



IMA COCHIN Newsletter

Official Bulletin of Indian Medical Association, Cochin Branch

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APRIL '05

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President's Column

Dear members,

At the outset may I take this opportunity to thank the members of the Cochin IMA for electing me and my team of office bearers for the year 2005-2006. I am aware of my responsibilities and I can assure you that I will be able to carry out my assigned duties with your whole-hearted support and co-operation. I am very thankful to all the members for making the Installation Meeting a grand success.

I am very happy to inform you that the IMA activities started with the World Health Day Celebration and Inauguration of the Adolescent Clinic on 7th April at the General Hospital, Ernakulam. We could organize a Seminar on "Healthy Mother and Child" for the general public on that day. All the meetings were well attended.

Hope and pray that this tempo will be maintained throughout the year.

With warm regards,

Dr. E. Varghese Mathew
President

Association Matters

- To bring down the postage expenses, shall we communicate through e mails? If you are willing, please inform your e mail ID at the earliest.
- When you submit any documents to IMA office, please ensure the details are entered in the Register provided at the office.
- Change in phone nos/mobiles/e mail ID, may please be intimated to the IMA office at the earliest.
- Any valuable information for the members can be shared through the monthly newsletter. You may please contact Dr.R.R.Varma, Editor, IMA Newsletter (66varma@vsnl.net)

Dr. Abraham Varghese
Secretary

MONTHLY MEETING

Date : 27th April, 2005 (Wednesday)

Time : 8.00 p.m.

Venue : Hotel International

SCIENTIFIC SESSION

Topic

COMPONENT THERAPY

Moderator : **Dr. Philip Augustine**
MBBS, MD, DM
Consultant Gastroenterologist

Speakers : **Dr. N.V. Ramaswamy**
MBBS, MD, DNB, DM
Consultant Clinical Haematologist

Dr. G.N. Ramesh
MBBS, MD, DM
Consultant Gastroenterologist

You are cordially invited

Meeting sponsored by

**IMA Voluntary Donor
Blood Bank**

IMA HALL AVAILABLE FOR RENT

Let IMA Hall be the venue for your get-togethers or family function. Attractive discount for IMA members. Please encourage other organisations and institutions, to make use of IMA Hall for their functions.

Address for correspondence : IMA House, Warriam Road, Cochin 682 016 Ph : 2354886
Email: office@imacochin.org, Website : www.imacochin.org

FACIAL COSMETIC SURGERY : THE PHILOSOPHY OF A TEAM APPROACH

Dr. Vinod B Nair, Consultant ENT Surgeon, PVS Hospital, Cochin
Dr. Sajish Kuriakose, Consultant Maxillo-Facial Surgeon, Hospital, Cochin

Right from the evolution of modern medicine there has been surgical and medical practice. Eventually the surgical specialties got themselves divided into different subspecialties based on anatomical and physiological considerations.

Each of these specialties has developed into water-tight compartments and they evolved exhaustively into separate entities all by themselves. It has become difficult even for a consultant in one particular area to become a master of everything in his/her own speciality.

The anatomy of head and neck region is very complicated and many medical and surgical specialties independently play crucial roles in management of diseases in this area. But at least in certain situations things can be different for e.g., cancers, polytrauma and cosmetic deformities do not respect the divisions and specialties created by man. In such situations specialist trained in different specialties could work together giving maximum benefit to the patient from a functional as well as cosmetic point of view.

In cases of facial cosmetic surgeries the expectations of the patient and the bystanders are usually very high. Most of the time they appear to be demanding, aggressive, unrealistic and difficult. Such patients can be very deceptive in their demands. They appear not to be bothered about functional aspects initially. But once they get what they want from a cosmetic point of view

they show signs of dissatisfaction and may start pestering on functional aspects.

Patients should realize that cosmetic surgeries will only improve their confidence and their outlook towards life. This will never change the attitude of others towards them. If they expect that life will be different because of the surgery then you will end up with a disappointed patient. Hence a thorough psychological evaluation is necessary prior to such surgeries. We should be very careful about patients who think that the root cause of failure in their life is due to any cosmetic problem they may be having.

Face is one area where the senses of vision, smell, hearing, taste and very important aspects of touch are concentrated. More over basic functions like breathing, chewing, speaking, swallowing are very much associated with this region. Achieving a cosmetic result with a compromise on any of these can have a disastrous effect on the total personality of the patient.

But if the cosmetic & functional aspect can be taken care of comprehensively in a single step, we have a much happier patient at the end. Such a concept is particularly important in facial cosmetic surgeries like orthognathic surgeries of the maxilla and mandible, rhinoplasty and management of cleft lip & palate and polytrauma. Here lies the relevance of a comprehensive team approach from the beginning to the end.

IMA MEDICAL REFERENCE ONLINE MEDICAL LIBRARY

(A joint project of IMA Cochin & IMA Blood Bank)
Ph : 2369058 Email : imalib@asianetindia.com

Books and CD donated by Dr. Sujith Vasudevan.

Book List

1. Handbook of Antibiotics. Author - E. Reese, Vol 3., 2001
2. Diabetes Nutrition. Author Lea Ann Holzmeister, 2002
3. Patient Satisfaction Pays. Auth. Stephen W. Brown., 1993
4. Secondary Hypertension; Auth. George A. Mansoor, 2004
5. Manual of Clinical Problems in Cardiology. Author - L. David Hillis - 2003
6. Manual of Rheumatology. Author - P. K. Pispati, 1999
7. Netters' Atlas of Human Physiology. Author - John T. Hansen. 1st Edn. 2002
8. Textbook of Diabetes. Author - John C. Pickup. Volume I & II. Year 2003

CD List

1. Cardiology-Presentation Kit-Slides-Images-Animation
2. APICON 2002 - 57th Joint Annual Conference 2002
3. The Clinicians reference to COPD and Asthma
4. Coronary Heart Disease
5. Comprehensive Echo - Cardiography - CME (M-1)
6. High Risk Dyslipidemia : an Indian Consensus
7. Nodon - A Revolution - Nebivolol Product Information
8. Nodon - International Symposium - 2004

INTO A BRIGHTER FUTURE....

The refurbished IMA Library is entering into the 5th year of service to medical fraternity of Cochin. This unique venture, the first and only one of its kind by an IMA Branch in Kerala, has helped a lot of young medical graduates to grab berths in PG courses. Though our library has all the potentials to be the haven of academics and intellectuals, it still craves for the regular visits and active patronage of practising doctors.

Bouquet of Thanks

IMA Blood Bank continues to provide the full financial support to the Library. Thanks to its Chairman Dr. E. Varghese Mathew and Secretary Dr. K. Narayanan Kutty and other Blood Bank Trust members for the unstinted patronage. If a single person has to be identified as the main driving force to bring the Library to the present status, he is Dr. V.P. Kuriyipe, who even managed to mobilize Rs.3 lakhs as contribution by IADV. Thanks to Dr. Kuriyipe.

Fly to wider horizon

There is a proposal to elevate project of IMA Kerala State Branch. Modalities have to be worked out.

Hands over the baton

Dr. Babu John Mathews, Imm. Past Secretary of IMA Cochin, is taking over the mantle of Secretary IMA Library. He has many ideas to make our library more vibrant & active.

Dr. V.D. Pradeep Kumar
Secretary, IMA Library

INAUGURATION OF IMA ACTIVITIES - 2005-2006

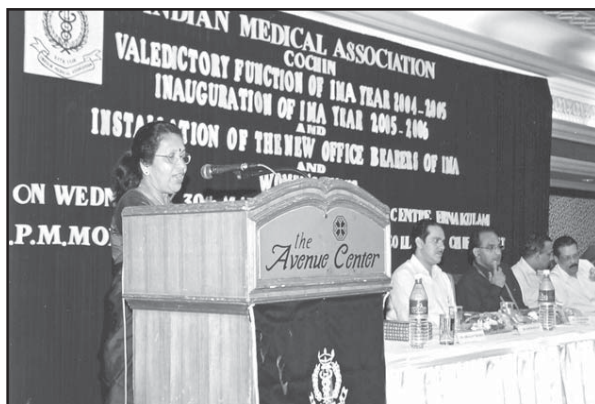
This year's inauguration of IMA activities was held on 30.3.05 at Avenue Centre, Panampilly Nagar. At 8.30 p.m. Dr. Babu John Mathews, the Secretary invested the collar on Dr. Ajaykumar, the President & meeting was called to order. After invocation and flag salu-



tion, Dr. Ajaykumar welcomed the gathering. The report of activities of IMA Cochin Branch and IMA Women's Wing were read by Dr. Babu John Mathews and Dr. Maria Varghese respectively. Dr. Sivadas introduced Dr. Varghese Mathew, the incoming Presi-

dent and he was installed by Dr. Ajaykumar. Dr. Varghese Mathew gave his acceptance Speech and installed his team in office.

Sri A.P.M. Mohammed Hanish, the District Collector inaugurated the activities of IMA Cochin and IMA Women's Wing by lighting the ceremonial



lamp and promised his help in all activities of IMA. Felicitations were offered by Dr. V.P. Kuriyipe, National President, IADVL, Dr. Grace Thomas, Chairperson, IMA Women's Wing, Dr. Sureshkumar, President IMA Cochin West, and Dr. Prasanth Pillai, President, IDA, Cochin.

Mementos were presented to the outgoing office bearers by the new President. The meeting adjourned after the vote of thanks by Dr. Abraham Varghese.

IMA WOMENS WING

The next meeting of the IMA Women's Wing will be held on 30th April 2005 (Saturday) at IMA Hall at 3.30 pm.

Speaker: **Nisha J. Vettamvelil**
M.Sc, Counselling & Guidance

Will be giving useful tips on understanding adolescents better.

Dr. Pushpa Susan Isaac
Secretary

BLOOD BANK NEWS

MARCH 2005

Total 1582 units of blood were collected and 3154 units of blood and its components issued. Patients in 83 hospitals were beneficiaries and 497 units of blood issued free of cost. 5 blood donation camps were conducted.

Dr. K. Narayanan Kutty
Secretary

IMA MEDICINE BANK

Working Hours : 10.00-2.00 p.m.

Medicines donated by :
Dr. Sujit Vasudevan, Dr. K.Rajaram
Dr. P. Ramakrishnan, Dr. Jeeson C. Unni, Dr. Varghese Cherian,
Dr. Benny Paul, Dr. Sreenivasa Kamath

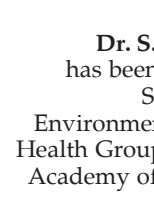
Please entrust your unused sample drugs to the pharmacist. You may direct poor & needy patients to the medicine bank, with your prescription.

Convenor, IMA Medicine Bank

Congratulations...



Dr. V.P. Kuriyipe has been elected as National President of Indian Association of Dermatologists, Venereologists & Leprologists for the year 2005-2006.



Dr. S.S. Kamath has been elected as Secretary of Environment & Child Health Group of Indian Academy of Pediatrics



Dr. R.R. Varma has been presented the second O.K. Subramaniam Memorial Award by the Mattanchery Heritage Society for outstanding contributions to the Heritage of Mattancherry.



He has been in charge of Charitable Eye Clinic of Sight Restoration of India Foundation (SRI) since 1977. Over 300 free surgeries were performed since its inception.



Make Every Mother and Child Count

World Health Day – April 7

World Health Day was observed by the Indian Medical Association, Cochin Branch at General Hospital, Ernakulam on April 7th. A seminar on Healthy Mother and Child was conducted for public awareness. The theme chosen by the World Health Organization this year is Healthy Mother and Child.

Dr. K. Sivaraman, Dist. Medical Officer, Ernakulam inaugurated the seminar, which was well attended by the public. Dr. E.Varghese Mathew, President, IMA Cochin presided over the function and he inaugurated an Adolescent Clinic at General Hospital. This clinic will be functioning at General Hospital from this month onwards under the joint auspicious of General Hospital and Rajagiri



College of Social Sciences.

Dr. N. Surendran, Consultant Paediatrician, General Hospital and Dr. K.N. Omana, Superintendent, General Hospital, Ernakulam presented the theme. Dr. Abraham Varghese, Secretary, IMA Cochin welcomed the gathering, Ms. Mary Venous Joseph, HOD (Social Work), Rajagiri Colelge of Social Sciences offered felicitation and Dr. Junaid Rehman, RMO, General Hospital proposed the vote of thanks.

We also conducted an essay competition for Nursing Students of Ernakulam General Hospital. Dr. E.Varghese Mathew, President, IMA Cochin distributed prizes to the winners during the World Health Day function.

With Best Compliments from:

IMA BLOOD BANK & REGIONAL BLOOD TRANSFUSION CENTRE

T.D. ROAD, COCHIN – 11

“DONATE BLOOD, SAVE THREE LIVES”

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- The blood Bank adopts the latest techniques for screening of Transfusion transmitted infections viz. Syphilis, malaria, hepatitis B & C Virus and HIV.
- The only Blood Bank with the facilities for the Western Blot Test – to confirm HIV infections and HCV infection and providing Counselling services for persons with HIV/AIDS.
- The “Blood Mobile” for outdoor collection.
- The Blood Bank works round the clock and supplies blood/components to patients all over the neighbouring states also.

Services Available

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Laboratory Testing Facilities

Blood grouping and RH Typing ■ VDRL ■ Elisa Assay – for HIV/Hepatitis B & C ■ Western Blot Test ■ Confirm test for Hepatitis C ■ Quantitative Buffy coat for detection of Malarial Parasite and Microfilaria ■ Mini Vidas for Infectious disease and Immuno chemistry ■ Coagulation Studies including factor assay

Blood Bank has also an efficiently working Cyto pathology division headed by Dr. Syamala Kumari at IMA House, Opp. Lotus Club on all working days from 11 am to 1 pm.

For further information, please contact

**Secretary/Medical Officer
IMA Voluntary Donor Blood Bank
T.D. Road, Kochi – 11 Ph : 2361549, 2350522**