

## President's Column

Dear Colleagues,



Greetings. Let me express my deep felt gratitude to all of you for your whole hearted support in making the IMA Children's Mediclaim a reality. Our members sponsored a whopping 350 needy children. I had no doubt, yes we always raise to the occasion. At this juncture, I would also like to clarify one point to some of our members that helping a needy child is not necessarily the duty of a pediatrician alone, but the duty of every human to extend a helping hand to a needy brethren irrespective of age, caste, creed or speciality.

Our IMA House Project is in the finishing phase. Countdown has started. It's time to show our solidarity to have it completed in time. Enrol maximum numbers to IMA Lagoon. One last push and we will be through. Let's join hands.

Yours in IMA,

**Dr. Abraham K. Paul**

## IMA Doctors Mediclaim

We are sorry to note that even after repeated reminders through various media about the last date of payment of cheques (20th Dec.), some of our members did not turn up to pay by even 15th of January!! We had to literally struggle to mobilise money to keep those policies active without break.

## Womens Wing Activities - December

WIMA Kochi ended 2008 by conducting 2 multi-speciality camps at Ponnarimangalam and South Paravur where 630 patients were examined. ECG, Ultrasound, Papsmeas, Blood Sugar and lipid profile were done. 28 cases for free cataract surgery were also chosen. World AIDS Day was celebrated by conducting awareness talk, poster competition and quiz competition at Schools. World Disability Day on December 4th was observed at Holy Faith Home, Chittethukara.

We wish our members and their families a great 2009. Please do come in full strength to attend the Microwave Cooking Class at LG Showroom, Kadavanthra on **31st January 2009 at 2 pm** sharp.

**Dr. R. Manju**, Secretary - WIMA Kochi



Dr. Geetha Philip at WIMA Medical Camp at Ponnarimangalam

## Previous month Scientific Session Abstract

### CURRENT TRENDS IN CARDIAC SURGERY

**Dr. Vijit K. Cherian, Consultant Cardiothoracic Surgeon, Lakeshore Hospital**

A lot has happened in the field of cardiac surgery in the past fifty years. From a period when the ability to treat cardiovascular disorders seemed impossible in the 1950s, to the possibility of salvaging high risk end-stage heart failure patients in the present era, the future holds even greater promise to the many unanswered problems of diseases of the heart.

#### Coronary Artery Disease

**Beating Heart Surgery/Off-Pump CABG:** The advent of beating heart coronary artery bypass grafting has reduced morbidity and hospital stay. It has extended the limits of surgical revascularization especially in patients with severe left ventricular dysfunction, calcific aorta, renal dysfunction and those with chronic obstructive pulmonary disease (COPD).



#### Heart Failure

**Nontransplant surgery for heart failure:** In the era of non-availability of organ donors, it has become imperative to look for alternatives to heart transplantation. Some of the techniques that can be used in these patients are:

- High risk coronary artery bypass grafting
- Mitral valve repair
- Surgical ventricular restoration
- Mechanical blood pumps

#### Valvular Heart Disease

**Surgery for atrial fibrillation:** Chronic atrial fibrillation either alone or in combination with concomitant mitral valve disease can be treated surgically especially when in medical management fails to yield results. Surgically pathways in the atria (upper chambers of the heart) can be interrupted. This can be done either by cut-and-sew techniques or by using ablation.

**Bioprosthetic valves:** There is a higher usage of valves made from animal tissues especially from porcine (pig tissue) and bovine (cow tissue). The main indications for the usage of these valves is:

- Age of patient >60 years
- Inability to take anticoagulation
- Women in child bearing age
- Limited life expectancy
- Those wanting an active lifestyle.

**Mitral Valve Repair:** The technique of preserving the mitral valve is possibly the best option for a patient, where this is possible.

The future of heart valve replacements is tissue engineered heart valves. The future for cardiac surgery is minimally invasive cardiac surgery, robotic surgery, the use of anastomotic devices and newer valves and the use of advanced imaging techniques for assessment of cardiac disorders.



Dr. Gracy Thomas, Secretary, Cochin Gynaecological Society and Dr. Girija Gurudas, All Kerala President receiving the National Youth Trophy and Award for the Best Gynaecological Society for the Adolescent Health Services done in the Schools of Ernakulam District from Dr. C.N. Purandare, the National President of Gynaecological Societies.



IAP Cochin & NRHM Ernakulam jointly conducted a Panel Discussion on Health Care Worker Safety and Hospital Infection Control on 16th January 2009 at Hotel Abad Plaza. Justice Narayana Kuruppu inaugurated the function. Prof. Barbara, Head of Infection Control, University of Minnesota led the session.

## NABH ACCREDITATION TO RANJINI EYE HOSPITAL



Inauguration by Hon'ble Justice Sri K.G. Balakrishnan, Chief Justice of India on 20th December 2008. Dr. NS.D. Raju received the Award for Ranjini Eye Hospital. Also seen are Dr. Sebastian Paul MP, Sri K.V. Thomas MLA, Retd. Justice V.R. Krishna Iyer, Sri K. Babu MLA and Smt. P.K. Sreemathy Teacher, Hon'ble Minister for Health & Social Welfare.

## VOLUNTEER OURSELF

Kindly volunteer yourself to make house visits in your locality/area for IMA Lagoon membership campaign. Make groups of 6-8. For any clarification call **Dr. M. Narayanan** 93886 37109.

It's time to show our solidarity. Together we will do it!!

## IMA MEDICINE BANK MEDICAL CAMP

IMA Charitable Medicine Bank in association with Rajagiri Outreach Society, Thykoodam West Residents' Association and Chaithanya Eye Hospital conducted a multi-speciality medical camp at S.N. Hall, Thykoodam on 4th January 2009.

## Secretary's Desk

Dear members,



Sincere thanks to our President, Dr. Abraham K. Paul, Dr. Philip Augustine, Dr. M. Venugopal and Dr. S. Sachidananda Kamath for the Doha Venture enhancing 21 doctors' Lagoon membership at a stretch.

Please do give maximum effort to increase our club membership.

Yours Sincerely,

**Dr. N. Dinesh**

## IMA Medical Reference Library New Arrivals

Following books are donated by Dr. Babu John Mathews

- 1) Harrisohn's Principal of Internal Medicine – 17th Edition, Volume I & II
- 2) Nelson Textbook of Pediatrics – 18th Edition, Volume I & II
- 3) Bailey & Love's Short Practice of Surgery – 25th Edition
- 4) Medical Microbiology – 16th Edition
- 5) Immunology for Medical Students
- 6) Clinical Medicine
- 7) Manual Pharmacology and Therapeutics

## Welcome New Members

Dr. Riaz Ashraf	Dr. Rani Joseph
Dr. Anoop Anirudhan	Dr. Prasanth V
Dr. Thomas Arun Varghese	Dr. Arunkumar
Dr. John George	Dr. Priya Mariam Kuruvilla
Dr. Vijit K. Cherian	Dr. Rekha Susy Cherian
Dr. S. M. Pillai & Dr. Pushpa Mahadevan	
Dr. Anil Karunakaran Nambiar	

## BLOOD BANK NEWS DECEMBER 2008

Total 918 units of blood were collected and 2,200 units of blood and its components issued. Patients in 88 hospitals were beneficiaries. 4 blood donation camps were conducted.

**Dr. K. Narayanan Kutty**, Secretary, Blood Bank

## OBITUARY



**Dr. Noel Moniz**, noted Ophthalmologist, Cochin expired on 19.1.2009. He is survived by wife Dr. Agatha Moniz and son Joel Moniz. We, the members of IMA Cochin pay our respectful homage to the departed soul.