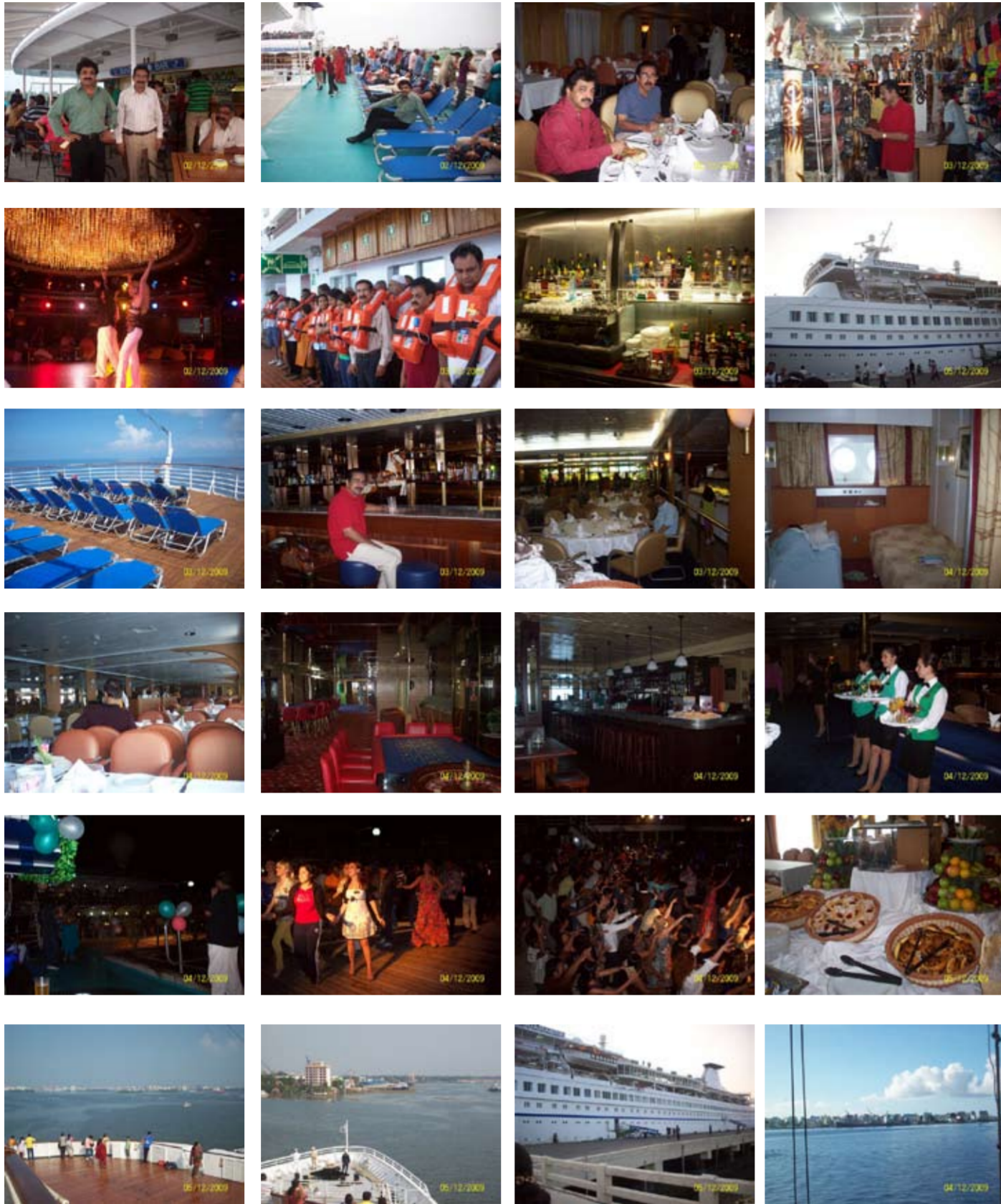


CRUISE ABOARD AQUAMARINE

Your President and State Working Committee member were invited by Louis Cruise to their inaugural trip to Maldives. It was a lifetime experience and enjoyable one too. We are planning to have a group trip in this ship for the IMA members and their families. Those who are interested, please contact President Dr. Joy Joseph 94477 24402, 2335715.



President : Dr. Joy Joseph Hon. Secretary : Dr. Sunny P. Orathel Hon. Treasurer : Dr. K.C. George

President's Column

Dear colleagues,



We are into the third month of the IMA year. Last month was packed with activities. Our second scientific meeting was a very informative one. Also, impressive sessions on Nutrition and Epilepsy, were held in our halls. Binani Zinc Company in association with Cochin IMA conducted a State level First Aid training programme at Eloor.

I request all of you to avail the golden opportunity to own the Privilege Card we started last month for future monetary benefit. Our IMA House membership at discounted rate is only upto this month end and I remind those who have not yet become members to take the membership before the deadline declared.

We are into the fag end of 2009 with the festival season approaching. Let us thank the Almighty for all the blessings we received in this year for our Association and individual members. I wish you all a merry Xmas and a prosperous and happy new year.

Dr. Joy Joseph

Secretary's Desk

Dear colleagues,



Kerala State IMA has taken a decision not to reregister our professional degree with T.C. Medical Council for the time being. The state IMA is negotiating with the Government to bring out an ordinance against attack on doctors and hospitals.

IMA is committed on community activities. I am happy to note that we could celebrate World COPD Day at General Hospital Ernakulam on November 18th by arranging poster exhibition, talk on hazards of smoking and essay competition for Nursing Students of the city. We could also celebrate World AIDS day at IMA Blood Bank. We arranged one day seminar on AIDS for selected youths and NCC Students on that day. We are planning to have a mega multi specialty medical camp in collaboration with Cochin Corporation at Town Hall on Sunday 20th of December. I seek your co-operation for the successful conduct of the camp.

I wish you all a Merry Christmas and prosperous New Year.

With hearty regards
 Dr. Sunny P. Orathel

MONTHLY CME

Date : 16.12.2009 (Wednesday), 8.00 p.m.
 Venue : IMA House, Kaloor

SCIENTIFIC SESSION

MINIMALLY INVASIVE SURGERY : CURRENT PERSPECTIVE AND APPLICATIONS IN ONCOSURGERY

Chairperson : **Dr. Mohammed Saheed C.S.**
 Cons. Urologist & Deputy Medical Director, Sunrise Hospital

Topic : **Laparoscopic & Endoscopic Gynecology**

Speaker : **Dr. Hafeez Rahman**
 Sr. Cons. Gynecologist & Chairman, Sunrise Hospital

Minimally Invasive GI Surgery and Thoracoscopy

Dr. R. Padmakumar, Sr. Cons. Surgeon & Medical Director, Sunrise Hospital

Laparoscopic Urology & Endocrine Surgery

Dr. H. Sanjay Bhat
 Sr. Cons. Urologist, Sunrise Hospital



November Scientific Session

IMA House, J.N. International Stadium Road, Palarivattom P.O., Cochin 682 025
 Ph : 6448466 Email : imacochin@gmail.com Website : imacochin.org

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ATTENTION DOCTORS

Entry to the meetings of Cochin IMA will be denied for those doctors who have not become annual member or life member. Those doctors who are life members of other branches can attend the meeting only after taking annual membership of Rs.1,500/-. In case they transfer the life membership from their parent branches within one year, the amount will be returned to those who have contributed to the IMA House Building Project. All others should pay Rs.5,000/-. Contact Hari on 92495 78466 for further assistance in the matter.

ENTRY TO IMA HOUSE FACILITIES

Entry to IMA House facilities will be restricted to members only. You will have to swipe your ID card at the lobby before making use of the facilities. Send your photos immediately and get the card. Contact IMA Office Tel : 6468466, 99616 65899.

Womens Wing - November 2009

General Body meeting held on 29th Nov. at IMA House. There was an interactive lesson on Nutrition - Dr. Ajit. Cancer Awareness Talk given at Renaissance and Womens Association, Palarivattom - Dr. Gracy Thomas. Multispecialty camp at Maradu - Dr. Manju, Dr. Maria Varghese and Dr. Praseetha attended. Adolescent awareness talk by Dr. Chandrika and Dr. Maria Varghese. World Epilepsy Day launching of Epilepsy Community Programme at IMA House - Dr. Sheela Mohan and Dr. Rosily attended. Childrens Day - sweets distributed at JNM Hospital - Dr. R. Manju. World Diabetes Day Walkathon. Dr. Santha George Eraly, Dr. T N Chandrika, Dr. Remani Johnson and Dr. Sara Soge Kurian took part in the same. World Immunisation Day. Talks, Seminar - Dr. A. Parvathi. Pre-Marital counselling at Renewal Centre & Ashirbhavan Dr. Derena, Dr. Shirley John, Dr. Gracy Thomas and Dr. Parvathi. Maternal & Child Health Programme, HIV & AIDS Awareness talks to students, Anganvadi & Social Workers - Dr. Parvathi. Charity Work - Visit to old age Home distributed old clothes and gave provisions - Dr. Santha George, Dr. Sara Soge.

Next meeting on 19th December 2009 at 2.30 pm at IMA House on Easy Cooking.

Dr. Sara Soge Kurien, Secretary



WIMA members participate in World Diabetes Day celebration

Abstract of October Scientific Session

ROUTINE EARLY ANGIOPLASTY AFTER FIBRINOLYSIS - BRIDGING THE GAP

Dr. Rony Mathew, Dr. Jacob Joseph, Dr. Jabir A, Lisie Hospital Cochin

The outcome of acute ST elevation Myocardial Infarction has improved substantially with the current therapy, which evolved over the last four decades. Today mortality with acute myocardial infarction is 3-4% compared to the earlier 30% in the 1960's. Reperfusion therapy has represented a great leap forward in the management of acute Myocardial Infarction with ST elevation. The goal of reperfusion therapy is an early, complete and sustained restoration of the infarct artery patency. Complete reperfusion can be achieved with either primary percutaneous coronary intervention (PCI) or fibrinolytic therapy

Primary PCI is the most appropriate reperfusion tool but there are substantial logistic issues associated with it. Unfortunately primary PCI cannot be offered in many parts of Kerala due to the lack of infrastructure. In addition, the advantage of PCI is lost, if it is delayed due to a need for transfer to a PCI center.

In order to derive maximum benefit, the concept of thrombolytic therapy followed by systematic PCI within 24 hours was conceived. The aim is to achieve reperfusion by early thrombolysis, which is widely available, followed by an elective PCI, which ensures complete and sustained patency of the infarct related vessels. Studies have shown that the

approach was successful and beneficial.

In the recently concluded Transfer AMI trial, patients who were transferred to PCI after thrombolysis, did better at 30 days follow-up when they underwent systematic PCI. Other major trials, which looked at the benefit of PCI after thrombolysis have all shown benefit, if the time between thrombolysis and PCI was between 2- 24 hours.

The concept of early reperfusion in Myocardial Infarction is to have maximal myocardial salvage which is possible with early thrombolysis. This is universally available and avoids the time delay for transfer to PCI centers for primary PCI. The problem of failed thrombolysis and residual ischemia can all be avoided by a routine early angioplasty after thrombolysis.

Should all patients receiving fibrinolytic therapy be transferred for early PCI? Based on the consistent benefits observed in randomized controlled trails of systematic PCI, the answer should be yes. Routine early angioplasty will definitely bridge the gap between early reperfusion with complete and sustained reperfusion. Hence early thrombolysis followed by routine early angioplasty seems to be the most practical and scientific reperfusion strategy.

STATE LEVEL FIRST AID TRAINING



A state level first aid training was organised at Binani Zinc Limited under the joint auspices of Indian Medical Association- Cochin chapter, National Safety Council-Kerala chapter and Ghanshyam Binani Health Centre- Binani Zinc on 23-24 Nov 2009. This was a tailor made programme for creating awareness among industrial employees on giving First aid during emergencies.

Mr. K. Abdul Nazar, Joint Director, Dept of Factories & Boilers formally inaugurated the programme on 23rd Nov. Dr. K. Sasi, Sr. Vice President, Binani Zinc presided over the function. Dr. Joy Joseph, President, IMA, Dr. Sunny Orathel, Secretary, IMA and Mr. S. Mani, Senior Inspector, Dept of Factories & Boilers offered felicitations. Mr. G. Anil Kumar, Asst. Vice President, Binani Zinc Ltd welcomed the gathering and Mr. C. K. Krishnan, Vice Chairman, NSC proposed the vote of thanks. Dr. Abraham Varghese, Chief Medical Officer gave a brief out line about

the training prog.

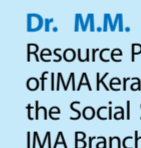
31 delegates from 15 industries in Kerala attended this training. There were lecture-cum-demonstrations, case studies, mock drill and hands on training in first aid. Training was given to all participants in the Life saving techniques, transportation of victims, management of injuries/fractures/burns etc. Dr. B. Jayakumar, Chief Medical Officer, Cochin Shipyard Ltd., Dr. Shobhana Lekshmi, Company Medical Officer, Travancore Cochin Chemicals, Udyogamandal and Dr. Abraham Varghese, Chief Medical Officer, BZL handled the different topics. An examination was conducted at the end of the session and special prizes were given to the top scorers. This was the tenth programme organised by IMA, NSC & BZL

Dr. Abraham Varghese

Congratulations !



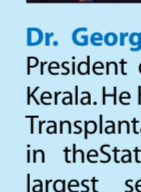
Dr. V.D. Pradeep Kumar, former State Vice President of IMA Kerala, has been elected as Alternate Central Council Member, to represent IMA Kerala State Branch at national level. Election was held in the IMA State Council Meeting during the State Conference in Badagara.



Dr. M.M. Hassan was re-elected as the Resource Person for Social Security Scheme of IMA Kerala State Branch. He will co-ordinate the Social Security Scheme activities of all IMA Branches in Ernakulam district.



Dr. N.S.D. Raju has been nominated by the State President as the Chairman of Ernakulam District Task Force of IMA Kerala State Branch. He will co-ordinate activities of all the IMA branches in Ernakulam district.



Dr. George P. Abraham elected as the President of the Urological Association of Kerala. He has done more than 1000 Kidney Transplantations which is the largest series in the State and also done the second largest series of Laparoscopic Donor Nephrectomies in the Country.



Suryayog founder Suryaji interacts with doctors during the session on 'Light - the future medicine' in Doctors' Conference at IMA House

YOGA - AN ARTISTIC & SCIENTIFIC METHOD FOR BETTER HEALTH

We are going to start a Yoga class for Doctors and family members at IMA House, Kochi on every Saturday morning. For registration and details please contact office or Mob : 094466 07585.

Welcome new members !

Dr. William John Dias	Dr. Pynadath Betsy Antony
Dr. Muneer A.A.	Dr. jiju T.N.
Dr. Saji Varghese	Dr. Smitha N.V.
Dr. Julie C. Abraham	Dr. Suharabeevi M.P.
Dr. Prince C.J.	Lysa C.G.
Dr. Aby Lukose	Dr. Viswanathan Nair
Dr. Hasy P Prakasham	Dr. Hasy P Prakasham
Dr. Iype John	Dr. Sanjeeva Rao
Dr. Susamma Kurien	Dr. Dandapani K.K.