus mostly on endocrine exam, a cursory look at all the major systems was made and I was surprised to hear the characteristic rough rumbling middiastolic murmur of mitral stenosis. Retrospective history taking revealed the characteristic flitting and fleeting polyarthritis in childhood. The mitral stenosis certainly could not have developed over the last few months. There was no mention of any cardiovascular problem in the discharge summary following the surgery and the patient and relatives were all unaware of the lesion. Obviously, history and physical findings were missed. Probably ECG findings also.

The last incident struck me as very hilarious when it occurred, though actually it is an exceedingly sad story. In a busy OP at Lisie, where I was working as a junior physician, an emaciated 16 year old girl with marked abdominal distension was brought by an aunt. The history that the aunt gave in an amusingly outspoken manner was very straight forward - the girl was amenorrhic since quite a few months and her belly was becoming bigger and bigger.

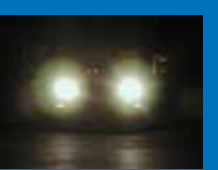
The girl's mother was ill and bedridden and hence the delay in seeking medical attention. When I asked the girl to lie down for physical exam, I had no doubt in my mind that I was dealing with tuberculosis or disseminated malignancy; the girl was so cachectic. I was sharply reminded of other possibilities by a smart kick on my palpating hand as soon as I touched her abdomen. Diagnosing a 28 week pregnancy requires no great clinical skills; but a simple physical exam saved me from considerable embarrassment; I might have referred her for USS as "abdominal distension for evaluation" otherwise.



Teaching Pearls 13 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)

Do you have your lights on?



While driving at dusk, as the ambient light becomes darker, we often forget to turn on our lights. It's important to have the parking lights on so that others can see us as darkness falls.

Once complete darkness sets in, it is critical to have the headlights on, and without exception.

It is appalling to see the number of motor vehicles travelling in complete darkness along a dark road without lights. This is the perfect setting for an accident, as other road users will not be able to see them.

Many people think that their headlights are only meant to help them see other vehicles and pedestrians. In fact, your headlights also assure that you are seen by others as well.

Without lights, it is impossible for others to see your vehicle when it is dark.

It is important not to turn the main headlights on during the early twilight hour (when it is only partially dark), as that in fact blinds other people. This blindness occurs because their pupils are already wide open at dusk to allow maximum light to enter the eye, and a sudden exposure to a headlight will prove too much for the retina to process. The retinal light receptors undergo sudden massive 'bleaching' which can last a few seconds. As a result, they become unable to see anything at all till the eye adjusts. As their vehicle is already in motion at that time, they can hit a pedestrian or other vehicle at that instant. ('Bleaching' or over-saturation of Rhodopsin, is the same mechanism causing transient blindness when someone takes a flash photograph in a darkened conference room).

Thus, at the twilight hour, there is only the need for a gentle parking light. Headlights are to be used only when it gets really dark.

Bright beams and extra-bright Xenon lamps are to be avoided unless you have trouble seeing ahead. It can temporarily blind the oncoming vehicle driver and indirectly cause accidents.

Periodically it is important to check the status of the tail lamps, to make sure that the bulb has not gone out. This is especially important for two wheelers. If your tail lamp doesn't glow at night, you can get hit from behind and have a fatal accident.

Main points

1. **Our vehicle's lights not only help us see others, but also lets others see us.**
2. **Periodically, make sure your rear(tail) lamp bulbs are working.**
3. **When to turn on parking light?**
Once the sun sets or if the light starts falling.
4. **When to turn on head light?**
Once it is near dark, or fully dark.
5. **Avoid high (bright) beams while driving.**
6. **As mentioned earlier, pedestrians, for their own safety, should wear white or other light coloured clothes if they use the road after dark, so they become visible to vehicle drivers.**