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**IMA COCHIN**  
Newsletter  
No. 34 APRIL 2006

**PRESIDENT'S NOTE**



Dear Members,  
This is the first monthly bulletin which is being published after I took over as President on 29<sup>th</sup> March 2006. I am extremely grateful to you for reposing your confidence and electing me and my team of Office Bearers for the year 2006-07.

I am very thankful to you for coming in large number and making the installation ceremony most colourful and successful. My most cherished ambition for this year is the IMA Building Project. I have intention to further improve our relation with State and Central IMA. I would like to enhance the membership of Cochin IMA and to conduct monthly scientific meetings which will be useful and relevant to the context.

I request your whole-hearted co-operation and help in all IMA activities of the current year.

With warm regards,  
**Dr. V. Benny Thomas**



Shri K. Padmakumar IPS, DIG of Police, Ernakulam Range inaugurating activities of IMA & Women's Wing 2006-07

**INSTALLATION OF NEW OFFICE BEARERS**

Installation of new Office Bearers for the IMA years 2006-07 was held at 8 pm on 29<sup>th</sup> March 2006 at Hotel Renaissance. Shri K. Padmakumar, IPS, DIG of Police was the chief guest.

Outgoing President Dr. E. Varghese Mathew welcomed the gathering along with presidential address. Dr. P. Ramakrishnan introduced the incoming President Dr. V. Benny Thomas. Dr. E. Varghese Mathew installed the new President. He made the acceptance speech and installed his team of office bearers. The chief guest inaugurated the activities by lighting the lamp and made his inaugural address. In the absence of Womens wing Chairperson Dr. Gracy Thomas, Dr. Chandrika Sumukhan made the acceptance speech. IMA Kerala South Zone Vice President Dr. K. George John made the keynote address. Dr. Abraham Varghese presented the annual report with beautiful visual illustrations. Dr. Pushpa Susan Isaac presented the Women's Wing annual report. The outgoing President Dr. E. Varghese Mathew awarded the President's appreciation awards to distinguished members. IMA Cochin West President Elect Dr. Savitha Prabhakar, IDA Cochin President Dr. Saju Raju, Dr. K. Sivadas and Dr. V.P. Kuriyipe, Chairman, IMA Blood Bank and Past National President of IADVL offered felicitations. There was a record gathering of more than 300 people for the installation ceremony. Dr. Augustine Thomas Mampilly, Secretary, IMA Cochin offered the vote of thanks. The meeting was over by 10:30 pm followed by dinner.

**SECRETARY'S NOTE**



Dear Colleagues,  
I am extremely grateful for the confidence you have shown in me by electing me as the Secretary of most vibrant branch of IMA in Kerala.

We start the new year of IMA 2006-07 with great hope and dreams. Miles to go before the end of this year and miles to go before the end of this year with plenty of dreamy programmes to be fulfilled.

Let us look forward for a healthy year with healthy atmosphere and healthy relationship between doctors and between hospitals for a healthy and non traumatic future of our medical profession. IMA wishes only healthy professional competition nothing else among its members.

**Dr. Augustine Thomas Mampilly**

**APRIL MONTHLY MEETING**

Date : 26.4.2006 (Wed.)  
Time : 8.00 p.m.  
Venue : Rama Varma Club

**SCIENTIFIC SESSION**

**VISION 2006**

- Moderator : **Dr. S. Tonny Fernandes**
- Speakers : **Dr. N.S.D. Raju**  
*Recent Advances in Cataract Surgery*
- Dr. A. Giridhar**  
*Newer Trends in the Treatment of Retinal Diseases*
- Dr. Noel Moniz**  
*Advances in Refractive Surgery*

Meeting Sponsored by :  
**Cochin Ophthalmic Club & Vithayathil Opticals**

*IMA Cochin wish all its members happy Vishu, Easter, and Milad-I-Sherif*

- President **Dr. V. Benny Thomas**  
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## WORLD HEALTH DAY CELEBRATION

Theme of the year was **Crisis of Health Work Force**. We celebrated the World Health Day with a public meeting at General Hospital, Ernakulam on April 7<sup>th</sup> under the presidentship of Dr. V. Benny Thomas. Dr. Augustine Thomas Mampilly, Secretary, IMA Cochin welcomed the gathering. Dr. K.T. Ramani, DMO, Ernakulam was the chief guest. The keynote address was made by Dr. K.A. Omana, Superintendent of General Hospital. Dr. Junaid Rahman our Treasurer and State Secretary of KGMOA who organized the function made the vote of thanks. There was a competition of essay writing among the Nursing Students of Ernakulam District. Cash prizes and certificates of merit were distributed at the function.



## CME ON HAEMATO-ONCOLOGY

An all Kerala clinical meeting, the fifth of its kind in India was inaugurated by the President Dr. V. Benny Thomas at Hotel Renaissance on 1<sup>st</sup> April 2006. It was organized by E I Lab Metropolis, Ernakulam and Sudharma Metropolis, Trichur. The latest trends and diagnosis and management of Leukemia were discussed by eminent people like Dr. Anand Sreeram Lagoo, MD, PhD of Duke University Medical Centre, USA and Dr. N.V. Ramaswamy, Consultant Haematologist of Medical Trust Hospital, Ernakulam.



## WOMEN'S WING ACTIVITIES

**01.03.2006 & 15.3.06** : Premarital counselling at Renewal Centre, Kaloor by Dr. Gracy Thomas. **01.03.06** : Adolescent Health Talk at Kendriya Vidyalaya-I by Dr. Derena Mendez. **08.03.06** : International Women's Day - We held a medical camp at Government Home for Physically Handicapped Women, Thevara. This was followed by a talk on Anaemia, Health & Hygiene by Dr. Pushpa and Dr. Gracy Thomas. **■** Talk on Cancer & Women's Diseases to the members of ASWAS by Dr. Lisamma Joseph. **■** Visit to Providence Home for Mentally Retarded Women, Kakkanad. Clothes, rice, coconuts were given. **13.03.06** : A free Hb and RBS check by Hi-tech Diagnostics was held for the inmates of Govt Home for Physically Handicapped Women. **20.03.06** : Medical check up for the students of school for Mentally Retarded Children by Dr. Leena V.P. **20.03.06** : Talk on Care of Newborn by Dr. Sindhu Pillai on Indiavision **21.03.06** : Talk on Diabetes Awareness followed by free blood sugar estimation for the members of AWAS by Dr. Bhaskara Kumar Warriar.



The next meeting of IMA Womens Wing will be held on April 21<sup>st</sup> Friday at 2:30 pm at IMA Hall. Main attraction is demonstration of "Summer Treats" by Dr. Derena Mendez and Ms. Mumtaz Khalid Ismail.

Dr. T. N. Chandrika, Secretary



Foundation stone laying for the bridge connecting to the proposed new IMA plot at Karanakodam, behind International Stadium, Kaloor

Join PPS, SSS I, II and National

For enrollment call  
Dr. P.M. Subhash Ph: 2803033,  
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## Dental Tips.... HEART & GUM

More and more studies are showing that periodontal diseases (Gum Infection) is a risk factor for Coronary Heart Disease. Once Periodontal Disease is established, a biological burden of endotoxins and inflammatory cytokines are developed, which serve to initiate and exacerbate atherogenesis and thrombo embolic events. So meticulous periodontal treatment should be undertaken promptly and keep away the complications.

Dr. Siby T. Chennankara MDS



## BLOOD BANK NEWS

MARCH 2006

Total 1587 units of blood were collected and 3528 units of blood and its components issued. Patients in 89 hospitals were beneficiaries.

Dr. K. Narayanan Kutty  
Secretary



Dr. Gracy Thomas, Chairperson,  
IMA Women's Wing 2006-07



Dr. Chandrika Sumukhan, Secretary  
IMA Women's Wing 2006-07

## IMA MEDICINE BANK

Working Hours : 10.00-2.00 p.m.  
Medicines donated by :

Dr. B. Jayakumar, Dr. K. Hari  
Dr. Jeeson C. Unni, Dr. B. Venugopal  
Dr. K. K.R. Warriar,  
Dr. Johnny J. Kannampilly  
Dr. Muralikrishna Menon  
Dr. R. Venugopal, Dr. M. Venugopal  
Dr. Maria Varghese, Dr. Sujith Vasudevan

Please entrust your unused sample drugs to the pharmacist. You may direct poor and needy patients to the medicine bank, with your prescription.

Working Hours : 10.00-2.00 p.m.

Dr. N. Gopalakrishnan  
Convener

## WELCOME NEW MEMBERS

Dr. Ashok S. Komaranchath  
Dr. Manjunath T C, Dr. John Mathews  
Dr. Praveenkumar, Dr. Scott Chacko John  
Dr. Lincy Davis, Dr. Valsala Mohan George  
Dr. Binsi Kurian, Dr. Gurusharan Singh  
Dr. Maninder Kaur, Dr. Arun R. Warriar