



Everrolling Trophy for the best meeting of 2007 was given to AIMS. Dr. T.L.P. Prabhu presented the Trophy to Dr. Prathapan Nair, Principal AIMS.

Last meeting of the Cochin Clinical Society was held at **AIMS Hospital**. The best meeting for the year 2007 goes to AIMS. Congratulations ! The best presentation prize was given to Dr. Anish Ahamed, Department of Endocrinology for his presentation of a case with **Neonatal Diabetes**.

The next meeting is at **Hotel Wyte Fort** on **13<sup>th</sup> of March 2008**.

#### WORLD CANCER DAY CELEBRATED

An awareness programme was conducted by IMA Cochin and Kerala Cancer Society on Feb. 4th. The programme was inaugurated by Hon. Justice Narayana Kurup. Adv. Babu Varghese, Secretary, Kerala Cancer Care Society talked about the role of Cancer Societies. Mr. Sudhakar Jayaram, Director & CEO, Amrita Television talked on Role of Visual Media in spreading Cancer Awareness. Dr. Thomas Varughese, President, Kerala Cancer Care Society delivered a lecture on Prevention, Early Detection & Modern Treatment of Common Cancers. Dr. V.D. Pradeep Kumar and Mr. Antony John (President, Ernakulam Press Club) felicitated the programme. Dr. Abraham Varghese, Dr. Sunil K. Mathai and Dr. Venugopal also talked on the occasion. Around 300 persons participated the programme.

#### WANTED DOCTORS

- Super specialists and Laparoscopic Surgeon for various departments (part time)
  - Physicians - MD (full time)
  - Pediatrician - MD (full time)
  - Assistant to Cardiologist - MD/ DipNB/MBBS
- Attractive salary and accommodation shall be provided**

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#### Abstract - January 2008

### DIABETIC NEPHROPATHY

Dr. Mammen M. John, Dr. George Kurian, Dr. Mohammed Iqbal, Dr. Rajesh R.

Diabetic Nephropathy is now a major cause of End Stage Renal disease. Nephropathy occurs in 30-40% of diabetic patients. It can occur in clusters in certain families. There is a genetic predisposition. If Nephropathy does not develop in 15 years after the onset of Diabetes then it is unlikely to occur.

Early diagnosis is based on the detection of urinary albumin excretion. Various tests are available to detect this. Radioimmuno assay is a sensitive test.

Urinary microalbuminuria is the early finding and the treatment has to be started as early as possible to prevent over albuminuria and renal failure.

Control of Blood sugar and Blood pressure are very important. The drugs shown to be effective in reducing protienuria are angio-

tensin converting enzyme inhibitors and angiotensin receptor blockets. These drugs have to be started with caution, after checking renal parameters and potassium. Renal functions have to be rechecked again few days after starting these drugs and then periodically.

In the event of mild to moderate renal failure these drugs can still be used, again with extra caution.

In certain patients diabetic nephropathy can progress to endstage renal disease over a period of time. It is important that this group is identified earlier and appropriate measures are instituted and they are prepared for renal replacement therapy.

Haemodialysis, Peritoneal dialysis and renal transplantation are options that can be considered for patients reaching end stage renal disease.



IMA Charitable Medicine Bank along with Cultural Academy for Peace conducted a free medical camp at Puthu Vype on 27th January.

A large number of patients attended the camp and the camp was very well appreciated by the locals. Special thanks to Dr.M.M. Hassan and Dr. Anantha Narayanan M.N.



A two-day workshop was organised by Binani Zinc Limited, National Safety Council and Indian Medical Association as a part of creating awareness to industrial employees on giving first aid during emergencies on 4th & 5th, Feb 2008 at Binani Zinc Ltd. Mr. B. Ummer, Senior Joint Director of Factories & Boilers Dept., inaugurated the programme. Dr. Abraham Varghese welcomed and Dr. Sunil Mathai felicitated the function.



Dr. George Thayil, Senior Cardiologist at Lourdes Hospital receiving the Kudumbadeepam Award 2008 from Bishop Joseph Karikkassery. Rev. Dr. Cherian Kurinthodath, Managing Chief Editor, Kudumbadeepam, Prof. Dr.Premus Perinchery, Fr. Francis Xavier, Hospital Director, Sri M.V. Nikesk Kuamr, CEO, Indiavision and Dr. Paul Puthuran, Hospital Superintendent, are also seen. Dr. Thayil received the award for his best seller book 'Heart Attack - Bhayappedathe Jeevikkam'.



Dr. Abraham K. Paul elected as National Chairman, Indian Academy of Pediatrics Childhood Disability Group. Also elected Dr. S. Sachidananda Kamath as Secretary and Dr. M. Venugopal as Treasurer at the National Conference of IAP PEDICON 2008 at Bhubaneswar.

#### WELCOME NEW MEMBERS

- |                  |                         |
|------------------|-------------------------|
| Dr. Jobi Abraham | Dr. Sanju P. Joy        |
| Dr. Dileepkumar  | Dr. S. Rakhi            |
| Dr. Biju Paulose | Dr. Sudhish Karunakaran |
| Dr. Natasha      |                         |

#### BLOOD BANK NEWS JANUARY 2008

Total 1511 units of blood were collected and 2859 units of blood and its components issued. Patients in 79 hospitals were beneficiaries. 10 blood donation camps were conducted.

Dr. K. Narayanan Kutty, Secretary, Blood Bank

#### IMA CHARITABLE MEDICINE BANK

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

- |                     |                         |
|---------------------|-------------------------|
| Dr. Ramakrishnan P. | Dr. Mohan Thampuran     |
| Dr. Mary Muthachen  | Dr. Muralikrishna Menon |

Dr. N. Gopalakrishnan, Convenor