



BHOOMI POOJA AND FOUNDATION STONE LAYING CEREMONY OF IMA HOUSE ON 1.2.2007

പി.വി.എസ്. പോസ്റ്റിറ്റൽ ഒരുക്കുന്നു ഉദരരോഗ ചികിത്സയിൽ ഏറ്റവും മികച്ച സാങ്കേതികവിദ്യ.

നിലവിലുള്ള എൻഡോസ്കോപ്പിയുടെ സാധ്യതകൾ പുനർ നിർവചിക്കുന്ന, രോഗനിർണ്ണയവും ചികിത്സയും ഒരേ സമയത്ത് സാധ്യമാക്കുന്ന ഇലക്ട്രോണിക് എൻഡോസ്കോപ്പിക് അൾട്രാ സൗണ്ട് സിസ്റ്റം.

സവിശേഷതകൾ: കൂടലിനുള്ളിലെയും, കൂടൽഭിത്തിയിലെയും പ്രശ്നങ്ങൾക്കു പുറമെ തൊട്ടടുത്തുള്ള മറ്റുവയവങ്ങളെയും നിരീക്ഷിക്കാം • കൂടുതൽ കൃത്യവും വ്യക്തവുമായ അൾട്രാസൗണ്ട് ഇമേജുകൾ നൽകുന്നു • ഹൈൻ നിഡിൽ ആൻപിരേഷൻ വഴി ബയോപ്സി പോലുള്ള പരിശോധനകൾ നടത്താൻ സഹായിക്കും • ക്യാൻസറാകാൻ സാദ്ധ്യതയുള്ള മുഴകളെ കൃത്യമായി പരിശോധിക്കാനും ക്യാൻസറിനെ നേരത്തെ കണ്ടെത്താനും സഹായിക്കുന്നു • ക്യാൻസറിന്റെയും അതല്ലാത്ത മറ്റു മുഴകളുടെയും ഘട്ടനിർണ്ണയം നടത്താം • എൻഡോസ്കോപ്പിക് പരിശോധനകളിൽ പരമാവധി കൃത്യത ഉറപ്പാക്കുന്നു. ഉള്ളിലെ മുഴകൾ നീക്കാനും ക്യാൻസറിന്റെ വേദനാശന ചികിത്സകൾ നടത്താനും സഹായിക്കുന്നു.

താക്കോൽ ദാരു ശസ്ത്രക്രിയാ വിഭാഗം ക്യാൻസറടക്കം, ശസ്ത്രക്രിയ ആവശ്യമായി വരുന്ന ഉദരസംബന്ധമായ രോഗങ്ങളിൽ ഏറിയ പങ്കും താക്കോൽ ദാരു ശസ്ത്രക്രിയ വഴി ചികിത്സിക്കാവുന്നതാണ്. കൂടാതെ കരൾ, പാൻക്രിയാസ് ശസ്ത്രക്രിയകളും വിജയകരമായി ചെയ്തു വരുന്നു. 3,000ൽപ്പരം താക്കോൽ ദാരു ശസ്ത്രക്രിയകളും കൂടാതെ 70,000-ൽപ്പരം എൻഡോസ്കോപ്പികളും, 5,300-ഓളം ഇ.ആർ.സി.പി. യും വിജയകരമായി പൂർത്തിയാക്കിയ പ്രാവീണ്യം പി വി എസിന് ഉണ്ട്. ഇതിനുപുറമെ കുട്ടികളിലെ ഉദരരോഗങ്ങൾക്കായി പ്രത്യേക ക്ലിനിക് പി.വി.എസിൽ പ്രവർത്തിക്കുന്നു.



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PRESIDENT'S NOTE



Dear Colleagues, I am really proud of the wonderful response showed by our members for the activities of our branch. It is really heartening to watch many of our members who came in the morning hours to attend the bhoomi pooja and foundation stone laying of our new building on the 1st of February.

We got a new membership drive campaign. Please enlist more members to our branch.

With warm regards, Dr. V. Benny Thomas

IMA CHARITY FUND

IMA Charity Fund collected so far only Rs.3,700/- . That means only 37 members contributed out of the 1,152. So the response cannot be applauded. This fund is purely for charitable work.

I request all the members to contribute liberally during the clinical meetings.

FEBRUARY MONTHLY MEETING

Date : 28.2.2007 (Wed.) Time : 8.00 p.m.

VENUE : GRAND HOTEL, M.G. ROAD

SCIENTIFIC SESSION EXPANDING FRONTIERS IN GASTROENTEROLOGY

Chairperson : Dr. G.N. Raemesh, MD, DM Introduction (5 mts.)

Developments in Endoscopy : Conquering new Frontiers

Dr. Mathew Philip MD, DM (15 mts.)

Colorectal Surgery : The keyhole revolution

Dr. K. Prakash MS, MCh, AFSA (15 mts.)

Newer advances in GI Surgery : The minimally invasive dimension

Dr. Deepak Varma MS MCh, AFSA 15 mts.

Discussion : 10 mts.

An IMA - PVS Scientific Session

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SECRETARY'S COLUMN

Dear friends, It is a matter of great pleasure to state that we are moving in the right direction regarding our IMA activities. The foundation stone laying was well attended by many of our IMA members.



There was an overwhelming response to our apartment booking. We expect the same enthusiasm for the club membership of IMA family club. Due to a change in the scenario of building constructions, we may be able to get a high FAR to accommodate all the people of Cochin IMA for their various needs.

Our members should well equip to tackle any disaster like that happened in Thattakkad near Kothamangalam few days ago. I request all the members to be at beck and call to attend any emergency request from IMA.

Let us strive hard for a great future of Cochin IMA.

With warm regards, Dr. Augustine Thomas Mampilly

## COMMON SKIN PROBLEMS IN GENERAL PRACTICE

Dr. Rajesh Sankar, Consultant Dermatologist, Cochin Hospital, Ernakulam

Skin disease accounts for a good 20% of patients seen in general practice, and the common conditions seen in our population are listed here.

### 1. Infections and infestations:

a) Bacterial infections: These include folliculitis, furunculosis, echthyma, erysipelas and cellulites, caused usually by Staphylococcus aureus, or by Group Ab hemolytic streptococci, responding to appropriate antibiotics, viz., Cephalexin, or Amoxicillin – Clavulanate.

b) Viral infections: These include Herpes simplex, which may affect the oral area, genital area, or otherwise, and Varicella zoster virus, causing Chicken pox and Herpes Zoster, both treated with varying doses of Aciclovir, or the newer Valaciclovir. Human papillomaviruses, causing warts, and Molluscum contagiosum virus, causing the disease by the same name, are the other common viral infections, and respond to ablative therapy, or the new medication, imiquimod.

c) Fungal infections: Dermatophytoses (the Tineas), Tinea versicolor, and Candidiasis are the fungal infections, responding well to topical azoles like Clotrimazole and Miconazole, or newer drugs like Terbinafine and Butenafine, although susceptibilities vary. Widespread or chronic infections are treated with Griseofulvin (in dermatophytoses only), and oral triazoles like Fluconazole or Itraconazole, and allylamines like Terbinafine.

d) Infestations: Scabies and Pediculosis, both capitis and corporis are common infestations, and respond to oral Ivermectin or topical Permethrin or Lindane (which is used less nowadays)

### 2. Eczemas:

a) Atopic Dermatitis: This eczema is on the rise following industrialization and environmental changes, and is associated with asthma and allergic rhinitis and conjunctivitis. Treated with topical corticosteroids, topical immunomodulators, and oral antihistamines and antibiotics, depending on the extent and severity.

b) Seborrheic Dermatitis: A common eczema affecting the seborrheic areas, this has the fungus Malassezia furfur as one of the etiological factors. Responds to antifungals and topical corticosteroids, but is notoriously recurrent.

c) Gravitational eczema: Seen in people with varicose veins. Topical neomycin is contraindicated here.

d) Allergic and Irritant contact dermatitis and Nummular eczema are the other eczemas.

e) Pityriasis alba, a common hypopigmentary disorder of childhood is now considered a variant of eczema.

3. Acne and its variants, a common disorder affecting the 15-45 age group, more so in the adolescents, is a disorder of the pilosebaceous apparatus, and is treated according to its grade and severity with topical retinoids, keratinolytics or antibiotics, or systemic antibiotics or retinoids, or a combination of both.

4. Psoriasis is a hyperproliferative disorder of the skin, resulting



from a T helper cell imbalance, characterized by scaly plaques, with nail changes, and sometimes arthritis. Treatment varies from the basic topical applications like tar, to the latest modalities like Narrow bandUVB, and the "biologicals".

5. Vitiligo is a disorder resulting from the destruction of melanocytes, probably of autoimmune etiology, and is a disorder which causes extreme emotional distress. Treatments include PUVA, and NBUVB, and topical corticosteroids and immunomodulators.

6. Urticaria, a very common disorder, results from mast cell degranulation by a variety of factors, treated with antihistamines, mast cell stabilizers, and oral corticosteroids, occasionally in severe cases, with angioedema.

7. Pityriasis rosea, a seasonal disorder, which is characterized by a herald patch, followed subsequently by daughter patches arranged in a fir tree pattern on the trunk, responding to UVB and topical corticosteroids.

8. Dermatitis medicamentosa, or simply drug eruptions can occur in myriad forms ranging from a localized fixed drug eruption to the severe toxic epidermal necrolysis, treated by withdrawal of the offending drug and supportive measures.

9. Lichen planus, which is a not so uncommon papulosquamous disorder, which affects the skin and mucosa, characterized by intensely pruritic violaceous papules, resistant to a variety of treatments.

10. Alopecias, or hair loss, which affect the cosmesis of the individual, result from different causes, more common ones being androgenic alopecia, and alopecia areata. Treatment in androgenic alopecia ranges from topical minoxidil and systemic finasteride, to hair grafts.



Dr. Gracy Thomas won the Best large home garden Award in the just concluded Cochin Flower Show.

Congratulations...!

## WOMEN'S WING ACTIVITIES

Cash & Clothes were distributed to 'Swanthana', Thevara handicapped Ladies house, Providence Home, Kakkanad by Dr. Santha George, Dr. Gracy Thomas, Dr. Valsala Kumary, Dr. Lisamma etc.. Conducted free Gynaec Comp at Aiswarya Hospital Kakkanad by Dr. Jayasree Rangan – Addressed health & Premarital Councelling sessions are conducted at various centres.

Next General body meeting of IMA women's wing is on 24<sup>th</sup> Feb.2007 at Monther & Child hospital Vyttila at 2.30 pm.

Demo : Decorative Candle making



Teaching vegetable carving - organised by IMA Women's Wing

## IMA MEMBERSHIP DRIVE

Cochin IMA constitute about 8% of the total membership of Kerala State IMA. Still there are atleast 400 doctors in and around Cochin who are not members of our branch. As you all know IMA is the most powerful and most useful among the medical associations in India. There is going to be a considerable increase in the membership fee from 1<sup>st</sup> of April as informed by Central IMA, Delhi. So it is our great wish to enroll all the doctors as IMA life members before 31<sup>st</sup> march 2007. I request all of you to canvas for IMA membership as well as convert their annual membership to life membership.

Long live IMA,

Secretary

## CLINICIANS DON'T WORRY ABOUT TRANSFUSION REACTIONS !!

IMA Voluntary Blood Bank offers leucocyte reduced Red cells, which is most suitable for patients prone to have transfusion reactions like old age, multiple transfusions, malignancy etc. The Opti Press prepares prestorage leucoreduced components (70-80%). The additional charge is only Rs.50 per unit of PC.

Clinicians don't have to be worried about Malaria Transmission also – since this Blood Bank is doing 100% Malaria screening by QBC method only which is gold standard.

Dr. Syamala Kumari

Chief Medical Officer, Ima Blood Bank

## FAREWELL TO IMA HOUSE, WARRIAM ROAD ON 31.1.2007



### JANUARY 2007

Total 1603 units of blood were collected and 3190 units of blood and its components issued. Patients in 83 hospitals were beneficiaries. 9 blood donation camps were conducted.

Dr. K. Narayanan Kutty  
Secretary

### WELCOME NEW MEMBERS

Dr. Hafeez Rahman  
Dr. Pradeepkumar A.  
Dr. Kaveri  
Dr. Mariamma Cherian  
Dr. Paul Jayan  
Dr. Praveen Menon  
Dr. Praveena B. Nair  
Dr. Vijayalakshmi  
Dr. Aruvi T.P.  
Dr. Jaquiline Bobby

### IMA MEDICINE BANK

Working Hours : 10.00-2.00 p.m.  
Medicines donated by :  
Dr. Babu John Mathews  
Dr. Iqbal Mohammed  
Dr. Mammen M. John  
Dr. Sujith Vasudevan  
Dr. G.N. Ramesh  
Dr. K.K.R. Warriar  
Dr. N. Gopalakrishnan  
Convener

### PPS & SSS NEWS

Join PPS, SSS I, II & National  
For enrollment call  
Dr. P.M. Subhash  
Ph: 2803033,  
5510709,  
Clinic 2204158



# The beginning of a success story....

"Bhoomi Pooja" and laying of foundation of our prestigious project was held on 1<sup>st</sup> February 2007 at 8.10 a.m. About 90 members led by Dr. Kuriyipe, Dr. Benny Thomas, Dr. Sachidananda Kamath, Dr. Augustine Mampilly witnessed this historic moment. Member of the Project Committee, Mr. Gopakumar (Architect), Mr. S.K.K. Nair (Project Manager, "Mangement Manthra"), Mr. Vinod (Councillor, Corporation), Mr. Babu Moopen etc. participated in the solemn function.



Site of the new IMA House



Bhoomi Pooja begins.



With prayers.... Dr. Kuriyipe and Dr. Benny Thomas place the first stone



Dr. Sachidananda Kamath and Dr. Augustine Mampilly join



Dr. E. Varghese Mathew and Mr. Gopakumar lend their hands



Briefing Project Manager Mr. S.K.K. Nair

**CLUB LAGOON :** Exclusively for members and their families. **Pay Rs.50,000/- before August 15th and earn the Transferrable Membership - Transferrable to any Doctor after lock in period of 5 years. An additional discount of Rs.5,000/- if full payment is done before March 31st.** Call Dr. Sachidananda Kamath (98470 57766) for more details.

## CLUB MEMBERSHIP

**Membership:** 1) Life Member - Transferable, Non-Transferable, 2) Institutional member, 3) Honorary members, 4) Affiliated member.

**Membership fee - After Agusut 15th:** Life membership (Non Transferable) Rs.50,000/-. Transferable membership Rs.1,00,000/- (Transfer fee 25% of existing fee)

1. **Institutional member** - Rs. 3 lakhs - Three nominees - only one of the three nominees who is authorized by the institution will have the voting right. 20% discount for any hall any time.

2. **Honorary member** - Senior members above 70 years of age by 2007 January and who has also been a member of the Cochin IMA for the last five years will be entitled to a honorary membership.

Members between 65 and 70 years of age by 2007 January and who has also been a member of the Cochin IMA for the last five years need only pay Rs.25,000/- for a nontransferable membership.

3. **Affiliated member** - 3 visits / month - Entrance fee fixed time to time.

4. **Members children** - Doctors only are entitled for a nontransferable membership by paying 50% of the existing fee. Facilities / Benefits of Club Membership.

5) 30% discount in main auditorium on 2 occasions 6) 10% discount in any hall at any time.

7) Multi-cuisine Restaurant 8) Swimming pool 9) Full fledged multi-gym, 10) Indoor shuttle court

11) Billiards / Table tennis 12) Children's library, 13) Guest rooms - concessional rate 14) Car parking



## From the Desk of Chairman, Project Committee



Dear Friend,

At last, our dream is going to be a reality in a span of 18 months. Thank you for your presence / blessings at the foundation stone laying ceremony. Now onwards we have to struggle hard to enroll all members of IMA Cochin as members of our club. I can assure you that the "Club Lagoon" will be of international standards, for generations of doctors to enjoy. Please enroll before Aug. 15<sup>th</sup> to ensure transferable membership by paying Rs.50,000/- only. I am sure you will grab the opportunity.

With Regards,

Dr. V.P. Kuriyipe

# MAGIC BOX

*A novel concept, close to the heart of our project committee chairman.*

Here's yet another opportunity to raise funds to build our very own prestigious IMA Convention Centre - The MAGIC BOX. Today and for the next two years, IMA needs each and every rupee we can muster, to realize our dream and the money collected through the magic box will also help. Donate today, whatever little you can

and reap with interest after two years! Help IMA today when it directly needs your generosity and IMA will pay back in kind after two years. Keep this Magic Box in your clinic/house and put in little by little whatever money you can spare for the next two years. Every two months, IMA will collect the savings and will give you the receipt of the amount collected. At the end of two years when the IMA Convention Center is commissioned IMA will redeem your generosity in the following way:

A donation of Rs.15000/- will entitle you to a one time 50% discount of one day rent of the auditorium.

A donation of Rs.25000/- will entitle you to a one time 100% discount of one day rent of the auditorium.

The discount can be used by the donor at his discretion either for personal use or can be en-cashed by selling to a third party.

For example a donor of Rs.25,000/- can redeem an estimated Rs.40,000/- value in rental in 2009 or estimated Rs.1,00,000/- value in rental in 2019.

**DONATE LIBERALLY TODAY AND REAP HANDSOME RETURNS TOMORROW**



Promising all help.... Mr. Vinod, Councillor of the Corporation ward



Sri. Babu Moopen who heads the construction of the model road to our site



Drawing dreams in the sky



Let us enjoy with sweets



One to the Album - the "IMA Family"