

We reinforce
hopes & prayers, dreams
& ambitions, faith & belief
....for we CARE



IMA COCHIN Newsletter

Official Bulletin of Indian Medical Association, Cochin Branch

No. 32
Feb. 2006



Mr. Suresh Gopi, Cine Artist, inaugurating IMA Family Nite 2006

FEBRUARY 2006 - MONTHLY MEETING

We invite you for the
Scientific Session
on
**NOVAL APPROACHES TO
CANCER MANAGEMENT**
by
Dr. Jacob George MD, DM
Dr. Firoz Rajan MS, MCh
on
Feb 22nd, 8 p.m.
at Rama Varma Club.

Meeting sponsored by
MEDICAL TRUST HOSPITAL

Secretary

ELECTIONS 2006-07

The election of Office Bearers
for IMA Cochin for the year 2006 - 07
will be held on March 15th, 2006
at the IMA Hall at 8 p.m.

President
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MEDICAL TRUST HOSPITAL

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Aao Gaon Chalen IMA Cochin adopts Village



As a part of the Nation-wide Programme of adopting villages called **Aao Gaon Chalen**, IMA Cochin Branch has decided to bring the Murikkumpadam area in Puthuvype village under its care. A multispeciality camp was organized on 15th Jan. 2005 in this area in association with the Community Health Centre, Malipuram and Primary Health Centre, Puthuvype.

The medical camp was officially inaugurated by Dr. M. A. Kuttappan, MLA. Dr. E. Varghese Mathew, President, IMA Cochin presided over the function. Dr. Abraham Varghese,

Secretary IMA Cochin welcomed the gathering. Dr. M.I. Cicy, Medical Officer, PHC, Puthuvype proposed the vote of thanks.

Sri. Donno Master (President, Elamkunnappuzha Panchayath), Sri. Benny Bernard (Chairman, Welfare Standing Committee), Sri. K.A. Manoharan (Ward member), and Dr. K.G. Gopinath, Medical Officer, CHC, Malippuram) offered felicitations.

The camp was a grand success. About 500 patients were examined and free medicines were distributed.

IMA MEDICINE BANK

Working Hours : 10.00-2.00 p.m.

Medicines donated by :

1. Dr. Anita Nambiar S.
2. Dr. Sujit Vasudevan
3. Dr. V. Benny Paul
4. Dr. K. K. R. Warriar
5. Dr. Abraham K Paul
6. Dr. Abraham Varghese
7. Krishna Hospital

Working Hours : 10.00-2.00 p.m.

Dr. N. Gopalakrishnan
Convenor

Welcome to New Members

Dr. Jacob Abraham
Dr. Lalithambal
Dr. Joseph Kurian T. G.
Dr. Joffy V. Jose
Dr. Sadiq S. Sikora
Dr. Rehana
Dr. L. Rajasekhar
Dr. Manjunath D. S.
Dr. Priya V. S.

Status of IMA Schemes as on 31.12.05

PPS : 621
SSS I : 452
SSS II : 47
National S.S. : 12

Contact
Dr P.M.Subhash
for any enquiries
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BL D BANK NEWS

JANUARY 2005

Total 1709 units of blood were collected and 3425 units of blood and its components issued. Patients in 90 hospitals were beneficiaries. 7 blood donation camps were conducted.

Dr. K. Narayanan Kutty
Secretary

SORT & IMA COCHIN

Dr Georgy Nainan, Dr V. N Unni,
Dr Sudheendran, Dr Ramesh Shenoy

Organ Transplantation is one of the most miraculous achievements of modern medicine. Transplantation technology has advanced over the past two decades especially with the laparoscopic donor nephrectomy. As a result organs and tissues are transplanted successfully saving life and restoring eye sight to hundreds of patients. There is a serious shortage of organ donors with many people waiting, sometimes for years while undergoing difficult and stressful treatment. While the number of patients needing organ transplantation continues to rise significantly there remains a huge shortage of donors and majority die each year waiting for a suitable organ.

With this in mind, **The Society for Organ Retrieval & Transplantation (SORT) Cochin** was registered and is functioning under the patronage of the **Indian Medical Association (IMA) Cochin** branch. This is the first registered body in Kerala promoting organ donation and transplantation. The SORT came into being on 20th January, 2000 & was **inaugurated by then Deputy Speaker of Lok Sabha Late Mr. P. M. Sayed**. The executive members of SORT include IMA President, doctors, police officers, journalists, social workers etc.

Abstracts of the Scientific Session held on 21st Dec. 2005 & 25th Jan. 2006

Main Objectives: To promote the concept of organ donation to save precious life, educate the public about the noble act of organ donation by organizing awareness programmes (with audio visuals), maintain records regarding donors and recipients. To motivate the relatives of the brain dead patients to donate organs, render all assistance to the donor's family, recipients and hospitals in carrying out the retrieval and transplantation process.

Activities carried out so far: The **first multi-organ transplantation in Kerala** was performed in Cochin during June 2004, involving the **Amritha** and **PVS Memorial Hospitals**. The entire process of retrieval and transplantation was coordinated by SORT. The donor was a Keralite, US based doctor's father. Donor had eyes damaged in the accident. One person donated his whole body to SORT and was handed over to the Padiyar Memorial Homeopathic College, Chottanikkara. Assistance was provided retrieval of eyes in 8 patients. More than 1000 persons who have pledged to donate their organs after brain death. SORT undertakes regular awareness programmes in association with Clubs & other organization, displays posters, car stickers and enlarged donor cards. Donor cards are issued to those who pledge their organs to SORT, 1st card was issued to Prof. K.V. Thomas, MLA. Web site www.sortcochin.org, was launched by SORT Chairman Js. K. Narayana Kurup

WHAT IMA MEMBER CAN DO

■ Sign Donor Cards, Display Enlarged cards in the Consultation Room ■ Inform SORT about Brain Dead cases ■ Become members of SORT, support its activities ■ Help to get financial help to Sort for its activities ■ Organize meetings with Voluntary Agencies to increase awareness.

Early Detection & Prevention/Progression of Chronic Kidney Disease (CKD)

Dr. Georgy K. Nainan DM, FISN, Sr. Consultant Nephrologist, PVSM & Lakeshore Hospitals, Cochin

Chronic Kidney Disease (CKD) is increasing globally and also in India especially with more awareness about renal diseases and with increasing number of diabetic patients. Chronic kidney disease can occur with minimal urinary abnormalities, normal blood urea, creatinine and only GFR estimation will be more predictive of the chronic kidney disease. Urinary abnormalities, proteinuria and structural changes should warn us of chronic kidney disease. Of the many risk factors hypertension, diabetes and dyslipidimitatops the list. Uremia related risk factors are anemia, left ventricular hypertrophy, fluid over load and malnutrition. There is a close

association between renal anemia and the relative risk of death or hospitalization. Renal anaemia correlates with poor out come and the risk factors have to be corrected at the earliest. Micro albuminuria is the earliest sign at which diabetic nephropathy can be detected clinically and there is a role for ARB / ACEI even in normotensive diabetic nephropathy patients. Optimal management of chronic kidney disease is known to slow down the progression. Dialysis comprises of the visible and expensive component of nephrology care and is only the tip of the iceberg. CKD patients if followed up for 5years 25% of them end up in death where as only 1.3% goes for renal replacement therapy as dialysis or kidney transplantation. Therefore early renal evaluation is very important in preventing the progression of the chronic kidney disease and from entering dialysis and needing transplantation and from cardio vascular death.

The factors modifying the progression of the disease are :

■ Strict BP control ACE inhibitors, angiotensin II receptor blockers (ARBs) if indicated. ■ Timely treatment of CKD anaemia ■ Cholesterol and lipids control with statins ■ Diabetes control n Reduction of protein diet preferably vegetarian protein ■ Avoid nephrotoxic agents

WOMEN'S WING ACTIVITIES

■ Our members organized and conducted a seminar at Le Meridien on 7th Jan., during the National Conference of Obs & Gynaec Society. It was a lively interactive session on the inclusion of Sex Education in the school syllabus. Parents, teachers and students of various schools in Kochi participated, along with our members Dr. Seethalakshmi George, Dr. Gracy Thomas, Dr. Shantha George Eraly & Dr. Pushpa Susan Isaac. ■ **3.17-01-2006:** Class on adolescent health at Bhavan's Varuna Vidyalaya - Class VI - XII by Drs. Jayashree Ranjan, Derena Mendez and Gerald Pappali. ■ **18-01-2006:** Adolescent Health Class at Raghavan Panicker Memorial High School, Kumbalam. Class V - X by Drs. Gracy Thomas, Valsala



Kumari, Maria Varghese & Jayashree Ranjan. ■ **22-01-2006:** Pre marital counseling at Renewal Centre, Kaloor by Dr. Gracy Thomas. ■ **29-01-2006:** Our members organized and participated in the cultural programme during the family nite celebrations of IMA Kochi. It was a grand success. ■ **30-01-2006:** Dr. Gracy Thomas gave a talk on Cervical cancer and its prevention on India vision at 2:30 pm.

The next meeting of womens wing will be held on 25th February 2006 at 2:30 pm at IMA Hall. There will be a demonstration of Thai cooking by Nestle. There will also be election of office bearers.



OBITUARY

It is with profound grief that IMA Cochin places on record the sad demise of **Dr. C.K. Gopalakrishnan** who breathed his last on 2nd Jan, 2006 at the age of 83. He is survived by his wife Mrs. Aysha who is the daughter of Sahodaran Ayyappan and a son, Dr. C.G. Balakrishnan, Skin Specialist.

Dr. Gopalakrishnan was a member of the Cochin IMA from the beginning and was also a member of the committee constituted in 1966 for the construction of IMA building. He was the first skin specialist in the town and used to keep a healthy relationship with his patients. He has worked in General Hospital, Ernakulam & Govt Hospital, Njarackal.

IMA Cochin pays rich tributes to his services rendered to the Association.

May his soul rest in peace.

Secretary

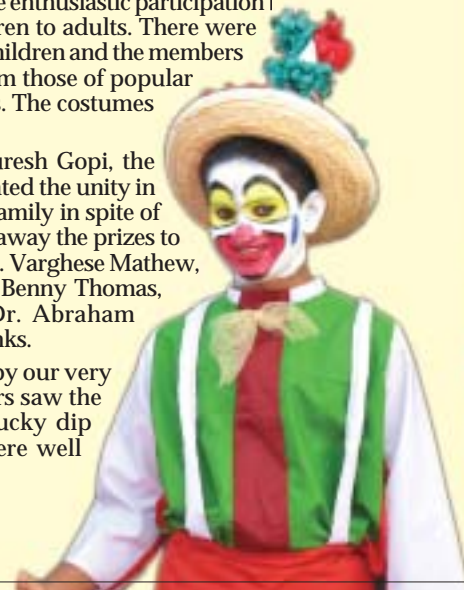
IMA Family Nite 2006

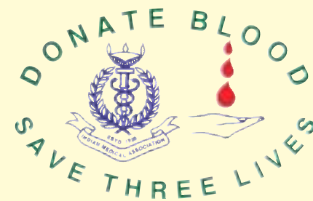
The IMA Family Nite was held on 29/01/06 at Hotel Renaissance Palarivattom. It was an evening to remember for days to come. The event took off with a variety of games for all the children. The air was filled with joy and laughter. Also making an appearance was **Kuttoos**, our friendly IMA mascot. There were some amusing games for the adults. A fancy dress competition saw the enthusiastic participation of members of all age groups from little children to adults. There were some scintillating dance performances by our children and the members of the Women's wing. The dances ranged from those of popular film numbers to semi classical and folk dances. The costumes were a sight to behold.

The Family Nite was inaugurated by Shri Suresh Gopi, the popular cine artist. In his address he congratulated the unity in the IMA and our ability to meet together as a family in spite of the competitive field we were in. He also gave away the prizes to the IMA king, queen, prince and princess. Dr. E. Varghese Mathew, President presided over the function. Dr. V. Benny Thomas, President Elect welcomed the gathering. Dr. Abraham Varghese, Secretary, proposed the vote of thanks.

This was followed by some melodious songs by our very own members. Some popular upbeat numbers saw the children dance on stage in gay abandon. Lucky dip prizes were also given. The programmes were well appreciated by all the members.

Dr. Maria Varghese, IMA Jt. Secretary





1. A unique Blood Bank, that functions as voluntary charitable organization, with the most modern blood components separation.
2. The first fully computerized Blood Bank with networking between all the different departments.
3. Provides counseling services for persons with blood born infections including HIV/AIDS.
4. The Only Blood Bank with facilities for the Western blot Test to confirm HIV infections.
5. the Blood Bank works round the clock and supplies blood/components to patients all over the neighbouring districts also.
6. Regional center for Haemophilia care and studies on coagulation profile including factor Assays – using the most modern photo optical instruments.



The Blood Bank with the Blood Mobile for out door collection.



Bleeding Room with the donor couches & shaker monitor



The cryo centrifuge for component separation



The opti press II
The only Blood Bank that provides Leuco Reduced product in Kerala.



Deep freezer with temperature range of -40°C to -80°C

The Blood Bank adopts the latest techniques for screening of Transfusion transmitted infections viz. HIV, Hepatitis B, Anti HBC core and titre study, HCV, Syphilis and Malaria



Best 2000 for Elisa and Coagulometer for coagulation



The tektime for Elisa and Minividas for Infectious Diseases and Immuno chemistry

Blood Bank has also an efficiently working Cyto pathology division headed by Dr. Syamalakumari at IMA House, Opp. Lotus Club on all working days from 11.00 am to 1.00 p.m. Provides facilities for Pap Smear Test and Needle Aspiration Cytology/Fluid/Sputum and CT guided cytology studies.

IMA VOLUNTARY DONOR BLOOD BANK - REGIONAL TRANSFUSION CENTRE

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e-mail: imabb@md3.vsnl.net.in www.imacochin.com

President's Column



waited 'Family Nite' is a heartwarming and scintillating event inaugurated by the eminent star Sri. Suresh Gopinath in the presence of a galaxy of celebrities, their spouses, children and invited guests, various eye catching and melodious programmes performed by our members, spouses and children have earned the appreciation of all. This has been possible only because of the active participation of the members.

At this juncture, I recall the fine services done by the Chairmen of the various committees headed by Dr. V. Benny Thomas, Dr. V. P. Kuriyipe, Dr. M. Venugopal, Dr. P. Ramakrishnan, Dr. Babu John Mathews, Dr. N. Dinesh and Dr. Vinod B. Nair. The Women's Wing under the leadership of Dr. Gracy Thomas and Dr. Pushpa Susan Issac did a commendable job and Dr. K. Sivadas enhanced the spirit of the function while Dr. Sujit Vasudevan flooded the programmes with various prizes. The hospitals and other institutions have been very supportive to us. My appreciations and kudos to all of you.

The State President Dr. Joseph Mani has declared the month of February 2006 as intensive campaigning month for membership drive. Please make earnest efforts to enroll as many new members as possible during this month.

Thanking you,

Dr. E. Varghese Mathew

Congrats !!

Dr. Abraham K Paul is nominated by the Government of Kerala to the newly formed Juvenile Justice Board. The primary intention of the constitution of the Board is to provide proper care, protection and treatment to juveniles (below 18 years of age) and to adopt a child friendly approach in the adjudication and disposition of matters.



Dr. Jeason C. Unni, President Indian Academy of Pediatrics Kerala State Branch receiving the Best Branch Award from Dr. Raju C. Shah, National President.

Dr. P. V. Joy, Dr. Maria Varghese, Dr. Priya Vijayakumar have successfully completed the Post Graduate Diploma in Geriatric Medicine conducted by the Indira Gandhi National Open University.



Secretary's Message

Dear friends,

As part of the national Gaon Chalen programme National IMA, IMA Cochin adopted the Murikkur village in Puthuvyppu village.



a multi speciality camp was held in January. The camp was a grand success. Thanks to all the members who have participated in the camp and to all those who have contributed sample medicines. A Skin camp is scheduled at the same village on Feb 19th (Sunday). Request all members to be part of this noble venture.

All the members are requested to attend the general body meeting on March 15th, 2006 at the IMA Hall at 8 PM. This is to elect the Office bearers for IMA Cochin for the year 2006-07. Please attend this and exercise your franchise.

Annual members are requested to renew your membership. Otherwise you will cease to be IMA members by March 31st and will lose all benefits of being an IMA member.

Jai IMA !!

Dr Abraham Varghese



The Liver Transplant Team of Lakeshore Hospital who successfully conducted the first live liver transplant in the State being honored by IMA Cochin. (Lt to Rt) Dr. Jose Tharayil, Dr. Philip Augustine, Dr. H. Ramesh, Dr Sadiq Sikkora, Dr. Roy K Mukkada, Dr. Mohan A Mathew with the IMA President & Secretary.



