

## IMA WOMEN'S WING DECEMBER 2007

It was another month of activity for the Women's Wing. December 1st was celebrated as World Aids Day and quiz competition for school students were conducted at Welcare Hospital and Lourdes Hospital.

AIDS Awareness Talks were conducted at the Trichur Municipality and at the Ernakulam YWCA. Adolescent Health Programme were held at the Kendriya Vidyalaya, Naval Base and Anganwadi teachers were enlightened on the problems of teenagers. Christmas was celebrated with the inmates of Swanthanam, Tripunithura and Shanti Bhavan, Udayanagar. Cakes, rice and clothes were distributed.

Dr. Parvathy held an Interactive Session in Indiavision about socio-economic problems of ageing, premarital counselling and visits to cancer patients were held as usual. Christmas celebrations of WIMA Kochi was conducted with enthusiasm and frolic. This included games and music.

The next general body and committee meeting is on 26th Jan. 2008. Mrs. Fathima Basheer will give us an insight into the art of making Biryani.

Venue :

PS Clinic, Ponnurunni. Time : 2.30 p.m.

Ph : 2302798

Secretary



Victory Celebration

### OBITUARY

Condolence to Dr. Babu Thomas on the sad demise of his mother Mrs. Saramma Thomas.

Condolence to Dr. Abraham Cherian on the sad demise of his father Mr. K. A. Cherian.

## Abstract - December 2007

### RECENT TRENDS IN ORTHOPAEDIC SURGERY

Moderator - Dr. K.V. Menon

Everything changes and so also medicine. Thirty years ago Orthopaedics was a sub-speciality of general surgery has evolved not only to speciality on its own but with different sub-specialities under it now. What problems [viz: fracture femur] which were previously treated by traction and prolonged bed rest are now being treated by surgery and patient mobilized home in a week or so. Advances in imaging and diagnosis and endoscopic, percutaneous surgery has reduced the mortality and morbidity of many traumatic and non traumatic bone and joint problems.



Dr. V.V. George, Dr. Cherian Koor and Dr. Alex Jacob



Arthroscopic techniques have almost made open knee surgery in most instances obsolete.

Instrumentation advances have made previous spinal deformity treatment which were thought to be impossible now safe.

Advances in bone and tissue regeneration along with microsurgical techniques have made limb salvage possible where previously amputation was the only absolute choice. Severe shortening of the limbs, severe scarring due previous injury, deformities due to very tight soft tissues, bone loss infection are now treatable by distraction histogenesis more popularly known as Ilizarov method.

Arthritis, a crippling problem is now treated with joint replacement. In the younger adults hip resurfacing is now fast emerging as the alternative to conventional joint replacement. Total knee replacement arthroplasty has given life back to millions of crippled due to osteo-arthritis and rheumatoid arthritis.

## JOIN IMA HEALTH SCHEME

- Benefit of the scheme shall be available only to the member and his spouse provide they pay the membership subscriptions
- Only bills above Rs.5000/- is repayable and the maximum amount that can be reimbursed is Rs.100,000/- as per conditions (Bye-Laws)
- Eligibility – upto 31.12.2006 (First six months) any member of IMA is eligible to become a member of the scheme – After this date of 31.12.2006 only members upto the age of 55 years will be admitted to the scheme. Age is calculated on the date of Receipt of cheque/DD subject to encashment.
- Admission fees
 

a) For members below 35 yrs of age	Rs: 750.00
b) For members below 45 years but above 35 yrs	Rs: 1,250.00
c) For members below 55 years but above 45 yrs	Rs: 1,750.00
d) Above 55 years of age (first six months only)	Rs: 2,500.00
- Advance financial assistance contribution (AFAC) Rs: 1,500.00
- Annual membership subscription (AMS) Rs: 100.00

**Total = 4 + 5 + 6**

Duly filled up forms with attested copies of proof of age, life membership certificate (if any) along with DD payable locally (Muvattupuzha) at the office of scheme of by cheque, payable locally (Muvattupuzha) with cheque commission of Rs.40/- extra for outstation cheques drawn in favour of "Health Scheme of IMA" to be sent to the Secretary of the Scheme (Dr. Gangadharan, Ushus Hospital, Muvattupuzha) No cash or Money order are accepted.

## KUDUMBADEEPAM AWARD FOR DR. GEORGE THAYIL



Dr. George Thayil, Senior Consultant Cardiologist of Lourdes Hospital has been selected for 'Kudumbadeepam Award' for his new book 'Heart Attack : Bhayappeda-the Jeevikkam'.

The award is given to the best popular book of 2007. It is already a Best Seller of DC/Current Books. The book aims to erase fears and misconceptions about heart attack. It uses a number of illustrations and pictures to make the information more reader friendly.



ADOLESCON-2007 : The Indian Academy of Pediatrics, Cochin Branch conducted the 7th National Conference of IAP Adolescent Chapter - ADOLESCON 2007 - on Dec 29th and 30th 2007 at Hotel International, Cochin.

### WELCOME NEW MEMBERS

Dr. Tom Babu	Dr. Sivakumar D.
Dr. S. Vidhya	Dr. Krishnan
Dr. George J. Manayath	Dr. Shine Sadasivan
Dr. Narayanan K.	Dr. M.A. Shafeeq

### BLOOD BANK NEWS NOVEMBER 2007

Total 1160 units of blood were collected and 2343 units of blood and its components issued. Patients in 82 hospitals were beneficiaries. 8 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. M. Narayanan	Dr. Babu John Mathews
Dr. Sunil K. Mathai	Dr. Sajy V. Kuruttukulam
Dr. R. Harish	Dr. K. K. R. Warriar
Dr. B. Jayakumar	

Dr. N. Gopalakrishnan, Convenor