



The Broadband antihypertensive



DIVISIONS OF
SUN PHARMACEUTICAL INDUSTRIES LTD.

PRESIDENT'S NOTE



Dear Colleagues,
July was a month of hectic activities. Doctors Day was celebrated on July 1st. Sandesh Yatra by our State President and Secretary was on July 5th. Our long cherished dream... purchase of land for IMA will soon be accomplished ... may be before this Newsletter reaches you. Thanks... for all your support, help and co-operation.

With warm regards,
Dr. V. Benny Thomas

Onam

Dear friends,

Get ready for our
Onam celebrations

in
September.

SANDESHA YATHRA

IMA Cochin & Cochin West Branches gave reception to the Sandesha Yathra led by the State President Dr. C.K. Chandrasekharan, State Secretary Dr. R. Ramesh and team at IMA Hall, Ernakulam on July 5th. IMA Cochin Branch President Dr. V. Benny Thomas presided over the function. Secretary Dr. Augustine Thomas Mampilly and Dr. V.D. Pradeep Kumar spoke on the occasion. Dr. C.K. Chandrasekharan, and Dr. R. Ramesh addressed the gathering. IMA Cochin West Branch President Dr. Savitha Prabhakar proposed the vote of thanks.

DOCTORS DAY CELEBRATED



The Doctors' Day was celebrated on Saturday, 1st July, 2006 at the IMA Hall. The meeting was called to order at 8.00 p.m. with Dr. V. Benny Thomas, President of IMA Cochin in chair. After prayer and flag salutation, the President welcomed the gathering. The chief guest Dr. Beena Vijayan IAS, Regional Director, Institute of Management, Govt. Regional Centre, Kakkanaad inaugurated the function. Dr. Augustine Thomas Mampilly, Secretary, IMA Cochin introduced Dr. George Mampilly who was honoured in the meeting. He was adorned with ponnada by the President. Dr. John K. Vettath gave the Doctors Day message. The function concluded with vote of thanks by Dr. Derena Mendez and National anthem.



SECRETARY'S COLUMN

Dear friends,



I am very grateful for all those who attended in large numbers in the last clinical meeting as well as Doctors' Day celebration on 1st July and for the reception given to the State Office Bearers. Hope this trend will continue.

With warm regards,
Dr. Augustine Thomas Mampilly

JULY MONTHLY MEETING

Date : 26.7.2006 (Wed.)
Time : 8.00 p.m.
Venue : Hotel Renaissance Palarivattom

SCIENTIFIC SESSION

RECENT ADVANCES IN MANAGEMENT OF ACUTE CORONARY SYNDROME

Dr. Rony Mathew Kadvail MD, DM
Consultant Cardiologist & HOD

Dr. M.K. Moosa Kunhi MS, MCh
Consultant Cardiothoracic Surgeon & HOD

Dr. Jacob Joseph MD, DM
Consultant Cardiologist

Dr. Jabir A. MD, DM
Consultant Cardiologist

Lisie Heart Institute
Lisie Hospital, Kochi

Meeting sponsored by

SUN PHARMACEUTICAL INDUSTRIES LTD.

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RECENT ADVANCES IN THE MANAGEMENT OF ASTHMA

The talks by Dr. T.U. Sukumaran, Prof. of Pediatrics, Medical College, Kottayam and Dr. K.M. Ramesh Nair, Consultant Pulmonologist, Lakeshore Hospital, Ernakulam were fascinating, interesting and an academic feast to IMA Cochin.

Dr. T.U. Sukumaran discussed vividly the management of asthma in children with the emphasis on "Preventors in Asthma". Simple guidelines in the clinical diagnosis of Asthma in Children, the clarification of intermittent and persistent asthma, clarification according to the severity into four steps were illustrated very clearly. The selection of the medication, the appropriate inhalation device and monitoring the children on preventions and long term management of asthma in children was stressed. Dr. Sukumaran drove home the message that cortico steroids (inhaled) is the drug of choice in persistent asthma of childhood. Early intervention with inhaled steroids after the diagnosis or initial onset of symptoms of Asthma results in better response to treatment as this can prevent uncontrolled inflammation and airways remodeling.

The concern with the use of long term steroid inhalation on growth of children could be overcome by the optimal and proper use of spacer and mouth rinsing after inhalation which will lower the risk of systemic side effects.

The discussion on the use of newer classes of drugs in childhood asthma drew the attention of all. Mention was made about the latest preventor ciclesonide - onsite activated steroid for children above the age of 8 to 10 years. The other drugs discussed were : single - Isomer



Dr. V. Benny Thomas, President, IMA Cochin inaugurating Seminar on Recent Advances in Management of Asthma. Lt. to Rt. : Dr. T.U. Sukumaran, Dr. Augustine Thomas Mampilly, Dr. K.M. Ramesh Nair, Dr.M. Venugopal and Dr. D. Prathap Kini

B - Agonists.

Levalbuterol, Leukotriene Inhibitors Montelukast, Anti - IgE Antibody Omalizumab, Long Acting B2 - Agonists - Combination of Laba with Montelukast.

Dr. K.M. Ramesh Nair presented revolutionary newer drugs in Asthma in detail revealing how innovative pharmacological and immuno modulatory approached type delineation of Immunological pathways in the pathogenesis of asthma have yielded diverse therapeutic targets, providing new agents in the revolutionary treatment of asthma. Dr. Ramesh Nair's talk was equally fascinating as all were spell bound by the presentation, eager to have the wonder newer drugs in Asthma which are more effective and with minimum side effects than the present drugs available.

The newer drugs discussed were : Ciclesonide - onsite activated steroid, Anti - IgE Antibody, Soluble cytokine receptors, Interleukin - 5 Antagonists, Phosphodiesterase 4 inhibitors, Leukotriene Inhibitors, Montelukast, Prolukast, Zafir Lukast, Methyl Xanthines,

Combination of long acting & agonists and leukotriene inhibitors. Drugs in the horizon for treatment of Asthma - Rasons - Respirable antisense oligonucleotides.

During the discussion time it was concluded that the successful in the management of Asthma, education of patient, parents and relatives about the nature of the disease, all aspects of the drugs used and the steps required to avoid acute exacerbations and triggers of asthma is mandatory and very essential.

Dr. Pratap Kini, President, IAP Cochin

JUNE 2006 :

BLD BANK NEWS

Total 1543 units of blood were collected and 3523 units of blood and its components issued. Patients in 78 hospitals were beneficiaries. 4 blood donation camps were conducted.

Dr. K. Narayanan Kutty
Secretary

WELCOME NEW MEMBERS

- Dr. M. M. Shaji
- Dr. Surya Divakar
- Dr. Ajai Nair D
- Dr. Lilly Cherian
- Dr. Jacob Daniel
- Dr. Parvathi Achattil
- Dr. Sony George
- Dr. Kala Baby Thottam
- Dr. M. P. Saji
- Dr. Suma Devi B
- Dr. K. P. Hamsakoya

IMA MEDICINE BANK

In the last Executive Committee, co-operation between Medicine Bank, Rotary Club and Lions Club was discussed. A sub-committee meeting of IMA Charitable Medicine Bank was held for a thorough study of the proposal with Lions Club and Dr. Ajaykumar (Rotary Club).

The Lions Club has promised to consider providing a full-time staff for Medicine Bank and Dr. Ajaykumar has agreed to consider transportation for medicine collected from various hospitals and doctors.

Medicine donated by :
Dr. P. Ramakrishnan, Dr. K.K.R. Warriar, Dr. Sujith Vasudevan, Dr. Varghese Cherian, Dr. N. Krishna Iyer, Dr. Jeeson C. unni

Dr. N. Gopalakrishnan, Convenor

PPS & SSS NEWS

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

OBITUARY

IMA Cochin deeply mourn the sad demise of **Dr. I.S. Menon** a senior Life member of our Branch. He is survived by his wife Smt. Kamala and two sons and a daughter.

Congrats!

Dr. Abraham K. Paul and **Dr. S. Sachidananda Kamath** were unanimously elected National Chairman and Secretary of IAP Childhood Disability Group at the National Conference of IAP held at Delhi. **Dr. M. Venugopal** was elected Treasurer.

Dr. Maria Varghese successfully completed (with distinction) Post Graduate Diploma in Health & Hospital Management by IGNOU and the Basic Certificate Course in Palliative Medicine from the Institute of Palliative Medicine, Medical College, Calicut.

Laugh!!

Man to Doctor.

'Is there any way to long life'

Doctor : 'Get married'

Man : 'Will it help?'

Doctor : 'No, but the thought to long life will never come to your mind again.'

Life is not a rehearsal

Each day is a new show. No repeat, no rewind, so give UR best shot in all UR worthy Acts, as the show goes on and on....

WOMENS WING ACTIVITIES JUNE 2006

Dr. Gracy Thomas was invited to attend a meeting on "Growing up" programme organized by FOGSI and Johnson & Johnson company at Mumbai. She was the only representative from Kerala; She conducted Premarital counseling at Renewal Centre Kaloor, Article on 'Sex Education Programmes in School' published in Arogyam magazine of Indian Express Malayalam, an article on "Sex Education in Schools" published in 'Malayalam Weekly of Indian Express' Talk on Adolescent Health at Vidyodaya, Thevakkal ■ Pre marital counselling at Kaloor Renewal Centre by Dr. Shirly John ■ Dr. Rani vinod gave a talk on HIV in All India Radio ■ 15-06-2006 Dr. Lisamma gave a talk on blood donation at Cochin Toast Mestus Club ■ 21-06-2006 Ms. Remani Johnson organized a get together of Savika Sangam at Vazhakkala & a talk on "First Aid & Emergency management was given by Dr. Chandrika ■ 17-06-2006 General Body meeting - "Chocolate Making" demonstration by Nestle. ■ 22-06-2006 Dr. Chandrika was instrumental to mobilize the Inner Wheel Club Cochin to donate Rs:3000/- for buying furniture for the paediatric & maternity ward at Government Hospital, Tripunithura ■ A paediatric weighing machine was donated to Government Hospital, Tripunithura by Dr. Chandrika ■ 24-06-2006 Talk on menstrual problems, cancer breast & cancer cervix was done by Dr. Neena Thomas, Dr. Derena Mendez & Dr. Valsalakumari for the women of Unichira Church. 60 members attended.

Women's Wing meetings - July 29th, 2.30 p.m. IMA Hall - Corn Oil Preparations
August 26th, 2.30 p.m. IMA Hall - Handicrafts by Dr. Sobha K. Pillai

DOCTORS' DAY MESSAGE BY DR JOHN VETTATH

Subsequent to a week of heavy work, I wonder whether a somewhat lighter prologue to your weekend pleasures would be more suitable rather than a philosophical exposition or a romantic exhortation. So relax with me for a while as I talk about life's banalities, and meander through sweet nothings.

I am indeed greatly privileged to be giving a message on this auspicious day, The Doctor's day. The very fact that the govt. has set apart one day to honour us is mollifying, to say the least, for all the other 364 days in the year set apart for doctor bashing, for crimes imagined and imaginary, set apart to elevate the misdeeds of a few of us to the level of a national crime wave.

I am also extremely glad that I can be here when Dr. George Mampilly is being honoured for his services to the profession. We are old friends. When I say old friends, it means that we have been friends for a long long time, and not that we are both old. For certainly neither of us has grown old, we have only grown up. To you George, my tributes, my salutations and my felicitations, A big God bless.



I have always wondered which is the longest word in the English language. To the pedantic the largest word may be floccinoccinihiliphilipication. I am told that the meaning of that word is 'IF'. But for the lighthearted the longest word may be Supercalifragilisticlipadocious, from the popular musical 'Mary Poppins'. But for me the longest word in the English is 'SMILES'. S M I L E S. A mile between two S's SMILES. A smile is not a gift of the mind, it is a gift of the heart. It has a magical quality that defrosts, disarms, delights and fascinates. A smile, it starts slowly in the corners of the mouth, spreads gradually to illuminate the whole face, stays there long enough to be recognized, and then fades away with a secret slowness to leave behind a cherished memory. Mother Teresa said "let us all greet each other with a smile, because a smile is the beginning of love". Three things are real in this world. God, human folly and a smile. The first two are beyond our comprehension, so let do the best about the third. Let us keep smiling.

There was this neurotic man, who visited doctors one after another, not being satisfied with the treatment he got. He went to a retired practitioner and complained that the younger doctors these days are not good. The aged practitioner then told him "I will tell you a cure for your troubles, smile and laugh three times a day one hour before food, and you will be cured". We can fence against the infirmities and evils of this world by laughter. For I believe that every rime a man smiles and more so when he laughs, it adds something the fragment of his life.

There are famous smiles about which much has been bantered about. In the Louvre, the art museum in Paris, down a corridor and on the left wall hangs a portrait, the picture of a neopolitan woman painted by Leonardo da Vinci. The Mona Lisa. Does she smile or does she not smile, much has been talked about her enigmatic smile. If you stand in front of that portrait and keep looking at it for a while, you can catch that smile, so ethereal, so evanescent, so tantalizing, that it can reach into the innermost part of your brain where memories are stored and dream begin.

Then there are smiles which are treasured. Not the smiles from holywood, bollywood or kollywood, but real treasures. In a hospital where I worked, a long time ago, I used to notice an elderly gentleman who would come into the ward every Sunday, and taking out his electric shaver, would shave patients. Once I asked him "Sir, who are you, and why do you do this" With a smile he tells me, "I am a retired engineer. I do this because, after I have shaved a patient, I hold out a mirror in front of his face. And he looking at his clean-shaven face, breaks into a broad happy smile. I love to see that smile" He loved to see people smile and treasured it.

There are smiles which are an expression of thanks, particularly in Kerala, where we don't have an appropriate word for thank you in Malayalam. I was once traveling by a KSRTC bus from Moovattupuzha to Kottayam. Some parts of that

road are full of curves and climbs. The bus broke down in that area. We were all asked to get down, and when the next bus came, it was stopped and all of us were pushed into it. Needless to say that the bus was by then jampacked with hardly a place to stand. I was standing next to the driver. I watched his drive, negotiating the curves and the bends safely, with such meticulous ease, and I said to myself this man is an expert. When we reached Kottayam, after getting out of the bus, I went up to him and told him I appreciated his driving and how good he was. A look of surprise and a broad smile dawned on his face. He said to me... SIR... nobody has told me like this before since the last 25 years I have been driving. He then insisted on having tea with him. And all the time he was smiling.

When I was doing my residency in surgery, I used to listen to the VOA breakfast show every morning over the radio. There was no TV then. The anchor of that show was a lady by name Pat Gate. I fell in love with her voice. She would end her show every day with the remark "if you see someone without a smile, give him one of yours". What a beautiful thought. She likes to put a smile on other people faces. Years later I saw a picture of her in Magazine, and I fell out of love with her. But I still love her beautiful thought. If you see someone without a smile give him one of yours.

Ours is the science of healing, the greatest of all sciences. Can we add a touch of art to the science. A touch that soothes, consoles, and comforts. Can we put a smile on our patients faces. We are healers. I looked up the meaning of the word heal, and it says to heal is to make whole, to make healthy, to get rid of disease, to make free from grief and troubles. Good health and wholeness is the well being of all the elements consisting the human person. The science of healing has therefore complex dimensions. The healing methods we offer cater only to the partial, physical part of the illness, quite often leaning unattended, many unmet needs to bring wholeness into their lives. Hence the new term that is being heard about more and more 'wholistic medicine'. Cure for the person as a whole. We doctors are in a good position to find out what ails our patient in total, other than just their physical ailments. In our one to one relationship with our patients we are well placed to be able to listen to all their problems and ailments, which by



itself can be comforting, and quite often some advise is all that is needed for comfort. It is beyond our time, ability and capacity to play a complete part in wholistic healing. But surely we can do more than a little bit, to provide wellness and wholeness. But this needs spending a little extra time with the patients. I know that all of us program our day listening to the time clock ticking away. But we can spend that little extra time to provide solace, as much as we can, to their other ailments. I am sure that the extra time spent will be full in content and rich in satisfaction. We can put a smile on their faces.

I am still frequently asked why I retired. My answer is, to have a good time. All of you should retire, retire at a time of your choice, so that having fulfilled your obligations to society, you can sit back and enjoy the fruits of your labour. I must confess that the last 10 years has been one the best parts of my life, even though some days when I wake up in the morning, I remember there is nothing for me to do this day, no places to go, no patients to see, no rushing to the operation theatre for surgery. One day you were a young surgical trainee, and before you know it, your life has gone in a flash, and you are sailing towards the sunset of your life. It is then that Naomi walks in with a steaming cup of hot tea. And she tells me 'the vegetables are over do get some, the curtains need washing remove them, the light bulb in the kitchen has fused change it'. It is then that I really wake up and realization dawns, I have a roof over my head, I have substance to live, my children are around, my wife is still beautiful, I have retired from work, but not from life. Praise God on high.

Onam

Those who are interested in participating Thiruvathira, Onapattu, Villadichampattu, Cinematic Dance etc., please contact

Dr. Chandrika 94477-45105
Dr. Gracy Thomas 98471-93596
or **Ms. Meera Bhatt 93871-77120**