

WOMEN'S WING ACTIVITIES

The activity of the women's wing were wide spread and varied. These included classes on Geriatric diseases at the Ponekkara Church, classes on adolescent health to the girls of St. Teresa's College and students of Vennala High School.

Medicines and clothes were distributed to children of St. Antony's High School and poor patients. Marriage preparation classes were conducted at Ashir Bhavan. At the regular monthly meeting on 30.6.2007 and demonstration on personal grooming.

Next meeting of the Women's Wing will be held on 28.7.2007 at 2.30 p.m. at P.S. Clinic, Ponnuruni, Vyttila, Ph : 2302798. There will be a demonstration on exotic cooking.

Rosily Devassia
Secretary



UPDATING OF MEMBERS' DIRECTORY OF COCHIN IMA

The last update was in 2004. At least 300 more members joined after this issue. We want to update the membership directory in a CD form. Please furnish your latest photographs and other details at least by 31st of August 2007.

Cochin Clinical Society

The last meeting was held at Wyte Fort Hotel. Best paper presentation was awarded to Dr. Mathew Abraham, Neurologist.

Next meeting is scheduled on 9th August, 8.00 p.m. at Medical Trust Hospital.

IMA - ROTARY CLUB, COCHIN

IMA Cochin-Rotary club Central combined cataract surgery programme was inaugurated during the installation meeting held on 12th of July. 100 cases of cataract surgeries will be financed by the Rotary Club during this year.

FEMALE FOETICIDE DAY

This was celebrated on July 1st 2007 by Cochin IMA and its Women's Wing by shouldering with Cochin Obstetrics & Gynaecological Society. There was a rally starting from old IMA Hall to Menaka Junction and back. led by the o&g president dr sherly mathen, sec dr neena Thomas, dr shirly john etc. Cochin IMA Secretary Dr. Augustine Mampilly gave the message of the day at old IMA Hall and the rally was flagged off by the President Dr. Benny Thomas. It was a real combined show and appreciated by the public.



IMA COCHIN Newsletter

No.49 JULY 2007

PRESIDENT'S NOTE



Dear Colleagues,
As you all are aware, the infectious disease problem is engulfing our state .

It is not only affecting our economy, but also affecting the earning capacity of every people ,rich or poor .

The quantum of heavy load of work is beyond the capacity of an average doctor, most of us are also suffering from the same type of disease. So let us work hard also to prevent such things to happen in the future.

With warm regards,
Dr. V. Benny Thomas



IMA Kerala State Branch Election

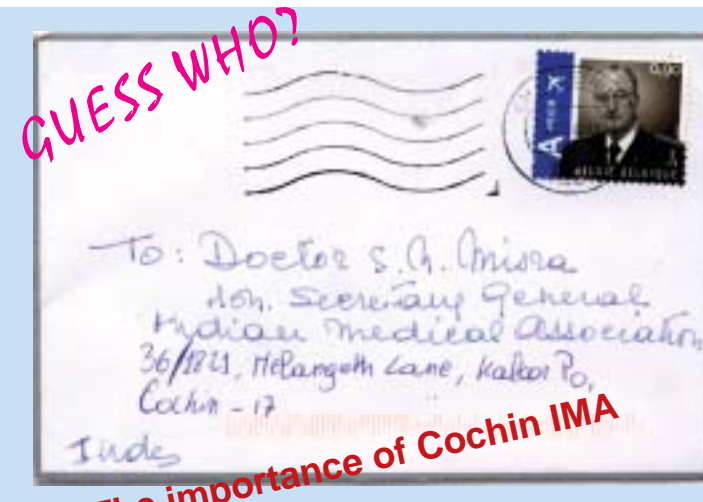
Date : 11th August, 2007
Time : 5.00 p.m. to 9.00 p.m.
Venue : Old IMA Hall, Warriam Road

SECRETARY'S COLUMN

Dear friends,

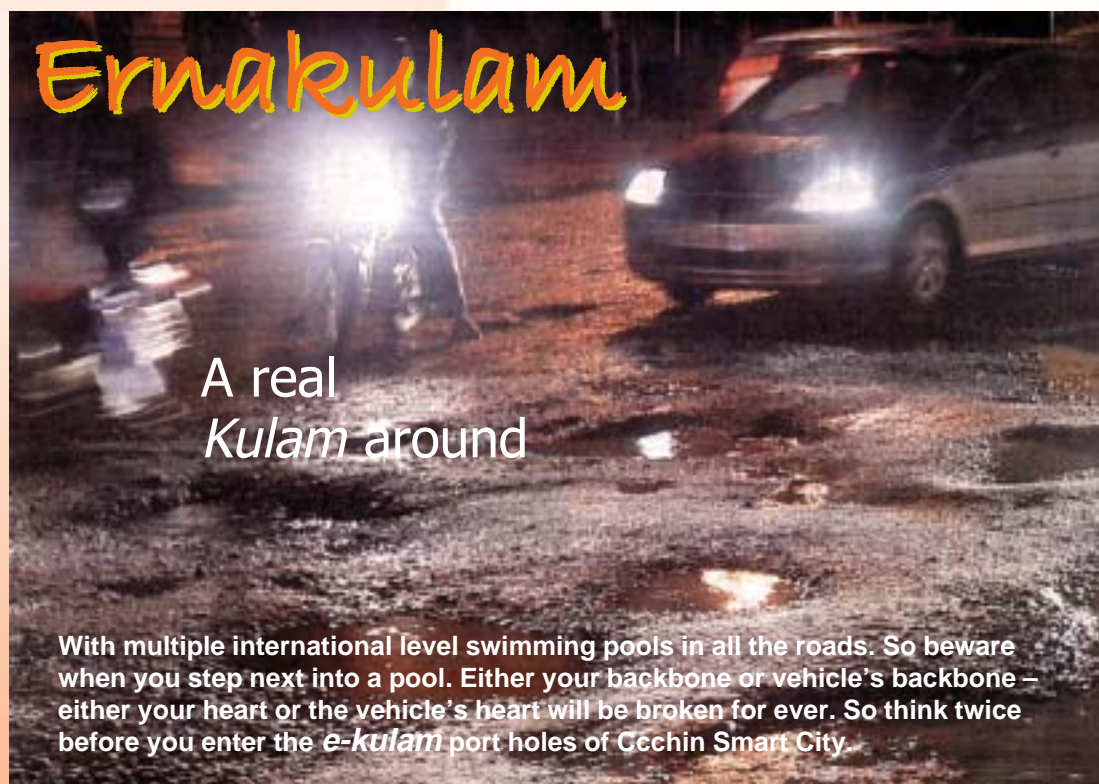
The monsoon is at its best and worst. The dams are almost full. Don't worry about power-cuts. in this year. The miseries are at its peak and the work load is very heavy. Let us strive hard through this difficult situation. Indian Medical Association is trying to minimize the miseries of the public. We need highest level of co-operation during this natural calamity of heavy rains and viral fever.

With warm regards,
Dr. Augustine Thomas Mampilly



CARDIAC SCREENING

The members and their families are given concessional rates for the above screening including treadmill test, Lipid profile, blood sugar estimation and if needed ultrasonography at a very concessional rates at Indira Gandhi Co-operative Hospital.



With multiple international level swimming pools in all the roads. So beware when you step next into a pool. Either your backbone or vehicle's backbone - either your heart or the vehicle's heart will be broken for ever. So think twice before you enter the e-kulam port holes of Cochin Smart City.

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JULY MONTHLY MEETING

Date : 25.7.2007 (Wed.)
Time : 8.00 p.m.

VENUE :
CENTENARY HALL
RAMAVARMA CLUB

SCIENTIFIC SESSION

Insulin Therapy
Early or Late?
How & When ?

Chairperson
Dr. Babu John Mathews
MD (Medicine),
Medical Trust Hospital
Speaker
Dr. P. Ramakrishnan
MD (Medicine), Dip-Diab,
Cochin Hospital

Meeting sponsored by
Eli Lilly & Co.
(I) Pvt. Ltd.

Doctors' Day Celebration On July 1st 2007



Dr. N.K. George, 85 years, Dermatologist and Retired DMO of Ernakulam.

Dr. K.P. Mathew, 82 years, Senior Consultant Ophthalmologist and Retired Superintendent of General Hospital Ernakulam.

Dr. T.K.V. Pathy, 69 years, General Physician and Ex-Air Force Doctor,

Honouring by adorning ponnada the three senior doctors of Cochin IMA by the President, Secretary and Treasurer respectively.

JUNE 2007

BLOOD BANK NEWS
Total 1498 units of blood were collected and 3274 units of blood and its components issued. Patients in 81 hospitals were beneficiaries. 4 blood donation camps were conducted.

Dr. K. Narayanan Kutty
Secretary

WELCOME NEW MEMBERS

Dr. Rakesh Chandran
Dr. Neena Shilen
Dr. Pratapan Nair
Dr. Mohan Komaranchath
Dr. Kusuma R. Halemani
Dr. Nisha John
Dr. Sujit Jos
Dr. Anuradha K.B.

IMA MEDICINE BANK

Working Hours :
10.00-2.00 p.m.

Medicines donated by :

Dr. Sudhir Thomas
Dr. Srinivasa Kamath
Dr. K.K.R. Warriar
Dr. Sujith Vasudevan
Dr. Jeason C. Unni

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

PRACTICAL OPHTHALMOLOGY FOR THE CLINICAL PRACTITIONER

Dr. Manuel John, MS, DO, DNB, M.Phil, PGDMLE
Associate Professor, Consultant, Alexander Eye Centre

The eyes are windows, to the soul (Leonardo daVinci).

It is a tragedy that one person goes blind every 5 seconds. This accounts for over 70 million people going blind worldwide.....and the number is increasing day by day. India has more than 10 million blind people. Cataract is the leading cause of blindness accounting for more than 60%. This can easily be picked up by shining a torch and checking visual acuity (Fig. 1). Surgical management includes implantation of an intraocular lens (Fig. 2). Refractive errors account for the next segment - approximately 20%. A history from people who complain of either decreased distance or near acuity can be elicited in these cases. What needs to be done here is refraction (under cycloplegia if appropriate) and assessment of deviations (if present). Glaucoma (Fig. 3) with or without cupping



Fig. 2
Multifocal foldable Intra ocular lens

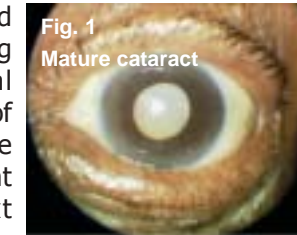


Fig. 1
Mature cataract



Fig. 3
Shallow anterior chamber in narrow angle glaucoma

(Fig. 4) and corneal blindness stand next in the hierarchy of blindness. The Humphrey field analyser and the optical coherence tomography (OCT) are important adjunctive tools in early diagnosis and follow up of disease (Fig. 5) Posterior



Fig. 4
Severe cupping of the disc

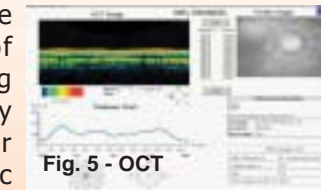


Fig. 5 - OCT

capabilities they are on the rise.

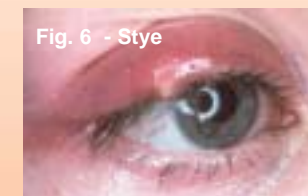


Fig. 6 - Stye

Some of the diseases commonly seen are stye (Fig. 6). The acute inflammation is treated with oral antibiotics and anti-inflammatory tablets. Hot fomentation brings relief. Foreign bodies if very small or coloured

as the iris may be missed on torchlight examination (Fig. 7). Hence a slit lamp examination is suggested. One must remember to evert the eyelids and examine for retained particles (Fig. 8). High

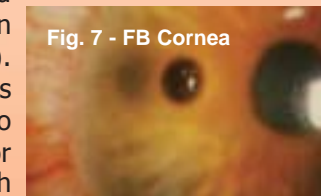


Fig. 7 - FB Cornea

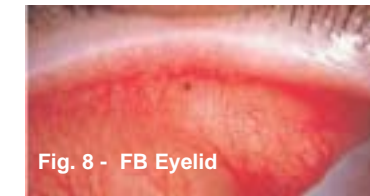


Fig. 8 - FB Eyelid

velocity missiles can end up on the retina too (Fig. 9). Uveitis may also present as red eye.

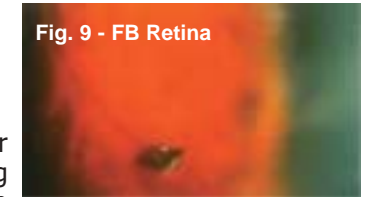


Fig. 9 - FB Retina

Cells and flare in the anterior chamber and endothelial dusting



Fig. 10 - Uveitis

with keratic precipitates are seen on slit lamp examination (Fig. 10). Corneal ulceration is an emergency. A small bacterial (pseudo-



Fig. 11a
Small Corneal Ulcer

monas) ulcer can progress overnight to devastate the cornea (Fig. 11a & b). In viral ulceration, dendrites (Fig. 12) and punctate keratitis may be seen.

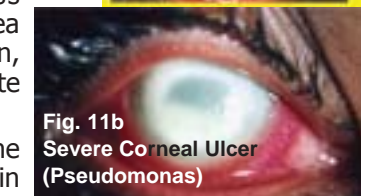


Fig. 11b
Severe Corneal Ulcer (Pseudomonas)

Any discharge and watering of the eyes within the first 3 months after birth should be regarded with due suspicion. Neonatal conjunctivitis has many causes and blanket therapy is avoided. (Fig 13)

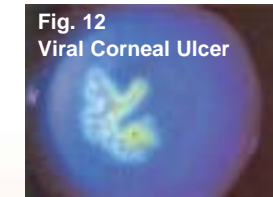


Fig. 12
Viral Corneal Ulcer

A lot of color and designer contact lenses are available off the shelf. Prescription of contact lenses is advisable after doctors' consultation and due care of the lenses should be taken after purchase. Contact lens related corneal ulcers can blind the patient within 24 hours!!

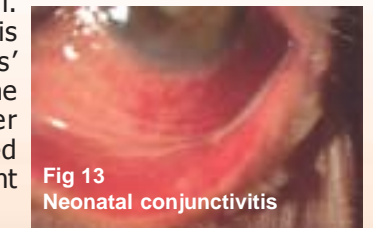


Fig 13
Neonatal conjunctivitis

The **WHO Guidelines** For Primary Eye Care (PEC) are as follows:

- Conditions to be recognized and treated by a trained health care worker
 - Allergic conjunctivitis ■ Bacterial conjunctivitis
 - Blunt trauma ■ SCH
 - Superficial foreign bodies ■ Stye, Chalazion
- Conditions to be recognized and referred after treatment has been initiated
 - Corneal ulcers ■ Lacerating / penetrating injuries to the eyeball ■ Burns, chemical
- Conditions to be recognized and referred for treatment
 - Cataract ■ Painful red eye with visual loss
 - Visual loss < 6/18 in either eye.

Thank you, Ladies and Gentlemen

The following doctors who participated in various camps for the control of the menace of Chickun Gunya and other viral fevers, specially require a big thank you from Cochin IMA - Dr. Junaid Rahman, Dr. V.M. Devassya, Dr. Maria Varghese, Dr. A.J. Antony, Dr. Sunny Orathel, Dr. T.V. Rosely, Dr. Gopalakrishnan, Dr. Gracy Thomas etc. etc.

IMA FAMILY CLUB MEMBERSHIP

Last chance to become a transferable IMA family Club member (founder member) @ Rs.45,000/- is extended upto 15th August, 2007 only. Hurry up. Don't miss the bus.

IMA COCHIN INTERNATIONAL TOUR

If there are a minimum of 15 members ready to go abroad, we can arrange at special rates for cochin IMA members. For that matter, you have to be very definite about your programme.

IMA MEDICAL CAMP

The proposed medical camp of Cochin IMA in association with the Parish of Vadel (St. George church) Nayarambalam, Vypin, will be held on 22nd July, the coming Sunday from 10 a.m. to 1.00 p.m. All are requested to participate physically and spiritually.

Please confirm your physical participation with Secretary.

